



Doping Control Guidelines for BC Road Races

Canadian athletes are subject to a high standard of doping control, with consequences if they fail a test, miss a test, or refuse to provide a sample for testing.

But not all athletes from other countries are subject to such rigorous controls. And hence, if you are inviting overseas athletes to compete in your event, and rewarding performance with prize money, you should consider implementing doping control at your event to ensure a level playing field.

Background

The [Canadian Centre for Ethics in Sport](#) (CCES) was established to promote ethical conduct in all aspects of sport in Canada. It is independent from sport organizations and government, and strives for a just, fair and ethical sport system, including the achievement of fair play, doping-free sport, equity, safety and non-violence.

The CCES manages the [Canadian Anti-Doping Program](#) (CADP), which is the set of rules that govern doping control in Canada, and is compliant with the [World Anti-Doping Code](#) and all international standards.

The CADP encompasses all aspects of a comprehensive anti-doping strategy.

- [Education](#) is one of the most effective preventative tools in the fight against doping in sport. It ensures that athletes understand their responsibilities and don't inadvertently break the anti-doping rules or take unnecessary risks.
- [Athlete services](#) provides athletes with the medical support and information they need to comply with the rules. This includes answering substance inquiries and administering the therapeutic use exemption (TUE) process, whereby if the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a TUE may give that athlete the authorization to take the needed medicine.
- Test distribution planning ensures the maximum deterrence by determining the most effective number of tests, both in-competition and out-of-competition, across the highest-risk sports. This includes administering the athlete whereabouts program that requires designated athletes to submit timely and accurate whereabouts information for the purpose of locating them for no-notice out-of-competition testing.

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- **Sample collection** is carried out by CCES doping control officers (DCOs) across the country, who follow the stringent doping control procedures outlined in the CADP, adhering to the CCES quality system and health and safety requirements.
- **Results management** includes anti-doping rule violations, consequences and the appeal systems that are in place to protect athletes' rights and ensure due process.

Most Canadian high performance athletes are included in the athlete whereabouts program, meaning a DCO can turn up unannounced, anytime, anywhere and ask them to provide a test sample (out-of-competition testing).

At Canadian Championship top finishers are randomly selected for testing immediately after their competition (in-competition testing). And IAAF Label Road Races, of which there are 3 in Canada, also require in-competition testing.

Beyond that, it is at the discretion of race organizers whether to implement doping control at their event. Athletes that dope will avoid events where they know they may be subject to testing, and choose events where they can avoid being caught, thereby cheating clean athletes out of their rightful reward.

Athletes in Violation of Anti-Doping Rules

Irrespective of whether you implement doping control at your event, you should be aware that athletes currently serving doping bans, whether in the sport of Athletics or another sport, should not be allowed entry into a sanctioned race.

A list of athletes currently and previously serving bans can be found here:

Canadian Registry: <http://cces.ca/canadian-sport-sanction-registry>

US Anti-Doping Agency: <http://www.usada.org/testing/results/sanctions/>

USA Track & Field: <http://www.usatf.org/About/Anti-Doping/DQs-and-Public-Warnings.aspx>

IAAF: <https://www.iaaf.org/about-iaaf/documents/anti-doping#sanctioned-athletes>

Implementing Doping Control at Your Event

Do not perform drug testing through your own lab. You open yourself to liability and legal ramifications. Always use the Canadian Centre for Ethics in Sport (CCES).

You should contact CCES to schedule doping control at your event at least 6 months prior to the event. CCES will be able to provide you with a quote of what it will cost to do testing at your event. Budget approximately \$600 / per test for urine sample collection and analysis. A minimum of 6 tests is recommended, 3 male + 3 female.

The following information is provided by CCES.

For doping control taking place at events, the organizing committee is responsible for providing Chaperones, facilities and sealed bottled water. Your Canadian Centre for Ethics in Sport (CCES)

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contact will liaise with you to confirm sample collection personnel, including a Lead Doping Control Officer (DCO), for your event and provide you with their contact information.

Please contact the DCO at least one week prior to the event, so that the following information can be reviewed and/or confirmed:

- Chaperones: qualified volunteers have been recruited to act as Chaperones;
- Facilities: facilities are available to be used as the Doping Control Station; and
- Beverages: sealed bottled water is available for the athletes selected for doping control.

Other details to confirm include:

- Exact location of the event and necessary directions;
- DCO arrival time;
- Accreditation for DCO and Chaperones; and
- Parking arrangements.

Below find specific details regarding the requirements for doping control.

Confidentiality

For doping control to be effective, the organizing committee and/or CCES liaison for an event are often privy to confidential doping control information. Information communicated between the CCES, the organizing committee, the CCES liaison and the DCO is provided for logistical and planning purposes based on the requirements outlined below and should be kept confidential.

Chaperones

Individuals will need to be recruited as volunteer Chaperones for doping control. Chaperones are responsible for athlete notification, and should be available for training with the DCO at least one hour prior to the start of testing. Ensure that the Chaperones are of the same gender as the athletes to be tested. One Chaperone per athlete is required. All Chaperones must meet the following criteria:

- Must be 18 years of age or older.
- Must have the ability to communicate effectively (verbally and in writing) in English and/or French.
- Must not have any perceived or actual conflict of interest with the sport and/or athletes who are involved in this sport at the:
 - Participation level (i.e., competitor, coach, referee, official);
 - Organizational level (i.e., provincial, national, international); and/or
 - Personal/professional level (i.e., relative, friend, acquaintance, client).
- Should have the ability to:
 - Follow directions and instructions;
 - Maintain the highest standard of personal conduct;
 - Be respectful, cooperative and courteous;
 - Use good judgement, discretion and good sense;

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- Demonstrate appropriate behaviour, professionalism and appear presentable; and
- Maintain confidential information.

The DCO may dismiss any provided Chaperones if the DCO determines that they do not meet the specified criteria.

Facilities

The doping control station should be set up in accordance with the criteria specified below. The DCO may permit modifications as long as confidentiality and chain of custody requirements for the sample collection session can be maintained.

The doping control station should be located in close proximity to the competition site. When possible, it should be located away from heavy traffic areas to ensure a secure area. The doping control station shall be clearly marked with signs.

Wherever possible, the doping control station shall be divided into three separate, but interconnected areas (preferably, but not necessarily, three rooms). These areas are:

- **Waiting Room**

This room or area should be large enough to accommodate athletes, representatives accompanying athletes, representatives of the CCES, doping control personnel, and security personnel. The room should have chairs or benches and tables as well as an adequate supply of sealed bottled water. Security personnel should be located at the door to control access to the room.

- **Doping Control Processing Room**

At a minimum, this room should contain a large table and at least three chairs. Access to this room shall be limited to doping control personnel, the athlete being tested, the athlete's representative and, if required, an interpreter. This room is used for:

- Securely storing the doping control supplies and documentation;
- Selection of doping control equipment by the athlete;
- Processing and sealing samples;
- Packaging and storing samples; and
- Completing and processing doping control documentation.

- **Washroom**

Wherever possible, the washroom should contain a sink and toilet and shall be connected to the doping control processing room. It should be large enough for the athlete and Chaperone to move freely.

If athletes with a disability are competing at the event, please ensure that the doping control station and washrooms are wheelchair accessible.

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Beverages

The organizing committee is responsible for providing individually sealed bottled water for the athletes who are being tested. Any other beverages provided must be approved by the DCO, and must be non-alcoholic and non-caffeinated. A minimum of three bottles of water per athlete being tested is required.

Education

All competitors should be advised prior to the event that doping control may be in effect and they are subject to doping control under the Canadian Anti-Doping Program (CADP). Coaches and other athlete support personnel must be aware that they are also subject to the rules of the CADP.

Athletes are strongly encouraged to:

- Visit www.cces.ca/athletezone for helpful information and resources;
- Know their rights and responsibilities as athletes with regards to anti-doping;
- Understand the sample collection procedures;
- Check all medications and products before taking them to ensure they do not contain banned substances;
- Avoid taking supplements (but if they choose to, learn how to minimize their risk);
- Verify medical exemption requirements; and
- Contact the CCES directly should they have any questions or would like additional information (call 1-800-672-7775 or email info@cces.ca).

Athletes who test positive risk being sanctioned in accordance to the rules of the CADP. Athletes are responsible for reviewing this information prior to competition. Athlete support personnel are also encouraged to become familiar with anti-doping rules and regulations.

Testing Procedure

Athletes are chosen for in-competition testing as a result of a finishing position, a random selection method, or in some cases, a targeted test.

Athletes who are selected for doping control will be notified by a chaperone or the DCO immediately after they finish. The athlete will also be informed of his/her rights and responsibilities, and asked to read and sign the athlete selection order, and then to report to the doping control station. Once they have been notified, a chaperone will accompany them everywhere. Athletes may delay going to the doping control station if they need to, for example, to finish their cool-down or to attend a medal ceremony, but they will be accompanied by a chaperone the entire time.

Once at the doping control station, athletes will be asked to provide a urine and/or blood sample. For urine samples, they will be required to wash their hands or wear gloves, and then pass a sample under the observation of a chaperone.

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Once they have provided a sample that meets the requirements for analysis, the doping control officer will guide the athlete through packaging of their sample and the completion of the necessary documents.

During this process athletes may be accompanied by a representative.

The CCES sends all its blood and urine samples by an authorized bonded courier to the WADA-accredited INRS Laboratory in Montreal.

Testing results typically take up to 90 days to return.

What happens if an athlete refuses to participate? Effective doping control requires the cooperation and participation of all athletes. A refusal or failure to comply with doping control procedures, without sufficient cause, may constitute an anti-doping rule violation.

Waivers

It is recommended that as part of registering for an event, and particularly events that implement doping control, athletes be required to acknowledge the Canadian Anti-Doping Program, with wording along the following lines:

Canadian Anti-Doping Program (CADP)

The *<Event Name>* has adopted the 2015 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES website www.cces.ca/athletezone.

Prize Money Distribution

It is recommended not to distribute prize money before doping results are confirmed. Instead, a congratulatory letter can be given, explaining that prize money will be distributed once test results are known.