



The CCES and The Canadian Anti-Doping Program

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Canadian Sport Policy

- Canada's **first-ever inter-governmental** sport policy
- **Endorsed by F-P/T Ministers** responsible for sport, physical activity and recreation in April, 2002
- Canada's **first-ever ethics strategy** for sport
- Evolved into **True Sport Strategy**



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TRUE SPORT STRATEGY

SUPPORTS THE CANADIAN SPORT POLICY

- CCES proud member
- True Sport Secretariat
- Aligned our work based on Strategy
- Outcome focused strategic plan



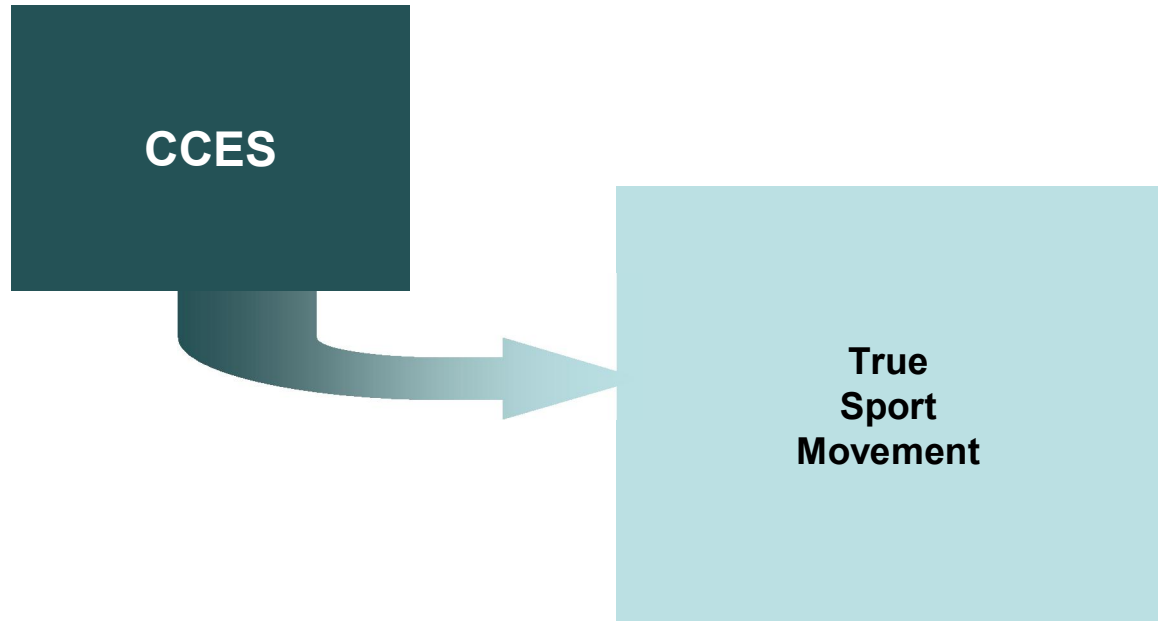
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CCES Contribution to the True Sport Movement



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CANADIAN CENTRE FOR ETHICS IN SPORT

Fostering ethical sport for all
Canadians



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CCES Paradigm

- Doping has achieved near mythic status in today's culture (dominant ethical issue)
- Won't be solved by sound bites and one-liners
- Won't be solved by focusing only on the cheaters
- Won't be solved by simply more testing



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CCES Paradigm

- Doping is not just a sport issue
- Doping is not just a health issue
- Doping is not simply a legal issue
- Doping is an ethical issue
- Doping is a **symptom** of a larger social problem in sport



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CCES Paradigm

- CCES is a world leader
- We understand doping as a symptom
- We understand doping as an ethical issue
- We have developed an aggressive treatment strategy for the symptom
- And, we have developed an equally aggressive prevention strategy



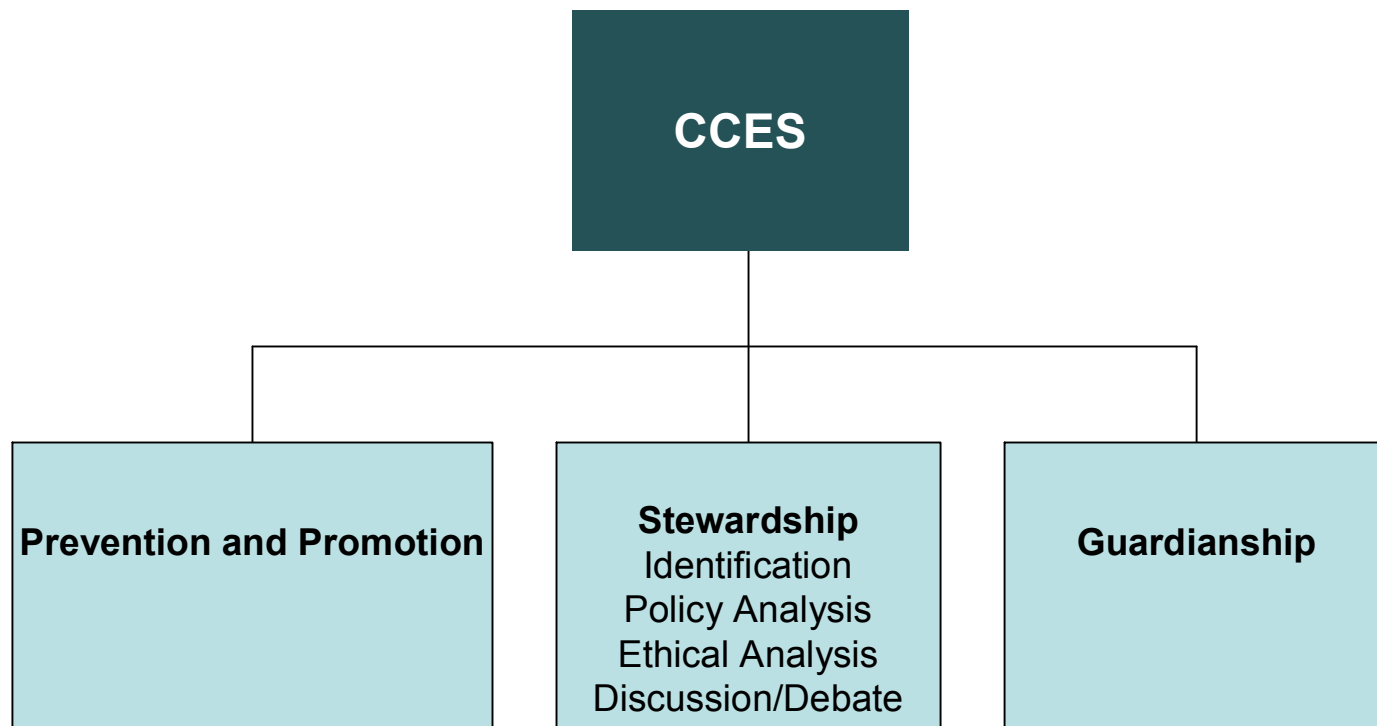
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CCES Comprehensive Approach



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Canadian Anti-Doping Program

- Stewardship
- Prevention and Promotion
- Guardianship



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The Canadian Centre for Ethics in Sport

- CCES Mission Statement is to foster ethical sport for all Canadians.
- Amongst other activities, **the CCES administers the Canadian Anti-Doping Program on behalf of Canadian athletes.**
- **We administer the CADP but all of us in sport implement it!**
- CCES is a proud member of the True Sport movement.
- CADP is huge contribution to TSM!



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What is doping?

- CADP definition:
 - **Presence** of a prohibited substance in an athlete's body
 - **Use** or attempted use of a prohibited substance or method
- It also includes:
 - **Possession, trafficking, or administration** of prohibited substances or methods
 - **Refusing** or failing to submit to doping control
 - **Tampering** with any part of doping control
 - Failure to meet athlete **whereabouts** requirements or missing tests (for Registered Testing Pool Athletes only)



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Strict Liability

An anti-doping rule violation occurs **whenever a prohibited substance is found in an athlete's body**, whether or not its use by an athlete is **intentional or unintentional**.

Ignorance is not an excuse!

You are responsible for your decisions and the actions you take!



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Prohibited List Categories: Substances

The following categories of substances are tested for both In and Out of Competition

- Anabolic agents
- Hormones & related substances
- Beta-2-agonists
- Agents with anti-estrogenic activity
- Diuretics & other masking agents

The following categories of substances are tested in-competition only

- Stimulants (e.g., ephedrine)
- Narcotics (e.g., morphine)
- Cannabinoids (e.g., hashish)
- Glucocorticosteroids
- Sport specific (i.e., alcohol and / or beta-blockers)



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Prohibited List Categories: Methods

- Enhancement of oxygen transfer
 - (e.g., blood doping)
- Chemical and physical manipulation
 - (e.g., urine substitution or alteration)
- Gene doping
 - (e.g., non-therapeutic use of cells, genes and genetic elements)

Currently, hypoxic tents are not prohibited in sport.



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The global Drug Information Database

- Use the DID to determine the status of particular medications
- Online, anonymous, fast and accurate
- Based on the current Prohibited List
- Supplements not included



www.didglobal.com



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Therapeutic Use Exemptions

When you have to use a prohibited substance for a medically justified reason, you must apply for a **Therapeutic Use Exemption (TUE)**

- **Abbreviated (ATUE):**
 - For the use of four inhaled beta-2 agonists (salbutamol, salmeterol, terbutaline, formoterol)
 - For the use of glucocorticosteroids by inhalation and/or local injections (e.g., Ventolin, Advair, Pulmicort, Symbicort)
- **Standard (STUE):**
 - For the medically justified use of a prohibited substance or method (other than those mentioned above)



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Abbreviated Therapeutic Use Exemptions (ATUE)

In September 2006, the CCES revised its ATUE Guidelines to the following:

- Athletes not part of the CCES Registered Testing Pool (RTP) are no longer required to submit an ATUE to the CCES at the time the prohibited substance is prescribed by their physician.
- Should an athlete not part of the CCES RTP be tested, and their sample return an adverse analytical finding for a prohibited substance subject to the ATUE process, they will be required to submit an ATUE form retroactively.

ATUEs are valid for up to one year and must be renewed annually thereafter.



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Standard Therapeutic Use Exemption (STUE)

- Available only on request from the CCES.
- Required for all athletes (including development athletes), at least 21 days prior to competition.
- ATUEs and STUEs have different application forms and processes.
- To speak with someone directly, contact the CCES Infoline at 1-800-672-7775



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What are the consequences of a doping violation?

Myth or fact?



- Positive doping tests automatically result in two years ineligibility
- Only athletes are sanctioned
- There are no sanctions for marijuana usage



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Myth I Sanctions are automatic!

False!

- All athletes have the right to a hearing
- Typical sanctions:
 - 1st violation: two years ineligibility
 - 2nd violation: lifetime ban
- Ineligibility means you cannot:
 - Participate in any way in nationally or provincially organized sport
 - Receive any funding from Sport Canada



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Myth II

Only Athletes are subject to sanctions

False!

- Coaches and trainers are also subject to sanctions.
- Trafficking and administration are anti-doping rule violations
- Sanction from four years to lifetime ban



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Myth III

There are no sanctions for marijuana usage

False!

- Weed is a “specified substance” on the Prohibited List
- Typical sanctions for a cannabis violation:
 - 1st violation: ranges from a warning and reprimand, to one year ineligibility
 - 2nd violation: two years ineligibility
 - 3rd violation: lifetime ban



Remember!

Even with a warning and reprimand,
you have committed your first doping violation.



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Supplements

The main risk associated with supplements is the risk of inadvertent doping, because there is:

- Limited industry regulations particularly outside of Canada
- Improper labelling or omission of contained ingredients
- Potential cross contamination
- People often exceed recommended dosages



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Helping Athletes Minimize the Risks: A certification program

- The CCES **does not promote the use of supplements**, yet recognizes that some athletes choose to use them.
- The CCES acknowledges there is need to assist athletes and coaches make informed decisions.
- CCES recognition of the NSF International's Certified for Sport Program™
- Program to minimize risk of inadvertent doping from prohibited substances in supplements.



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Doping Control Procedures

- Who is subject to testing?
 - Any athlete competing at a nationally sanctioned event
- How are athletes selected for testing?
 - Random selection and competition results
 - Intelligent testing
- How will testing be conducted?
 - Doping Control Procedures video



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Resources

The Canadian Centre for Ethics in Sport www.cces.ca

CCES Information Line (toll-free)
1-800-672-7775

General Inquiries: info@cces.ca

Substance Inquiry Service:
substanceinquiries@cces.ca

Global Drug Information Database
www.didglobal.com

NSF International
www.nsf.org



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Vancouver 2010

- Tremendous pressure to host “Clean Games”
- Canada has potential to demonstrate leadership
 - In Canada
 - Internationally
- Canada has potential to demonstrate its intentional use of sport to foster positive values in society



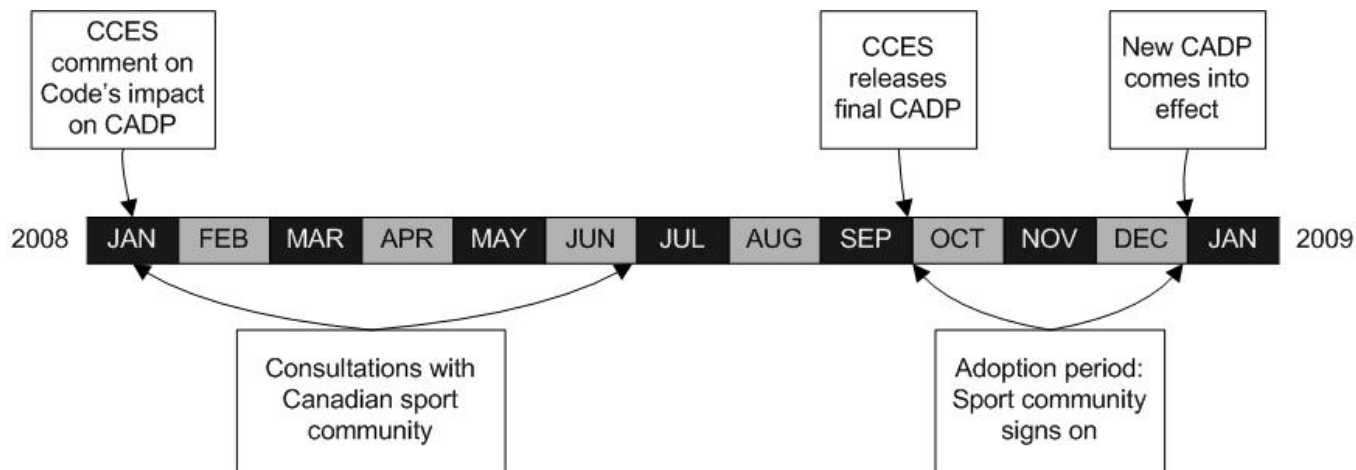
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CADP Revamped



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Major Shifts

- Mandatory education
- More focus on investigations
- More emphasis on serious doping substances (steroids, hormones, blood boosters)
- Athlete Whereabouts
- TUE's



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