

Your sport. Your reputation. Your responsibility.

Check all medications before taking them. Make sure they don't contain banned ingredients.

Apply for a medical exemption if you need to use a banned medication for a legitimate medical reason.

Be aware of the risks of supplement use. Take all necessary precautions prior to using products like supplements, energy drinks and herbal remedies.

Know your anti-doping requirements, including whereabouts, medical exemptions and sample collection.

Find out more at:

www.cces.ca/athletezone

During sample collection...

You have the right to:

- Have a representative and, if available, an interpreter.
- Ask for additional information about the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., victory ceremony, media commitment, further competitions, cool down). You will be chaperoned at all times during the delay.
- Request modifications if you are a minor or an athlete with a disability.
- Comment on the sample collection process or report any perceived procedural irregularities.



You have the responsibility to:

- Remain within sight of the notifying chaperone at all times.
- Provide valid photo identification.
- Comply with the sample collection procedures.
- Report to the doping control station immediately upon being notified.
- Maintain control of your sample until it is sealed.
- Ensure all information on the doping control form is accurate and complete.
- Bring to the attention of the doping control officer any modifications required if you are a minor or an athlete with a disability.

Watch the collection procedures video at:

www.cces.ca/athletezone

Caution!

Strict Liability means that you are 100% responsible for what you consume, and for what is found in your urine or blood sample.

Marijuana is prohibited in competition and can be detected in your urine for more than a month after use.

Pseudoephedrine, a common cold remedy ingredient, is banned in competition.

Supplements can contain banned substances such as steroids, stimulants, diuretics, and synthetic cannabis.

Find out more at:

**athlete
ZONE**

www.cces.ca/athletezone

Check it first...

It's your responsibility to check the status of all medications, including prescription or over-the-counter products.

Use the CCES substance inquiry resources:

Global DRO
www.globaldro.com

**Substance
Classification
Booklet**
www.cces.ca/scb

Email the CCES
substances@cces.ca

Call the CCES InfoLine
1-800-672-7775 (in North America)



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