

# ATTENTION ATHLETES!

## DID YOU KNOW?

### **CANNABIS IS PROHIBITED IN SPORT**

Cannabis in all forms – smoking, vaping, topical, extracts, edibles – is prohibited in competition. A positive test for cannabis can be an anti-doping rule violation.

### **WHAT'S IN CANNABIS?**

THC (tetrahydrocannabinol) is a psychoactive element of cannabis. It is prohibited in competition. CBD (cannabidiol) is a cannabinoid extracted from the cannabis plant. It is permitted **but you should use caution:** CBD products can contain prohibited THC.

### **WHAT ABOUT OUT OF COMPETITION?**

Using cannabis out of competition can cause a positive test in competition.

Regular cannabis use will increase the time it takes to clear from your body.

### **MEDICAL EXEMPTIONS**

If you use cannabis with a prescription to treat a medical condition, use the Medical Exemption Wizard to determine your requirements.

Go to [cces.ca/mewizard](https://cces.ca/mewizard)

## **CCES.CA/CANNABIS**

