

## The Canadian Anti-Doping Program

Athletics Canada has adopted the Canadian Anti-Doping Program (CADP). As part of Athletics Canada, all members of **PSO** are subject to Canada's anti-doping rules, which are administered by the Canadian Centre for Ethics in Sport (CCES). The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations, and is compliant with the World Anti-Doping Code and all international standards.

By adopting the CADP, Athletics Canada has joined a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. Athletics Canada's anti-doping policy reflects and supports the CADP. See more: <http://www.athletics.ca/page.asp?id=27>

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

- Check the Global DRO ([www.globaldro.com](http://www.globaldro.com)) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- Review Medical Exemptions requirements ([www.cces.ca/medical](http://www.cces.ca/medical)) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or to take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: [www.cces.ca/supplements](http://www.cces.ca/supplements)
- Review the steps of the doping control sample collection procedures: <http://www.cces.ca/en/samplecollection>

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

- Email: [info@cces.ca](mailto:info@cces.ca)
- Call toll-free: 1-800-672-7775
- Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)