



Anti-Doping Policy

1. PREAMBLE

The Canadian Centre for Ethics in Sport (CCES) is the custodian of the Canadian Anti-Doping Program (CADP), the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the World Anti-Doping Code and all international standards.

Cheer Nova Scotia has adopted the CADP which means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field.

While the CCES administers anti-doping for the Canadian sport community, you may also be subject to the rules of your international federation. To learn more about ICU's anti-doping policies and procedures, [click here](#).

2. PURPOSE

The purpose of this policy is to eliminate doping, raise member awareness, protect clean athletes, as well as protecting the value and integrity of cheerleading in Nova Scotia.

3. RECOMMENDED ACTIONS

The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:

- Know your rights and responsibilities as an athlete with regard to anti-doping: <http://cces.ca/athletes-rights-and-responsibilities>
- Log in and complete your CCES online anti-doping education at <https://education.cces.ca>
- Always comply with a testing request if you are notified for doping control: <http://cces.ca/sample-collection-procedures>
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned: <http://cces.ca/checkmeds>
- Verify your medical exemption requirements: <http://cces.ca/medical-exemptions>
- Do not take supplements, but if you do, take steps to minimize your risk: <http://cces.ca/supplements>

- Get the latest news. Sign up to receive CCES media releases and advisory notes:
<http://cces.ca/subscribe>

4. REPORT DOPING

Cheer Nova Scotia and the CCES need your help to eliminate doping! To report doping activity:

- Call the hotline at 1-800-710-CCES
- Download the app for Android [here](#) or iOS [here](#)
- Fill in the online form [here](#)

5. RESOURCES

Cheer Nova Scotia has compiled the following resources for reference:

[Canadian Anti-Doping Program](#)

The CADP is designed to prevent, deter and detect doping and serves to protect the integrity of sport and the rights of clean athletes.

[Global DRO](#)

The Global DRO provides athletes and support personnel with information about the prohibited status of specific substances based on the current World Anti-Doping Agency Prohibited List.

[World Anti-Doping Agency](#)

The World Anti-Doping Agency works towards a vision of a world where all athletes compete in a doping-free sporting environment.

[True Sport Movement](#)

The CCES is a proud and active member of the True Sport Movement – a movement that is based on the simple idea that good sport can make a great difference.