



# VAUGHAN SOCCER CLUB

## ANTI-DOPING POLICY

The Vaughan Soccer Club follows the anti-doping regulations and guidelines laid out in accordance with the Canadian Centre for Ethics in Sport (CCES) and Canadian Anti-Doping Program (CADP), as has been adopted by the Canadian Soccer Association.

### 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 Soccer Association 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. The Canadian Soccer Association's anti-doping policy reflects and supports 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 FIFA's anti-doping policies and procedures.

### 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.
- Always comply with a testing request if you are notified for doping control.
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned.
- Verify your medical exemption requirements.
- Do not take supplements, but if you do, take steps to minimize your risk.
- Get the latest news. Sign up to receive CCES media releases and advisory notes.

### Additional resources and information

- The CCES Athlete Zone is a hub of resources and information for athletes and their support personnel.
- The Global DRO provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List.



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- Physicians and medical personnel are encouraged to use the CCES Doc Zone for targeted medical information.
- Read more about the 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.
- 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.

## Canadian Centre for Ethics in Sport (CCES) Educational Resources

- Email: [info@cces.ca](mailto:info@cces.ca) or Call toll-free: 1-800-672-7775
- Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

### Anti-Doping and Values-Based Sport Information:

- CCES website: [www.cces.ca](http://www.cces.ca)
- True Sport website: [www.truesport.ca](http://www.truesport.ca)
- CCES E-Learning: contact the CCES for additional information
- CCES Advisory Notes and Media Releases: [www.cces.ca/subscribe](http://www.cces.ca/subscribe)

### Substance Information:

- Global DRO: [www.globaldro.com](http://www.globaldro.com)
- Contacting the CCES: 1-800-672-7775 or [substances@cces.ca](mailto:substances@cces.ca)

### Therapeutic Use Exemptions (TUEs):

- CCES Medical Exemption Wizard: [www.cces.ca/mewizard](http://www.cces.ca/mewizard)
- Contacting the CCES: 1-800-672-7775 or [tue-aut@cces.ca](mailto:tue-aut@cces.ca)

### Report Doping:

- Report Doping Hotline: 1-800-710-CCES or [www.cces.ca/reportdoping](http://www.cces.ca/reportdoping)

Note: Various printed resources are available. Contact the CCES for more information ([education@cces.ca](mailto:education@cces.ca) or 1-800-672-7775).