

BRYST FOOTBALL ACADEMY

Anti-Doping & Healthy Lifestyle Policy



1. Policy Statement

Bryst Football Academy (BFA) is committed to providing a safe, fair, and ethical sporting environment. We support and adopt the principles of:

- Ontario Soccer
- Canada Soccer
- The Canadian Anti-Doping Program (CADP)
- The World Anti-Doping Code

BFA has a **zero-tolerance approach to doping** and the use of prohibited substances or methods. All players, coaches, and staff are expected to compete clean and make informed, healthy choices.

2. Purpose of This Policy

This policy aims to:

- Protect the **health and well-being** of players.
- Ensure **fair competition**.
- Educate players and families about anti-doping rules.
- Promote **healthy lifestyle habits** consistent with long-term athlete development.

3. Scope

This policy applies to:

- All registered BFA players (grassroots through competitive)
- Coaches and technical staff
- Team officials and volunteers
- Parents/guardians (as supporters of youth athletes)

All participants are expected to comply with Ontario Soccer, Canada Soccer, and CCES anti-doping regulations.

4. What is Doping?

Doping includes:

- The use of substances on the **World Anti-Doping Agency (WADA) Prohibited List**
- The use of prohibited methods (e.g., blood manipulation)
- Refusing or evading a doping control test
- Possession, trafficking, or administration of banned substances
- Encouraging or assisting another athlete to dope

The current Prohibited List is maintained by WADA and enforced in Canada through the CCES.

5. Canadian Anti-Doping Program (CADP)

Canada Soccer and Ontario Soccer are signatories to the **Canadian Anti-Doping Program (CADP)**, administered by the **Canadian Centre for Ethics in Sport (CCES)**.

Under this program:

- Players may be subject to doping control (testing).
- Athletes are responsible for any substance found in their body (strict liability principle).
- Sanctions for violations may include suspension, ineligibility, and removal from competition.

For official information, athletes and parents should consult the **CCES website** and resources.

6. Athlete Responsibilities

All BFA players must:

- Compete clean and ethically.
- Never use banned substances or methods.
- Inform coaches and parents of any supplements or medications they are taking.
- Verify medications through recognized anti-doping resources (e.g., CCES tools).
- Seek a Therapeutic Use Exemption (TUE) where medically required.
- Participate in education sessions provided by the club.

7. Medication & Supplements

Medication

Some prescription and over-the-counter medications may contain prohibited substances.

Athletes must:

- Inform their parent/guardian and coach if prescribed medication.
- Check medications against the CADP Prohibited List.
- Apply for a **Therapeutic Use Exemption (TUE)** if required.

Supplements

BFA strongly discourages the use of supplements in youth athletes unless medically prescribed.

Important reminders:

- Supplements are not strictly regulated.
- Products may be contaminated with banned substances.
- “Natural” does not mean safe or permitted.
- The athlete is always responsible for what they consume.

When in doubt — **do not take it.**

8. Education & Prevention

Bryst Football Academy will:

- Provide annual anti-doping education to players and families (age-appropriate).
- Promote awareness of CADP and CCES resources.
- Reinforce ethical sport values within team meetings.
- Encourage open discussion about pressure, performance, and body image.

9. Healthy Lifestyle Commitment

At BFA, we believe performance is built on healthy habits — not shortcuts.

9.1 Nutrition

Players are encouraged to:

- Eat balanced meals including carbohydrates, protein, fruits, and vegetables.

- Stay properly hydrated.
- Avoid energy drinks and excessive caffeine.
- Avoid extreme dieting or weight-cutting practices.

9.2 Sleep & Recovery

- Youth athletes should aim for **8–10 hours of sleep per night**.
- Recovery days are essential for growth and injury prevention.
- Overtraining increases risk of burnout and injury.

9.3 Mental Well-Being

- Emotional health is as important as physical health.
- Players should communicate stress or concerns with coaches or parents.
- BFA promotes a supportive, pressure-free development environment.

9.4 Substance Use

The use of recreational drugs, alcohol, vaping products, or tobacco is strictly discouraged and may result in disciplinary action under club policies.

10. Reporting & Whistleblowing

If a player, parent, or staff member becomes aware of:

- Suspected doping
- Pressure to use banned substances
- Unsafe supplement practices

They should report concerns confidentially to:

- The BFA Technical Director, or
- The Club Safeguarding Officer

Reports will be handled confidentially and in accordance with Ontario Soccer and Canada Soccer procedures.

11. Sanctions

Violations of anti-doping rules may result in:

- Immediate suspension from club activities
- Referral to Ontario Soccer / Canada Soccer
- Sanctions imposed under the Canadian Anti-Doping Program
- Possible termination of membership

Disciplinary measures will follow due process and governing body regulations.

12. Commitment to Clean Sport

Bryst Football Academy is committed to:

- Fair play
- Athlete health
- Ethical development
- Long-term player growth

We believe success is achieved through hard work, discipline, and integrity — not artificial enhancement.

All members of BFA share responsibility in protecting the integrity of our sport.

Acknowledgment

All players and parents/guardians must sign an annual acknowledgment confirming they:

- Have read this policy
- Understand their responsibilities
- Agree to comply with anti-doping regulations