



# CANADIAN ANTI-DOPING PROGRAM

## INFORMATION

FOR CANADIAN CURLING ATHLETES

JANUARY 2019

1. The CCES Anti-Doping Program rules can be found at <http://cces.ca/canadian-anti-doping-program> ; these are based on WADA rules
2. CCES or WCF can test any curling athlete at ANY TIME without prior warning
3. Sanctions for positive test of a Prohibited Substance can include 2 year suspension from training, competing, funding and loss of medals
4. RECREATIONAL DRUGS are Prohibited Substances; even if legal in home country
5. PSEUDOPHEDRINE is Prohibited In-Competition; check all cold & cough medications before using
6. Athletes have absolute responsibility for the substances they ingest. Check all medications at [www.globaldro.com](http://www.globaldro.com) ; Note list of prohibited substances changes every January
7. Curling Athletes competing at national events including the Canada Cup should apply for a TUE for prohibited substances; athletes should ensure their doctor has excellent file notes to support prescribed medications
8. WCF sanctioned events require pre-approval for use of prohibited substances
9. Forms for a TUE for the WCF or CCES must be signed by a Medical Doctor and approved by the WCF/CCES prior to use; email [watsonkaren@shaw.ca](mailto:watsonkaren@shaw.ca) for an application form; approval can take weeks
10. In an emergency athletes should take prescribed medications; apply for a TUE for all prohibited substances as soon as possible after receiving emergency room treatment
11. Athletes must report all current use of medications to the Doping Control Officer when being tested; carry a list in your wallet
12. Nutritional Substances like protein powders can test positive for Prohibited Substances due to Undeclared Contents; To reduce the risk, athletes must use products tested for banned substances; Lists of tested products are available at: <http://info.nsf.org/Certified/BannedSub/listings.asp> ; <http://www.informed-choice.org> ; <http://www.informed-sport.com> ; <http://www.bscq.org/certified-drug-free-dietary-supplements/>