



Annex E

Eastern Ontario Umpire Association

Policy Respecting The Use of Recreational Substances

Preamble

The Eastern Ontario Umpire Association provides quality umpire services to clients in the National Capital Region and surrounding areas. The provision of such service means that umpires will be physically and mentally able to provide this service.

Definitions

Depressants: These are drugs that slow down your brain function. Examples include alcohol, marijuana, alprazolam (Xanax), and barbiturates.

Stimulants: These drugs elevate your mood and increase your alertness and energy. They're usually highly addictive and can cause paranoia over time. Examples include cocaine, methamphetamine, marijuana and prescription medications for ADHD.

Hallucinogens: This type of drug alters your perception of reality by changing the way the nerve cells in your brain communicate with each other. Examples include LSD, psilocybin, marijuana and MDMA (ecstasy).

Opiates: These are powerful painkillers that quickly produce feelings of euphoria. They're highly addictive and can have lasting effects on your brain. Examples include heroin, morphine, and other prescription painkillers.



Policy

The Eastern Ontario Umpire Association (EOUA) does not condone or permit the use of illegal drugs at any time for any reason.

Any Depressant, Stimulant, Hallucinogen or Opiate that is legal and is used for recreational purposes should not be consumed on the calendar day of a game, prior to that game. The only exception to this policy would be a drug that is prescribed by a physician and is taken strictly in accordance with that prescription.

Contraventions and Sanctions

Any complaints from EOUA Members or leagues respecting the conduct of an umpire shall be addressed through the Complaint sections of the EOUA Membership Policy. That Policy also sets out sanctions for an umpire who is the subject of a complaint.