

TUE ADAMS QUICK REFERENCE CARD FOR ATHLETES

Request username and password from your ADO for you and your asthma doctor

- Send an email to your International Federation (IF) or National Anti-Doping Organization (NADO) depending on your RTP level. The message must include your doctor name and contact details including email address

Log into ADAMS on the Internet.

- Make sure that your pop-up blocker is disabled
- Go to <http://adams.wada-ama.org>.
- Enter your new username and password
- Click [login]
- When you log in for the first time, an information form will appear.
 - Read the statement
 - Type your password to indicate your acknowledgment
 - Click [Accept]

Update your Profile and set your Preferences

- Click [My Profile] for updating your profile if required
- To set your Preferences click on your *name* displayed at the right top in the header on the Home page
- Adjust your Password, select your Language, indicate whether you want to receive notifications on your email address (as set in your profile) if desired
- Click [Save] to save your modifications

Open your TUE form

- Expand the **New** drop down and select the relevant type:
 - ❖ Declaration of Use
 - ❖ TUE for Asthma
 - ❖ TUE

Declaration of Use (DoU)

- Complete the mandatory fields (with *)
 - physician details
 - diagnosis
 - medication
- Save, review your information
*The save option is a draft only available to you.
 You will not be able to modify any data once you Declare.
 Your IF and NADO will only see your DoU once you "Declare".*
- Click **Declare**

TUE

Athlete TUE save | Submit Application

STEP 1: INFORMATION ABOUT YOUR SPORT
 In the section below, please specify the sport for which you require a Standard Therapeutic Use Exemption (STUE). Only specify the event if it is relevant and required by your sporting organization, otherwise leave this field blank. Finally, you must select the Sporting Organization to which you are applying for this STUE. Mandatory information is indicated with an asterisk.

Sport|Discipline* Next competition and date
 Sporting Organization* Registered Testing Pools

STEP 2: INFORMATION ABOUT YOUR PHYSICIAN
 In the section below, please provide information about your physician. Please note that you must provide at least one telephone number in the event that your sporting organization wishes to contact your doctor.

Last Name* First Name* Qualification & Medical Specialty
 Address
 Country* Region City* Postal code/Zip

- Complete the mandatory fields (with *)
 - physician details
 - diagnosis
 - medication
 - attachment (Medical file)
- **Save**, review your information
*The save option is a draft only available to you.
 You will not be able to modify any data once you submit your application.
 Your IF and NADO will only see your TUE application once you submit your application.*
- Click **Submit Application**

TUE for Asthma (AST)

Athlete TUE for asthma save

STEP 1: INFORMATION ABOUT YOUR SPORT
 In the section below, please specify the sport for which you require a Therapeutic Use Exemption for asthma. Only specify the event if it is relevant and required by your sporting organization, otherwise leave this field blank. Finally, you must select the Sporting Organization to which you are applying for this TUE for asthma. Mandatory information is indicated with an asterisk.

Sport|Discipline* Next competition and date
 Sporting Organization* Registered Testing Pools

STEP 2: INFORMATION ABOUT YOUR PHYSICIAN
 In the section below, please provide information about your physician. Please note that you must provide at least one telephone number in the event that your sporting organization wishes to contact your doctor.

Last Name* First Name* Qualification & Medical Specialty
 Address
 Country* Region City* Postal code/Zip

- Complete the mandatory fields with your doctor's help (with *):
Mandatory fields can be completed online or attached
 - physician details
 - diagnosis
 - medication
 - medical history
 - clinical examination
 - spirometry table
 - peak flow attachment
 - respiratory test results
 - save and submit
- **Save**, review your information
*The save option is a draft only available to you.
 You will not be able to modify any data once you submit your application.
 Your IF and NADO will only see your TUE application once you submit your application.*
- Click **Submit Application**