



WOODBRIDGE SOCCER CLUB

Anti-Doping Policy

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. This policy was designed to protect athletes rights and ensure a level playing field.

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.

As a Canada Soccer National Youth Club Licence holder, the Woodbridge Soccer Club (WSC) adheres to Canada Soccer's anti-doping policy which has been created in conjunction with CCES and the CADP.

WSC educates coaches, players and parents about this anti-doping policy through staff/volunteer meetings, player/parent meetings and/or Club policy manuals.

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 information can be found as follows:

CCES Educational Resources

- Email: info@cces.ca or Call toll-free: 1-800-672-7775
- Online: www.cces.ca/athletezone

Anti-Doping and Values-Based Sport Information

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

Substance Information

- Global DRO: www.globaldro.com

Therapeutic Use Exemptions (TUEs)

- CCES Medical Exemption Wizard: www.cces.ca/mewizard

Report Doping:

- Report Doping Hotline: 1-800-710-CCES or www.cces.ca/reportdoping