

***ST. JOHN'S 2025  
CANADA GAMES  
PARENTS'  
WEBINAR  
FAQ***



# Parents' Webinar FAQ

On June 8, 2025, the CCES held a series of webinars for the parents and caregivers of athletes going to the Canada Games. We captured the many excellent questions asked to create this FAQ. To those who participated and asked questions, thank you for your interest in and contributions to clean sport! And to all, we hope this FAQ helps you and your child prepare for the Games.

In addition to this FAQ, we encourage you to visit the [Clean Sport at the 2025 Canada Summer Games webpage](#) for more information and resources.

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## SAMPLE COLLECTION AND RESULTS MANAGEMENT

### Before They Go

- ☐ **Have a conversation about who the athlete's representative could be.** If you will be attending the Games, you can act as their representative. But if not, who might it be? A teammate who is over 18, or a coach or other support person? They can ask that person in advance or when they are notified for doping control.
- ☐ **Review sample collection processes and tips.** To find tips from Canadian Olympians and a link to a sample collection process resource, go to [cces.ca/stjohns2025](https://cces.ca/stjohns2025).
- ☐ **Review the medications and supplements they are taking.** During doping control, they will need to declare any medications or supplements taken in the last 10 days. Help them to make a list on their phone or on paper to take with them.

### Who is subject to testing?

All Canada Games athletes are subject to testing, with the exception of Special Olympics athletes. While Canada Games athletes are subject to testing, not all *will* be tested.

### If an athlete is selected for testing, do they have to go through with it?

Yes. If an athlete is selected for doping control at the Canada Games, they have the responsibility to comply with the process. If they don't, they might be violating an anti-doping rule. Athletes can be selected for urine collection, blood collection or both.

### What is the role of the representative, and who can it be?

The role of the representative is to accompany the athlete through the sample collection process. They can support the athlete through the process and be with them at the doping control station.

The representative can be a caregiver (if available), coach, trainer, other support staff, or a teammate who is over 18 years of age.

### What age is considered a “minor” at these games?

According to the Canadian Anti-Doping Program (CADP), a minor is anyone under the age of 18. During sample collection, it is **mandatory** for a minor to have a representative.

### If I won't be attending the Games, how can I prepare my child for choosing their representative?

Have a conversation with your child prior to the games about who their representative could be if they are chosen for sample collection. You or your child can ask that person if they would act as their representative before the games.

At the games, choosing an athlete's representative will be up to the athlete and the team's support personnel.

### What kind of identification will be accepted during the notification process?

Athletes are responsible for providing identification when they have been selected for doping control. This can be a driver's license, student ID card, or their Canada Games accreditation.

### Why does someone witness the athlete provide the sample, especially if the athlete is a minor?

#### Who will this person be?

To ensure the integrity of the doping control process, sample collection personnel (SCP) must witness the sample coming from the athlete's body.

SCP can be a doping control officer (DCO) or chaperone. A SCP of the same gender as the athlete will witness the athlete provide the sample.

If the athlete is a minor, the representative will watch the SCP while they watch the athlete provide the sample in the washroom area.

### Sample collection personnel witness athletes when they provide samples. Do DCOs complete background checks?

All DCOs complete a criminal record check that is renewed every two years, and they complete mandatory Safe Sport training.

Most chaperones have also completed criminal record checks.



### When can an athlete be tested as a participant at the Canada Games (e.g., just on competition days, any time during the games)? Can an athlete be tested more than once?

Canada Games athletes are subject to testing throughout the entire games period, both in and out of competition. Athletes can be selected for testing after an event, at practice, at a training facility, or in the athletes' village.

Athlete selection is based on many factors, such as finishing placement, random selection, and inclusion in athlete testing pools. Considering these factors, it's possible for athletes to be tested multiple times.

### How long does sample collection take? Why do you suggest athletes bring a change of clothes and snacks?

The duration of the sample collection process depends on several factors, such as:

- How long it takes the athlete to provide the required sample amount (90 mL for urine collection).
- How many athletes are at the doping control station and the availability of sample collection personnel to process them.

We suggest athletes pack a change of clothes and snacks prior to going to their competition, because they may be selected for doping control afterwards and the time required for sample collection can be unpredictable. The doping control station will only have water available for the athletes.

### How will sample collection take place at outdoor events? Will there be a second location?

If an athlete is competing at an outdoor venue, they will be notified for doping control then brought to an indoor doping control station by the chaperone or DCO.

### Can an athlete request modifications to the sample collection process?

Yes. If an athlete needs to modify part of the process, especially to accommodate for an injury or impairment, they can ask for changes. For example, athletes are responsible for maintaining control of their sample and sealing the samples themselves, but if the athlete is unable to do so, they can ask a DCO or representative to assist them by holding the sample collection equipment. Modifications do not include rescheduling the sample collection process or changing the type of sample (urine or blood) the athlete is to provide.

All modifications to the process will be documented as part of the process.

### How long after a test does it typically take to get results?

Sample analysis can take 4 to 6 weeks to complete. If there is an adverse analytical finding (a positive test), the athlete will be notified through their national sport organization (NSO). Athletes are not notified of negative test results.

### If an athlete gets tested at the beginning of games, can they continue to compete while they wait for their results?

Athletes continue to practice and compete after they provide a sample during the Canada Games.

If there was an adverse analytical finding (a positive test), they will be notified through their national sport organization (NSO) and can begin the retroactive therapeutic use exemption (TUE) process if they use a prescription medication.

### What would happen if an athlete who is part of a team sport tests positive? Does the whole team lose their results?

In a team setting (other than relay teams), the only way for a team to lose their results would be to have two or more anti-doping rule violations confirmed against athletes on the team. If only one player gets a violation, then the team does not get penalized. Only that athlete would lose their individual results associated with the competition where they were tested.

Relay competitions, like in athletics, have slightly different rules, and a team's result could be invalidated due to a doping violation.

### What is intelligence-based testing? Does the athlete have the right to know what intelligence triggered the testing?

The CCES receives reports and tips from a variety of sources (REPORT Doping and Competition Manipulation, monitoring national and international development, field observations, performance monitoring, etc.), and this information is used to assist in test plan development.

To protect the integrity of the anti-doping program and maintain confidentiality, we do not divulge what intelligence we received or where it came from.

### If an athlete stays at a venue for sample collection, who is responsible for their transportation back to the athletes' village?

The local organizing committee will arrange transportation for the athlete back to the village. Athletes should also let their team personnel know they've been selected for sample collection and that different transportation arrangements are needed.

### What is the false positive test rate for doping control tests?

While data collection does not provide a specific rate for false positives, the World Anti-Doping Agency (WADA) does have international standards in place to address the occurrence of a false adverse analytical finding.

These standards identify detailed corrective actions for a laboratory that has a false positive and ensures the affected athlete is not sanctioned.

False positives from the Canadian lab are extremely rare.

### How many tests will be collected during the Canada Summer Games?

To ensure an effective testing program, sample collection must be unpredictable. With this in mind, we do not make our testing plans public, including the number of tests that will be collected at events.

### How often have positive tests occurred at the Canada Summer Games?

We do not disclose the specific competition or event information where an anti-doping rule violation occurred. That said, we do disclose anti-doping rule violations (ADRVs) through a media release, except in specific circumstances. For example, ADRV's involving minors are not disclosed.

### What sanctions are directed at adults and support personnel in an athlete's circle of care (e.g., coach, parent), rather than the athlete themselves?

Athletes and athlete support personnel can receive anti-doping rule violations and sanctions because they are subject to the rules of the Canadian Anti-Doping Program (CADP).

Some violations that apply to both athletes and athlete support personnel include:

- Tampering with any part of doping control.
- Possession of a prohibited substance or method.
- Trafficking a prohibited substance or method.
- Administering a prohibited substance or method to an athlete.
- Complicity by an athlete or other person (e.g. conspiring or covering up).
- Prohibited association with athlete support personnel who is serving a sanction.
- Acts to discourage or retaliate against reporting doping to authorities.

Violations that apply only to athletes include:

- Presence of a prohibited substance in the athlete's sample.
- Use of a prohibited substance.
- Evading, refusing, or failing to submit to sample collection.

These violations are all defined in Rule 2 of the [CADP](#). You can also learn more in the Violations and Sanctions module in [Clean Sport: Untracked](#).

## PROHIBITED SUBSTANCES, CHECKING MEDICATIONS, AND MEDICAL EXEMPTIONS

### Before They Go

- ❑ **Refill their prescriptions.** Pack enough for the duration of their travel so that they don't need to refill them away from home, and don't need to use other medications.
- ❑ **Double-check using Global DRO.** Look up both their prescription and non-prescription medications using [Global DRO](#) to see if anything contains a prohibited substance.
- ❑ **Verify their exemption requirements.** Use the [Medical Exemption Wizard](#) to do so. Most Canada Games athletes only need to apply for a medical exemption if they test positive for a prohibited medication. Some athletes might need to apply in advance.



### How can I verify if a medication is prohibited or not?

You can verify the status of a medication using [Global DRO](#). You can access Global DRO via the web, and Swiss Sport Integrity offers the mobile app “Medi-Check Global DRO” for both [Android](#) and [iOS](#).

When searching the Global DRO, follow these tips:

- Use the Drug Identification Number (DIN) to ensure you are searching for the correct product.
- Ensure the “nation of purchase” selection is correct (e.g., you bought the medication in Canada), as this can affect your search results.
- If the search result shows a conditional/threshold result, check the prescription to see if the dose is under the stated threshold.

### How can I determine whether a product is a medication or supplement?

A medication will have an 8-digit Drug Identification Number (DIN) assigned by Health Canada. Every prescription and over-the-counter medication sold in Canada carries a DIN on its label.

Supplements are subject to less stringent manufacturing and labelling regulations, so they are not considered drug or food products, do not have the same manufacturing regulations, and do not have a DIN. A supplement may have a Natural Health Product Number (NPN), but this is not equivalent to a DIN.

### Should athletes stop taking a prohibited medication prior to the Games?

No. Athlete health is important to us, and we would never tell an athlete to stop taking their necessary medication. The [medical exemption process](#) is in place to allow athletes to continue taking these medically necessary prescriptions or products.

### What does a conditional/threshold search result for an asthma inhaler mean? How can we ensure that use is below this threshold?

A conditional or threshold result for an asthma inhaler means that it is permitted to be used up to a certain amount, or dosage, and if it exceeds this limit or dosage, it would be considered prohibited.

It is important that athletes are using their inhalers as indicated on the prescription, and most inhalers, when taken as prescribed, are below this threshold.

It is important that you read and understand the conditions or warnings that accompany these search results and check this amount with the prescribed dosage of the athlete's inhaler. If you are concerned about this, we recommend confirming the dosage with a physician or contacting us at [substances@cces.ca](mailto:substances@cces.ca).

### If an athlete gets sick at the games, can anyone help them choose over-the-counter medications that are not prohibited?

Each province will have team personnel on site who have received anti-doping education, who can assist athletes with selecting non-prohibited medications. [Global DRO](#) is the best tool to help athletes know which medications are permitted and which are prohibited.

### Is there a recommended cold and flu medication that is free of prohibited substances?

The CCES does not recommend medications for athletes. Please visit [Global DRO](#) to check the status in sport of a cold or flu medication that is appropriate for and available to the athlete.

### Are there foods that may contain prohibited substances (e.g., meat, vegetables, fruits)?

There are currently no restrictions around food in Canada that may contain prohibited substances. Due to regulations, food in Canada is relatively safe from an anti-doping perspective and meat contamination is rare.

### How far back should an athlete declare the use of a medication, supplement, or medical intervention during sample collection?

Athletes should report medications and supplements used in the last seven (7) days and any blood transfusions in the last three (3) months.

### What is the “in-competition” period? Does this period change from sport to sport?

The “in-competition” period is the period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate through to the end of that competition and the related sample collection process.

### How long before the games can an athlete consume a prohibited medication without risk of a positive test?

Unfortunately, there is no definite answer for this question. It depends on the half-life of the medication and the individual's physiology. For this reason, the CCES is unable to give specific washout periods for most medications. However, there is a process in place that allows athletes to take prohibited medications for medically justified reasons called a [Medical Exemption](#).

### Does an athlete with prescription medication containing a prohibited substance need a Medical Exemption prior to competing?

Only athletes in the National Athlete Pool (NAP) require a Medical Exemption prior to competition. These NAP athletes are notified by their national sport organization (NSO) that they have been included in the NAP and will be asked to review their rights and responsibilities by signing an athlete contract.

Most Canada Games athletes are not in the NAP, and they do not need to have a TUE in place prior to the games. Instead, they would apply retroactively after they have been through sample collection and after being notified of a positive test.

### If an athlete is not in the NAP, can they apply for a Medical Exemption ahead of time to have it in place prior to competing?

While we understand that there may be some anxiousness about wanting to have a medical exemption in place prior to competing, applying for medical exemptions prior to competition is reserved for athletes in the NAP only.

That said, you are encouraged to review our [TUE checklists](#) and be aware of what medical documentation and information may be needed as part of an application, and take stock of what documentation you currently have, and what information may be needed in the future.

### What measures should I take if my child is taking a prescription medication that contains a prohibited substance?

Regardless of whether it is a new prescription or it has been prescribed for years, if your child is taking a prescription medication that contains a prohibited substance, they will be able to apply for a Medical Exemption when applicable. Please visit the [Medical Exemption Wizard](#) to determine your child's application requirements and to review what medical documentation you may need to be submitted as part of an application.

### Can an athlete use natural health products instead of antibiotics to avoid inadvertent doping?

Most antibiotics are not prohibited, and you can easily verify this using [Global DRO](#).

Natural health products are considered supplements. Due to the current lack of regulation of the supplement industry, the CCES is unable to guarantee that these products are free of prohibited substances.

An athlete's health is the most important consideration, and you should not withhold or avoid a prescribed medication because of anti-doping concerns. If an athlete is prescribed antibiotics, or any other medication, determine whether the medication is prohibited and if a medical exception is required. The medical exemption process is in place to make sure athletes can use their prescription medications without fear of repercussions.

### Where can I find a list of prohibited substances?

To access the World Anti-Doping Agency's Prohibited List, click [here](#). To look up a specific substance, please use [Global DRO](#) instead of consulting the List.

### Are Tylenol and Advil considered prohibited?

There are different formulations of Tylenol and Advil, some of which are prohibited and others not. To check the status of a medication, visit [Global DRO](#).

## SUPPLEMENTS

### Before They Go

- ☐ **Assess the risks of all supplements being used.** This includes considering the type, claims, and warnings. Choose lower-risk supplements and avoid those that are higher risk. Consider whether the product claims to have an extreme or drug-like effect. And look online for any warnings, recalls, or alerts.
- ☐ **Ensure supplements are third-party batch tested.** Consult one of the third-party batch testing programs listed in "Is there a list of approved supplement companies?"
- ☐ **Document all supplements that are used** in the 10 days leading up to the games so they can be declared during sample collection.



### How can I verify if a supplement is prohibited or not?

Unfortunately, due to lack of government regulation regarding supplement production in Canada, there is currently no way to confirm or guarantee that a supplement does not contain a prohibited substance.

That said, there are ways to reduce the risk of supplements:

- Determine the need for a supplement by discussing it with a physician or registered dietitian.
- Choose a lower-risk supplement (vitamins, minerals, protein).
- Research the product, avoiding products that have warnings and red flags in their claims and marketing.
- Choose a supplement that has been third-party certified.

### Is there a list of approved supplement companies?

The CCES doesn't approve supplements for athlete use. While a supplement manufacturer may have generally good practices, we recommend athletes use supplements that are batch-tested and are tested for prohibited substances. These tests should be done independently from the manufacturer so that they're transparent and not biased. A few examples of certification programs include [BSCG](#), [Informed Choice](#), [Informed Sport](#) and [NSF Certified for Sport](#).

### How do I know which supplements have been tested? Is there an app or a database?

There are several reliable third-party testing programs, including [BSCG](#), [Informed Choice](#), [Informed Sport](#), and [NSF Certified for Sport](#). These will help you check which supplements have been tested and you can search by category for supplements that have been tested.

NSF Certified for Sport has easy-to-use [iOS and Android apps](#).

### Are meal supplements and meal replacement shakes considered food or supplements? What about energy drinks and protein bars?

It depends on the product. In Canada, products labeled "meal replacement" must adhere to the Food and Drugs Regulations and are considered foods.

There is also a sub-category called "supplemented foods," which includes things like electrolytes and energy drinks. These are also considered food products and have clear labeling requirements.

Products not clearly labeled "meal replacement" or "supplemented food" should be considered supplements and treated accordingly.

### My child is going to have serious jet lag from travel to St. John's. Is there a brand of melatonin that is safe for athletes?

The CCES recommends any decision about supplementation, whether for nutrition, performance, or recovery, to be made under advisement of medical professionals. That said, if an athlete decides to use a melatonin, or any supplement, consider using one that has been batch tested to minimize the risk.

### What about cannabidiol (CBD)?

Cannabidiol (CBD) should be treated with caution. While cannabidiol isn't prohibited, most CBD contains some amount of THC, a prohibited psychoactive cannabinoid. Athletes have tested positive for cannabis in competition due to the use of CBD products – even topical ones, like muscle rubs. Learn more about [cannabis in sport](#).

### Can parents and caregivers rely on a supplement manufacturer's information?

It's challenging. Supplements aren't subject to the same strict labeling requirements as food, which makes it difficult to know exactly what's in them. That's why third-party batch testing is so important: to test for prohibited substances and to validate what's listed on the label.

### There are protein powders that are not batch tested. Should these be avoided? Or should we search for individual ingredients in Global DRO?

Searching for listed ingredients is a great way to quickly identify red flags. For example, if a supplement lists "ligandrol" or "ostarine" as an ingredient, a Global DRO search would tell you immediately that those are prohibited anabolic agents. However, as discussed, the label may not be reliable.

If we broadly categorize supplements as lower risk and higher risk, we could place nutritional supplements like vitamins, minerals and protein into the lower-risk category and performance-oriented supplements, like pre-workout supplements, mass gainers, and muscle boosters into the higher-risk category. For all supplements, we strongly encourage seeking options that have been batch-tested, and to declare everything during doping control.

### How do I know if pre-workout supplements are allowed or not?

Pre-workout mixes are a category of supplements that have caused positive doping control tests in the past. Many pre-workout products make claims about increased energy, which can indicate the presence of a stimulant. One common example of a prohibited stimulant that may be included in supplements is higenamine, which may be listed as nandina domestica, demethylcocaurine, norcocaurine, tinospora crispa, aconitum japonicum, gnetum parvifolium or asarum heterotropoides. Refer to one of the testing programs we suggested to see if your supplement has been tested for prohibited substances and truth in labeling.

### Is there a list of ingredients in supplements to avoid that is available for reference?

There is no reference list available, but there are some red flags to watch for that will make it easier to avoid prohibited substances. Supplement labels often make it hard to know exactly what they contain. Avoid the following:

- Supplements that make claims of extreme or drug-like effects,
- Ingredients that are an opaque combination of letters and numbers,
- Ingredients listed as "proprietary blends" or similar, and
- Ingredients ending in -ine, -ex, -iol or -ol, -stene, -lol, -ane and -one, which can indicate substances across many categories of the Prohibited List.

Find more information on the [risks of supplements](#).