

Anti-Doping Policy

Some useful information

CIS / CWUAA

What is the CIS Doping Control Program?

- CIS, in cooperation with the Canadian Centre for Ethics in Sport (CCES), coordinates a doping control program that incorporates both "in-season" and "out-of-season" testing.
- Student-athletes are tested in accordance with the rules of the Canadian Anti-Doping Program (CADP).

Who's eligible for testing and when can I be tested?

- Every CIS student-athlete is eligible for testing, both in and out of competition, throughout the year.

What's permitted and what's prohibited?

- The World Anti-Doping Agency (WADA) Prohibited List is applied in Canada by the CADP.
- The Global Drug Reference Online (DRO), at www.globaldro.com, provides athletes and their support personnel with information about which prescription and non-prescription medications are prohibited or not by WADA.
- you can also contact the CCES at 1-800-672-7775, or by e-mail at substances@cces.ca

Are prescribed medications permitted?

- Many medications are prohibited, regardless of a prescription from a physician.
- Athletes must verify the status of any medication before it is consumed or used.
- if you are required to take a medication that is considered prohibited by WADA to treat an illness or condition, please consult your Athletic Department.

Are herbal products and nutritional supplements prohibited?

- The CCES believes that the use of supplements poses an unacceptable risk for athletes and their careers. As such, the CCES recommends that athletes do not use supplements. Athletes are responsible for any prohibited

substance found in their sample; this is known as strict liability. Serious sanctions may be imposed on athletes who test positive for a prohibited substance regardless of its source (e.g., supplement use).

- The CCES has taken this position because there is little government regulation of the supplement industry. As a result, supplements may be inadvertently contaminated with prohibited substances, intentionally contain prohibited substances, or be mislabelled.
- The CCES is advising athletes who choose to use supplements to support the nutritional demands of training and travelling to take maximum precautions to minimize the associated risks, and to keep a record of the steps that were taken.

Recommended precautions include:

- Make a direct inquiry to the manufacturer. Get a written guarantee that the product is free of any substances on the current WADA Prohibited List.
- Ask if the manufacturer makes any products that contain prohibited substances at the plant where the supplement is produced.
- Ask if the manufacturer is prepared to stand behind their product. If not, don't use the product.
- Select a product that has NSF Certified for Sport™ approval. To minimize the risk of inadvertent doping, this program helps athletes identify products that have been tested and certified. Go to:
<http://www.nsf sport.com>

For More Information: contact CCES at 1-800-672-7775 or <http://www.cces.ca> or info@cces.ca