



CANADIAN ANTI-DOPING PROGRAM

INFORMATION

FOR CANADIAN CURLING ATHLETES

JANUARY 2024

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 ; Note list of prohibited substances changes every January
7. Curling Athletes competing at national events can apply for a TUE for prohibited substances retroactively; athletes should ensure their doctor has file notes to support prescribed medications; check medical file requirements on the CCES website or email karen.watson@curling.ca
8. WCF 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; email karen.watson@curling.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 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: <https://www.nfsport.com/certified-products/> ; <http://www.informed-choice.org> ; <http://www.informed-sport.com> ; <http://www.bscg.org/certified-drug-free-dietary-supplements/>
13. Athletes competing at national sanctioned events may be required to take a CCES online education course prior to the competition.