The Canadian Anti-Doping Program

NSO (Sail Canada) has adopted the Canadian Anti-Doping Program (CADP). As part of NSO, all members of PSO (Provincial Sailing Organizations) are subject to Canada’s anti-doping rules, which are administered by the Canadian Centre for Ethics in Sport (CCES). The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations, and is compliant with the World Anti-Doping Code and all international standards.

By adopting the CADP, NSO has joined a world-class anti-doping program that is designed to protect athletes’ rights and ensure a level playing field. NSO’s anti-doping policy reflects and supports the CADP. See more: http://www.sailing.ca/teams/ethics/

The CCES recommends that athletes take the following actions to ensure they don’t commit an inadvertent anti-doping rule violation:

• Check the Global DRO (www.globaldro.com) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
• Review Medical Exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.
• Do not use supplements, or to take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: www.cces.ca/supplements
• Review the steps of the doping control sample collection procedures:
http://www.cces.ca/en/samplecollection

For additional resources and more about anti-doping, please contact the CCES

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