



Anti-Doping Policy

Sail Canada has adopted the Canadian Anti-Doping Program (CADP). As part of Sail Canada, all members of Ontario Sailing are subject to Canada's anti-doping rules, which are administered by the Canadian Centre for Ethics in Sport (CCES). The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations, and is compliant with the World Anti-Doping Code and all international standards.

Through association membership, all athletes of Ontario Sailing are bound by Sail Canada's anti-doping policy. Please note however, that no dope testing will be conducted by Ontario Sailing for athletes competing in provincial level competitions in the Province of Ontario due to the high cost associated with such tests. Ontario athletes that compete in National level events held in Ontario, either through an Ontario Sailing partnership with or on behalf of Sail Canada, are fully bound by Sail Canada's anti-doping policy. All Ontario athletes must comply with Sail Canada's policy.

By adopting the CADP, Sail Canada has joined a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. Sail Canada's anti-doping policy reflects and supports the CADP.

The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:

- a) Check the Global DRO www.globaldro.com to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List
- b) Review Medical Exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.
- c) Do not use supplements, or to take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global ORO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: www.cces.ca/supplements
- d) Review the steps of the doping control sample collection procedures: [http://www.cces.ca/en/sample collection](http://www.cces.ca/en/sample%20collection)
- e) Know your rights and responsibilities as an athlete with regard to anti-doping. (link to: <http://www.cces.ca/en/samplecollection/rightsandresponsibilities>)
- f) Always comply with a testing request if you are notified for doping control. (link to: <http://www.cces.ca/en/samplecollection>)
- g) Check all medications and products before taking them to ensure they do not contain ingredients that are banned. (link to: <http://www.cces.ca/en/checkmeds>)
- h) Get the latest news. Sign up to receive CCES media releases and advisory notes. (link to: <http://www.cces.ca/en/subscribe>)

For additional resources and more about anti-doping, please contact the CCES
www.cces.ca/athletezone

***Reviewed and Approved by
Ontario Sailing Board of Directors
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