

# **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, <u>click here</u>.

# 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: <a href="http://cces.ca/athletes-rights-and-responsibilities">http://cces.ca/athletes-rights-and-responsibilities</a>
- Log in and complete your CCES online anti-doping education at <a href="https://education.cces.ca">https://education.cces.ca</a>
- 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: <a href="http://cces.ca/checkmeds">http://cces.ca/checkmeds</a>
- Verify your medical exemption requirements: <a href="http://cces.ca/medical-exemptions">http://cces.ca/medical-exemptions</a>
- 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: <a href="http://cces.ca/subscribe">http://cces.ca/subscribe</a>

#### 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 <u>here</u> or iOS <u>here</u>
- Fill in the online form <u>here</u>

#### 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.