As an athlete who is subject to doping control (testing), you must ensure that you do not use anything that is included on the List of Prohibited Substances and Methods (the List).

Remember that the List is updated at least every year and you should always ensure that you check the right version of the List before taking any substance or using any method.

For health reasons, where no alternative is available, you may have to use a prohibited substance to treat a genuine medical condition.

If you have an illness or condition that requires the use of a substance that is included on the List, you may apply for a Therapeutic Use Exemption (TUE) giving you the authorisation to take the required medicine.

All TUEs should be obtained prior to the beginning of the Olympic Games through a process explained in the current International Standard for TUEs.

If you have an approved TUE that is still valid for the period of the Games and it is not recorded in ADAMS, you must send your TUE to the IOC by 24 June 2016.

It is best to apply for a new TUE before the Olympic Games and ensure that the IOC has all necessary information before 24 June 2016.

If you need to apply for a TUE during the Olympic Games, you should make your request using ADAMS. If you are unable to use ADAMS, you can submit your request –

- By fax.
- By email.
- Using the forms available at the Polyclinic in the Olympic Village.

Your NOC will assist you with the correct implementation of this process.