



CANADIAN ANTI-DOPING PROGRAM

INFORMATION

FOR CANADIAN CURLING ATHLETES & CCA MEMBER ASSOCIATIONS

(NOT FOR RTP OR NATIONAL TEAM PROGRAM ATHLETES)

JANUARY 2013

- I. CCES or WCF can test any curling athlete at ANY EVENT without prior warning
- II. RECREATIONAL DRUGS are Prohibited Substances
- III. Athletes must declare medications and supplements at the time they are tested
- IV. All TUEs are granted retroactively by the CCES for Canadian competitions
- V. Medications that are prohibited substances need a TUE (Therapeutic Use Exemption) and require prior documented medical evidence of the health problem and a prescription from a Medical Doctor
- VI. Some Asthma inhalers are permitted in therapeutic doses without prior pulmonary function tests e.g. Ventolin (Salbutamol) and Advair (Salmeterol) – it is important to double check your medication
- VII. PSEUDOPHEDRINE is Prohibited In Competition; check all cold & cough medications before using
- VIII. Athletes are responsible for checking their own medication at www.globaldro.com
- IX. Nutritional Substances can test positive for Prohibited Substances due to Undeclared Contents; Highest risk are 'Muscle/Body Building' type products; Athletes are advised to use products tested and approved for sport; Lists of approved products are available e.g. http://www.nsf.org/consumer/athletic_banned_substances/index.asp ; <http://www.informed-choice.org> ; <http://www.informed-sport.com>
- X. Sanctions for positive test of a Prohibited Substance may include 2 year suspension from competition and loss of medals for the team
- XI. Read the Canadian Anti-doping Program at www.CCES.ca