

Information for Provincial Sport Organization (PSO) websites:

The Canadian Anti-Doping Program

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.

The Canadian Powerlifting Union (CPU) has adopted the CADP. OPA, as a member of CPU, adheres to 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. OPA and CPU's anti-doping policies and code of conduct reflect and support the CADP.

While the CCES administers anti-doping for the Canadian sport community, you may also be subject to the rules of your international federation. Learn more about the International Powerlifting Federation's anti-doping policies and procedures. (link to: <http://www.powerlifting-ipf.com/anti-doping.html>)

As a member of OPA, the CADP applies to you! **It is important to know that by participating in activities sanctioned by OPA, you may be selected for doping control.**

Important Information

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. (link to: <http://cces.ca/athletes-rights-and-responsibilities>)
- Always comply with a testing request if you are notified for doping control. (link to: <http://cces.ca/sample-collection-procedures>)
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned. (link to: <http://cces.ca/checkmeds>)
- Verify your medical exemption requirements. (link to: <http://cces.ca/medical-exemptions>)
- Do not take supplements, but if you do, take steps to minimize your risk. (link to: <http://cces.ca/supplements>)
- Get the latest news. Sign up to receive CCES media releases and advisory notes. (link to: <http://cces.ca/subscribe>)

Additional Resources and Information

- The CCES AthleteZone is a hub of resources and information for athletes and their support personnel. (link to: www.cces.ca/athletezone)
- 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. (link to: <http://www.globaldro.com/>)

- Physicians and medical personnel are encouraged to use the CCES DocZone for targeted medical information. (link to: <http://cces.ca/doczone>)
- Read more about the Canadian Anti-Doping Program (link to: <http://cces.ca/canadian-anti-doping-program>)
- The World Anti-Doping Agency works towards a vision of a world where all athletes compete in a doping-free sporting environment. (link to: <http://wada-ama.org/>)
- 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. (link to: www.truesport.ca.)

Report Doping

OPA and the CCES need your help to eliminate doping! To report doping activity, call the hotline at 1-800-710-CCES or fill in the online form. (link to: <http://cces.ca/reportdoping>)

Contact

For additional resources and more about anti-doping, please contact the CCES:

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: www.cces.ca/athletezone