

## BRYST DOPING POLICY

As a member club of Ontario Soccer and Canada Soccer (CSA) respectively, the BRYST is bound by, fully supports, and hereby adopts the CSA and Ontario Soccer anti-doping policy from the Canadian Anti-Doping Program.

From the CSA website:

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. 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.

Canada Soccer has adopted the CADP which means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. The Canadian Soccer Association's anti-doping policy reflects and supports the CADP.

While the CCES administers anti-doping for the Canadian sport community, you may also be subject to the rules of your international federation. Learn more about FIFA's anti-doping policies and procedures.

For more anti-doping resources, see:

Ontario Soccer anti-doping resources: <http://www.ontariosoccer.net/player/sportsmedicine/anti-doping-resources>

CSA anti-doping resources: <http://www.canadasoccer.com/anti-doping-programs15641>

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

- Know your rights and responsibilities as an athlete about anti-doping.
- Always comply with a testing request if you are notified for doping control.
- Check all medication 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.
- Report Doping Hotline: 1-800-710-CCES or [www.cces.ca/reportdoping](http://www.cces.ca/reportdoping)