



FREESTYLE CANADA

ANTI-DOPING

Supplied by Sport Integrity Canada

Anti-Doping

Freestyle Canada has adopted the [Canadian Anti-Doping Program \(CADP\)](#), the set of rules that govern anti-doping in Canada. This means that you, as a member of Freestyle Canada, are part of a world-class anti-doping program designed to protect athletes' rights and ensure a level playing field. **Freestyle Canada's [code of conduct](#)** reflect and support the CADP.

Under the CADP, [Sport Integrity Canada](#) conducts in- and out-of-competition testing, delivers education, helps athletes and support personnel navigate the rules around medications, and enforces consequences for those who break the rules.

The CADP applies to athletes and athlete support personnel. You may also be subject to your **international federation's (IF) anti-doping rules**. Learn more about FIS's [anti-doping policies and procedures](#).

The CADP is compliant with the [World Anti-Doping Code](#) and all international standards, which means that it's harmonized with the rules used around the world. The 2021 CADP is currently in effect.

Anti-doping rules can be complicated, but training and competing clean doesn't have to be. The following resources and supports are available to help.

Complete your education

Athletes in the **National Athlete Pool (NAP)** and **designated athlete support personnel** must complete a course in the *Anti-Doping* series every year. How to access e-learning:

- Sign up using the invitation Freestyle Canada sent you by email.
- Log in to Sport Integrity Canada's [online learning portal](#) to find your courses.
- If you need help, check the [FAQ](#) or email education@sportintegrity.ca.

Athletes who are not in the NAP have no annual requirement, but are invited to learn more via the [Untracked version](#) of the course that is available on Sport Integrity Canada's website.

Parents, guardians, and caregivers are a young athlete's best resource and their biggest supporter in a complex anti-doping system.

- Parents have no formal CADP education requirement.
- Parents can learn about how to support their child in the [Clean Sport for Parents resource](#).



Check your medications

Prescription and non-prescription medications can contain ingredients on the World Anti-Doping Agency's (WADA) [Prohibited List](#).

- To check the status of your medication, search by DIN, name, or ingredient in [Global DRO](#).
- [Learn more or ask a question](#)

Know your exemption requirements

- If your medication is prohibited in sport, the [Medical Exemption Wizard](#) can help you determine what kind of exemption you need and who you need to submit an application to.
- [Learn more or ask a question](#)

Question supplements

The use of supplements is widespread in sport, and there are some legitimate, scientifically supported, and relatively safe uses of them. However, supplements can be risky. They may contain prohibited substances, which means using them can lead to anti-doping rule violations.

Supplements should ideally be used as part of an individualized nutrition and/or performance plan under supervision of medical support personnel.

- Take steps to [minimize your risks](#).
- Make sure any supplements you use are batch-tested by a reliable third-party testing program like [NSF Certified for Sport](#), [Informed Sport](#), [Informed Choice](#), or [BSCG](#).
- [Learn more or ask a question](#).

Be cannabis smart

Cannabis is prohibited in competition, and using cannabis out of competition can still cause a positive test.

- Even though CBD is not prohibited, **CBD products can still contain THC** and may cause positive tests.
- Users of prescription **medical cannabis** can apply for a [medical exemption](#).
- [Learn more or ask a question](#)

Prepare for doping control

Sport Integrity Canada collects and tests [urine](#), [blood](#), and [dried blood spot](#) samples to detect doping. Whether in or out of competition, it's important to be ready in case you're notified for testing.

- Know your [rights and responsibilities](#) during testing.
- Carry **photo ID** so the Doping Control Officer (DCO) can verify your identity.
- A **representative** can accompany you during doping control. Athletes, consider who could be your representative. Support personnel, you can offer to accompany an athlete.



- As an athlete, it's important for you and your representative to work with the DCO and comply with the [sample collection procedures](#).
- **Keep a record** of your medications and supplements so you can **declare** them.
- Let your support personnel know if you are selected for testing.
- Both athletes and their representatives can ask the DCO questions during the sample collection process.
- [Learn more](#)

Report Doping

Protecting clean sport is a shared responsibility. Sport Integrity Canada provides you with a secure and anonymous means to [report suspected doping](#).

For More Information

- Visit the [Sport Integrity Canada website](#)
- Contact Sport Integrity Canada at 1-800-672-7775 (toll-free) or by email info@sportintegrity.ca
- Get the latest news through Sport Integrity Canada media releases and advisory notes, and follow us on social media - [subscribe now](#).