



In keeping with the policies of Canada Sports and in conjunction with the World Anti-Doping Code, the Sports4all is committed to providing an environment in which all athletes participate in sports free of banned substances.

The CCES has an official Anti-Doping Policy. Any athlete who is a member of a National Sport Organization or Provincial Sport Organization or League or Club so registered shall be eligible for unannounced testing. A list of banned substances can be obtained from www.cces.ca.

The Canadian Anti-Doping Program

The **Canadian Centre for Ethics in Sport (CCES)** is the custodian of the **Canadian Anti-Doping Program (CADP)**; the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the World Anti-Doping Code and all international standards.

The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:

- Know your rights and responsibilities as an athlete with regard to anti-doping.
- Always comply with a testing request if you are notified for doping control.
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned.

- Verify your medical exemption requirements.
- Do not take supplements, but if you do, take steps to minimize your risk.
- Get the latest news. Sign up to receive CCES media releases and advisory notes.

Additional resources and information

- The <https://www.cces.ca/athletezone> is a hub of resources and information for athletes and their support personnel.
- The <https://www.globaldro.com/Home> provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List.
- Physicians and medical personnel are encouraged to use the <https://www.cces.ca/en/doczone> for targeted medical information.
- Read more about the Canadian Anti-Doping Program <https://www.cces.ca/en/antidoping/cadp> • The World Anti-Doping Agency <https://www.wada-ama.org/> works towards a vision of a world where all athletes compete in a doping-free sporting environment.
- The CCES is a proud and active member of the True Sport Movement <https://truesportpur.ca/> - a movement that is based on the simple idea that good sport can make a great difference.

For additional resources and more about anti-doping, please contact the CCES

Email: info@cces.ca

Call toll-free: 1-800-672-7775

Online: www.cces.ca/athletezone

Report doping via the Report Doping Hotline

Call toll-free: 1-800-710-CCES

Online: www.cces.ca/reportdoping