

## ANTI-DOPING QUICK REFERENCE CARD

**Check all medications** before taking them. Make sure they don't contain prohibited substances.

**Know your medical exemption requirements** if you are taking a prohibited substance.

**Be aware of the risks** of supplement use. Take necessary precautions prior to using these products.

**Know your anti-doping requirements**, stay informed and protect yourself from inadvertent violations.



### CHECK YOUR MEDICATIONS

It is your responsibility to check the status of all medications, including prescription and over-the-counter products.



#### Global DRO

Search for your medication in Global DRO to check its status in sport.  
[globaldro.com](http://globaldro.com)

### The Prohibited List

WADA's Prohibited List identifies substances and methods prohibited in sport. These prohibited substances can be found in medications, supplements and natural health products.  
[cces.ca/prohibited-list](http://cces.ca/prohibited-list)

### MEDICAL EXEMPTION WIZARD

A medical exemption permits the use of a prohibited substance for a medically-justified reason. Use the Medical Exemption Wizard to determine if and when you should apply.  
[cces.ca/mewizard](http://cces.ca/mewizard)

### CAUTION!

Athletes are held **strictly liable** for anything found in their sample, whether it got there intentionally or not.

### LEARN MORE ON OUR WEBSITE

#### Supplements

Be aware that supplements can contain prohibited substances.

#### Cannabis

Legal in Canada, but prohibited in sport.

#### E-Learning

Athletes under the Canadian Anti-Doping Program are required to complete education annually.

#### Whereabouts

Athletes in the CCES registered testing pool (RTP) need to submit whereabouts information.

#### Sample Collection

Collecting urine and blood contributes to the deterrence and detection of doping.

Visit [cces.ca](http://cces.ca) for FAQs, online quizzes, and downloadable resources!

### QUESTIONS? CONTACT US.

**Substance Inquiries**  
[substances@cces.ca](mailto:substances@cces.ca)

**Education**  
[education@cces.ca](mailto:education@cces.ca)

**Whereabouts**  
[whereabouts@cces.ca](mailto:whereabouts@cces.ca)

**CCES InfoLine**  
1-800-672-7775  
[info@cces.ca](mailto:info@cces.ca)

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DOPING

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