

An Athlete's Guide to Doping Control

Compliant with 2009 CADP, effective January 1, 2009

I'm a Canadian athlete; I have some questions about doping control.

Q1: I understand there are changes to the anti-doping rules coming into place?

Yes, that's right! The World Anti-Doping Agency (WADA) has made some changes to the World Anti-Doping Program to better deter and detect doping. Our Canadian Anti-Doping Program (CADP) must be in sync with international standards, so it's changing too.

Q2: Am I subject to this program? Will I be drug-tested during my career as an athlete?

The CADP rules are comprehensive and require all athletes — even athletes who do not cheat — to comply with fairly rigorous requirements. The goal is to catch all athletes who cheat, and any athlete support personnel who help athletes cheat.

Through a collective agreement, the Canadian Centre for Ethics in Sport (CCES) administers the anti-doping program in Canada. It's a wide-reaching program that includes testing different types of athletes participating in organized sport, from the developmental to the elite level.

Q3: What different types of athletes are included under the CADP rules?

There are five types of athletes identified for the purposes of anti-doping:

<i>Athletes who are:</i>	<i>Are called:</i>
In their IF's RTP	IF-RTP athletes
In the CCES RTP as a National RTP athlete	N-RTP athletes
In the CCES RTP as a General RTP athlete	G-RTP athletes
NOT in an RTP, and compete internationally (e.g., NorAm circuit, invitational events outside Canada)	international athletes
NOT in an RTP, and compete domestically (e.g., CIS, CCAA, junior football, Canada Games)	domestic athletes

IF: international federation

RTP: registered testing pool

Q4: What is the CCES RTP?

The CCES RTP is made up of Canada's top athletes. The pool is split into two tiers: National and General. Athletes in the CCES RTP are more likely to be tested, and have more stringent requirements under the CADP.

You can find out if you're in the CCES RTP by checking the list online at www.cces.ca/pdfs/CCES-PUB-RTP-E.pdf. Your national sport organization will also inform you if you are added to this pool.

The CCES RTP is made up mostly of athletes who compete at a national and/or international level, athletes who compete in a sport with a higher doping risk, and athletes who receive funding from Sport Canada.

Q5: If I haven't taken drugs to cheat in sport, I've got nothing to worry about, right?

Anti-doping rules under the CADP are so complex that an athlete who is not intending to cheat may still end up breaking a rule that could lead to a violation. The best way to prevent an inadvertent violation is to:

- Check all medications and products before taking them to ensure they are not prohibited and do not contain any prohibited ingredients.
- Always comply with testing requests when you are notified for doping control.
- Use the table in Q3 to determine what kind of athlete you are for the purposes of anti-doping, and know what responsibilities you have as a result.

THE PROHIBITED LIST

Q6: What do I need to avoid to make sure I don't test positive for banned substances?

There are numerous items on the WADA Prohibited List. We strongly recommend that you stay away from the following classes of substances, unless you have a valid therapeutic use exemption:

- Steroids, such as nandrolone and testosterone
- Various hormones, including growth hormones and insulin
- Inhaled medications used in the treatment of asthma, such as salbutamol and glucocorticosteroids
- Diuretics and masking agents that can interfere with the detection of banned substances
- Substances that artificially enhance the uptake, transport or delivery of oxygen
- Stimulants, such as ephedrine
- Narcotics, such as percocet and morphine
- Cannabinoids, like marijuana or hashish
- And for certain sports, alcohol and beta blockers

Q7: What CCES resources are available to help me determine whether a substance or method is prohibited?

If you want to know whether a substance, method, or medication is prohibited by WADA, you can consult one of the CCES resources:

- Download the CCES Substance Classification Booklet.
www.cces.ca/pdfs/CCES-PUB-SubstanceClassificationBooklet-E.pdf
- Email the CCES at substanceinquiries@cces.ca.
- Call our toll-free InfoLine at 1-800-672-7775.

Q8: What happened to the Global DID?

The global drug information database at www.didglobal.com will be discontinued on January 1, 2009. The CCES is working with international partners to develop the successor to the DID, and should have an even better online substance inquiry tool in place in the first half of 2009. In the interim, please use one of the resources listed in Q7.

Q9: Why can't I get a definitive answer on whether I can take a supplement?

There continue to be significant risks associated with supplement use, therefore it is tricky to provide you with a clear answer. The CCES cannot provide any guarantee that any particular supplement is safe, pure, or free of prohibited substances because:

- Some supplement manufacturers mislabel their products.
- Supplements can be cross-contaminated with banned substances during the manufacturing process.
- There is little government regulation on the supplement industry.

If you determine that you genuinely require supplementation, the CCES can provide you with information that may help you manage the risks associated with supplement use.

- For advice on supplement use, visit www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=152&lang=e.
- Programs like the NSF Certified for Sport™ mark can help athletes identify products that have been tested for purity and help to *minimize* the risk of inadvertent doping. www.nsf.org/consumer/athletic_banned_substances/index.asp

Ultimately, you are **strictly liable** and responsible for any substance found in your sample. You must exercise extreme caution if you choose to use supplements.

Supplement contamination is still a very real risk for Canadian athletes.

Q10: Strictly liable...what does that mean?

One of the fundamental rules of the WADA Program and the CADP is strict liability. Basically, you are responsible for any substance that may be found

in your sample. If you test positive, this can result in serious sanctions being imposed, regardless of how the substance got there.

Q11: Why are certain substances on the Prohibited List?

To be placed on WADA's Prohibited List, a substance has to meet two of the three following criteria:

- 1) Its use has potential to, or can enhance performance.
- 2) Its use presents an actual or potential health risk.
- 3) Its use violates the spirit of sport.

The 2009 Prohibited List takes into account the relative performance-enhancing impact of various substances, and treats steroids, hormones, some stimulants, and all prohibited methods more strictly, by enforcing a two-year mandatory suspension.

The rest of the listed substances are now called "specified substances." It is recognized that they are more generally available in over-the-counter medications, or that they are simply less likely to be used as doping agents. Sanctions for "specified substances" may be shorter, depending on the situation, ranging from a warning up to the full two-year suspension for a first offence.

Q12: A warning doesn't sound too serious to me. What are the consequences of getting a warning?

A warning can have a significant impact on your athletic career. It counts as a first anti-doping rule violation and you will also have any records or prizes annulled. If you get a second violation, your sanction period will be significantly increased.

Q13: Is it true that marijuana is a banned substance?

Yes. Cannabinoids, including marijuana and hash, are prohibited in competition. It is important to know that even though cannabis is only prohibited in competition, it can stay in your body for more than 30 days.

THERAPEUTIC USE EXEMPTIONS

Q14: What if my doctor prescribes a medication that's on the Prohibited List?

Some athletes need to use drugs such as insulin to treat diabetes or salbutamol inhalers for asthma attacks. If you need to use a prohibited substance or method, you can apply for a therapeutic use exemption, better known as a TUE. When a TUE is granted, if you test positive, we'll know that you're using your medication for a medically-justified reason, and not to enhance your performance. To find out more about TUEs:

- E-mail TUE-AUT@cces.ca for more information.
- Call our toll-free InfoLine at 1-800-672-7775.

Q15: What are the TUE requirements for the different types of athletes?

First, determine what type of athlete you are using the table in Q3. If you are in more than one group, contact the CCES to determine your requirements.

- **IF-RTP athletes:**

- Contact the CCES. We will determine if we can process your TUE application using your IF rules.
- All TUE applications **must** be submitted 21 days in advance of competition along with a complete medical file.
- Under emergency medical conditions, a retroactive TUE application can be submitted.
- Asthma medications **should** be declared on ADAMS (see Q25).
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

- **N-RTP athletes:**

- Submit TUE applications to the CCES.
- All TUE applications **must** be submitted in advance of competition along with a complete medical file.
- TUEs for asthma medications **may** be granted retroactively, and would be requested by the CCES following a doping control.

Maintain a medical file in case you are asked to submit a TUE application.

- Asthma medications **should** be declared on ADAMS (see Q25).
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

- **G-RTP athletes:**

- Submit TUE applications to the CCES.
- All TUE applications **should** be submitted in advance of competition along with a complete medical file.
- TUEs for asthma medications **may** be granted retroactively, and would be requested by the CCES following a doping control. Maintain a medical file in case you are asked to submit a TUE application.
- Asthma medications **should** be declared on ADAMS (see Q25).
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

- **International athletes:**

- Contact the CCES. We will determine if we can process your TUE application using your IF rules.
- Most likely, you will need to submit TUE applications 21 days in advance of competition along with a complete medical file.
- Asthma medications **should** be declared on ADAMS (see Q25).
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

- **Domestic athletes:**

- All TUEs **may** be granted retroactively, and would be requested by the CCES following a doping control session. Maintain a medical file in case you are asked to submit a TUE application.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

Q16: Why do I need to provide so much medical information to get a TUE for a medication that's on the Prohibited List?

With the new CADP, the process for getting a TUE for some medications has become more complicated. This is a direct result of the steps required to demonstrate legitimate medical use of a prohibited substance.

You must maintain a complete medical file. Medical file requirements differ depending on your medical condition.

- For asthma, go to:
www.wada-ama.org/rtecontent/document/asthma_TUEC.pdf
- For other substances, go to:
www.wada-ama.org/rtecontent/document/medicalinformationtue2007.pdf

SAMPLE COLLECTION PROCEDURES

Q17: What exactly happens when I get tested?

These days, almost all doping control is conducted with no advance notice. This means that you can be notified at any time and any place that you must provide a sample – either urine, blood or both. A doping control officer will inform you of your rights and responsibilities and guide you through the entire process.

During competitions, you will be asked to report to a doping control station. Once you've been notified, a chaperone will accompany you everywhere. You're allowed to delay your arrival at the doping control station if you need to, for example, finish your cool-down or attend a medal ceremony, but you will be accompanied by a chaperone the entire time.

Whether in-competition or out-of-competition, you will be asked to provide a urine and/or blood sample. For urine samples, you'll have to wash your hands or wear gloves, and then pass a sample under the observation of a chaperone.

Once you have provided a sample that meets the requirements for analysis, the doping control officer will guide you through packaging your sample and filling in the necessary documents.

During this process you are entitled to be accompanied by a representative.

Q18: I need a catheter to provide a sample. What do I need to know?

If you use a catheter or another type of drainage system, talk to the doping control officer about your requirements. The doping control station will be equipped with a limited variety of sterile catheters and collection bags, or you may provide your own. The DCO will inspect your system, but the cleanliness of the catheter used is your own responsibility.

Q19: I'm a minor. What do I need to know?

You are considered to be a minor if you are under the age of majority in the province where you are based. If you are a minor, you **must** have a representative with you during a testing session. If you don't have a representative of your own, the doping control officer will appoint one.

Q20: I understand that the CCES is now collecting blood. Will I still have to provide a urine sample?

The CCES blood collection program will not reduce the number of urine samples collected. Blood testing will complement our anti-doping program by improving the detection of blood doping and other substances and methods such as growth hormone. Between 6 and 16 ml of blood will be collected, a small amount that will not affect your performance.

ATHLETE WHEREABOUTS

Q21: What is the whereabouts program?

The athlete whereabouts program requires many athletes to submit information so that we can find them for out-of-competition testing.

Q22: How does the whereabouts program ensure that the CCES is levelling the playing field?

An effective doping control program includes a large component of intelligent testing, with no notice, any time and any place. Certain athletes must comply with the whereabouts program so they can be easily located for testing. We recognize that this is a big commitment – but athletes continue to tell us that they are happy to comply if it helps keep their sport clean and fair.

Q23: Do I need to submit whereabouts?

Again, determine what type of athlete you are by using the table in Q3.

O IF-RTP Athletes:

- Submit quarterly whereabouts information to your IF.
- Ensure this information is kept up to date and accurate throughout each quarter.
- Indicate a 60-minute time slot each day throughout each quarter when you guarantee your location for a test.

O N-RTP Athletes:

- Submit quarterly whereabouts information to CCES.
- Ensure this information is kept up to date and accurate throughout each quarter.
- Indicate a 60-minute time slot, between 06:00 and 23:00 each day, throughout each quarter, when you guarantee your location for a test.

O G-RTP Athletes:

- Submit quarterly whereabouts information to CCES.
- Ensure this information is kept up to date and accurate throughout each quarter.

O International athletes:

- You don't have to submit whereabouts but are still subject to testing any time and any place.

O Domestic athletes:

- You don't have to submit whereabouts but are still subject to testing any time and any place.

Q24: What information is required for whereabouts submissions?

You need to submit your quarterly whereabouts information with as complete a three-month location profile as possible. Your information should include your current residential address, training locations, competition schedule and any other regular activities for the quarter.

If you are an IF RTP or NRTP athlete you will also need to specify, for each day, a 60-minute time slot when you will be available for testing. The time

slot must fall between 06:00 and 23:00 p.m., and should be at a set location of your preference.

If you don't have all the information for the quarter, submit what you can by the filing deadline, and update the information as soon as possible. In any case, always ensure you have the upcoming month filled out thoroughly.

Q25: How can I submit my whereabouts information?

There are three ways you can submit and update your whereabouts information:

- ADAMS, an online system that makes it easy to submit and update from anywhere at any time. The CCES strongly encourages you to use ADAMS to submit your whereabouts information (see Q26).
- CCES whereabouts forms can be submitted by email, fax or mail: http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=83&lang=e&pub_type=8
- International federation whereabouts forms can be submitted to the CCES as long as they provide the minimum information. It is your responsibility to send individual copies of your completed IF whereabouts forms to **both** the CCES and to your IF.

Q26: What is ADAMS?

ADAMS is a convenient tool for athletes. It provides a central and secure place to maintain your confidential whereabouts records, and makes updating your whereabouts easy. In addition, you will soon be able to text message any changes to your whereabouts.

For IF-RTP athletes, if your IF uses ADAMS, you will only have to submit your whereabouts information once.

Ultimately, you are responsible for submitting your whereabouts information appropriately. Update your information frequently to minimize the risk of a filing failure.

Email adams@cces.ca to request an account.

Q27: ADAMS sounds convenient, but my IF doesn't use it.

If your IF is not using ADAMS you have to submit your whereabouts information using your IF forms. The CCES will recognize the form, provided it includes the required information. IF forms must be sent to **both** the CCES

and to your IF – the forms will not be exchanged between the two organizations on your behalf.

Q28: What if I don't comply with the whereabouts program?

If you don't submit your whereabouts information quarterly and update it as necessary, you may receive a whereabouts strike - called a **filing failure**.

If a doping control officer can't find you at the location indicated during your 60-minute time slot, you may receive a different kind of whereabouts strike - called a **missed test**.

Any combination of three whereabouts strikes (filing failures and/or missed tests) in an 18-month period, applied by either the CCES or your IF, may result in an anti-doping rule violation.

RTP athletes must keep their whereabouts information up to date!

Q29: Is my personal information safe with the CCES?

CCES keeps your information confidential. We do not distribute your information. All information we collect from you is used only for anti-doping purposes and not for anything else without your permission.

Q30: How can I make sure I stay clean?

Be proactive - protect yourself from inadvertently getting caught in the system:

- Inform yourself.
- Visit www.cces.ca/cadp2009.
- Know your rights and responsibilities.

Q31: Where can I go for more information?

- Call the CCES toll-free infoline: 1-800-672-7775
- Visit the CCES web site at www.cces.ca.
- Consult the Substance Classification Booklet, updated annually to reflect the WADA Prohibited List and new products:
<http://cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf>
- ADAMS Quick Reference Card
<http://www.cces.ca/pdfs/CCES-PUB-ADAMSQuickReference-E.pdf>
- Email your substance inquiry to substanceinquiries@cces.ca

- Email your TUE-related question to TUE-AUT@cces.ca
- Visit www.maryjayne.info for more information about cannabis, or marijuana

Good luck in your pursuit of sporting excellence. CCES is working to defend your right to compete on a level playing field and to foster ethical sport for you and all Canadians.