



# ➔ Anti-Doping Policy

As of Jan.1st, 2015 Cycling BC will be implementing a new Anti-Doping policy.

Cycling BC follows the rules set out in the Canadian Anti-Doping Code which is managed by the Canadian Centre of Ethics in Sport. Any Cycling BC member, staff member or volunteer found guilty of a violation of the Canadian Anti-Doping Code after Jan.1st 2015 will be ineligible for (and the ineligibility not limited to the following, except where eligibility is required by law);

- **Volunteering for Cycling BC**
- **Receiving special funding from Cycling BC**
- **Participating in any high performance training or coaching provided or funded by Cycling BC**
- **Providing sponsorship in any form to Cycling BC**
- **Advertising or promotion of the person by Cycling BC**
- **Working for Cycling BC**





Ethical conduct, playing by the rules and respect for ones competitors **is paramount to the value of sport and is something worth protecting**

## OBJECTIVES

The Cycling BC Anti-Doping Policy is the avenue through which the Association works towards the broader objective of developing a strong anti-doping culture within the sport of cycling in British Columbia. Therefore all Cycling BC staff, license holders and team athletes are required to abide by the rules of the Canadian Anti-Doping Program.

Ethical conduct, playing by the rules and respect for ones competitors is paramount to the value of sport and is something worth protecting. It is Cycling BC's ultimate goal that the sport of cycling in the Province be completely free of the negative effects of sports doping. Cycling BC will do this through its policies and procedures, with its provincial team program, and through events testing and education programs for all licensed members, staff and volunteers.

In order to grow the culture of Anti-Doping in BC this policy applies to all athletes, race officials, coaches, managers, volunteers and any person or organization otherwise associated with Cycling BC. Following this Anti-Doping Policy is required for all Cycling BC members to remain in good standing.

All members of Cycling BC must read and understand Cycling BC's Anti-Doping policy. As this is a Provincial Sport Organization, it is understood that many younger athletes may require assistance to fully understand this document. Parents and coaches are encouraged to read and understand this document and communicate its objectives to young athletes. Cycling BC believes that open dialogue on the issues surrounding doping amongst members, athletes, parents, coaches, and volunteers is the foundation for creating a strong anti-doping culture for cycling in BC.

## DEFINITIONS

### Doping

Doping rule violations are the use of "prohibited substances" or "prohibited methods" that enhance sporting performance, risk health and/or are contrary to the spirit of the sport.

### Athletes

An "athlete" is any person who participates in sport at the international, national level, or in Cycling BC sanctioned events.

### Athlete Support Personnel

"Athlete Support Personnel" include any coach, trainer, manager, agent, team staff, official, medical personnel, para-medical personnel, parent, or any other person working with, treating, or assisting an athlete participating in or preparing for sports competition.

### Provincial Team Athletes

Provincial Team Athletes are all athletes that are officially named to a Provincial High Performance Team, as well as athletes who represent Cycling BC at National or International events.



# POLICY

## Core Values

Cycling BC will work towards eliminating doping in sport and creating an anti-doping culture in British Columbia through two key avenues: public information and education. Cycling BC is committed to providing resources and online tools to facilitate education and dialogue between all athletes, coaches and cycling families in the province.

The Cycling BC Anti-Doping Policy is intended to preserve the fundamental spirit of sport, as described by the World Anti-Doping Code including:

- Ethics: fair play and honesty**
- Health**
- Excellence in performance**
- Character and education**
- Fun**
- Teamwork**
- Dedication and commitment**
- Respect for rules and laws**
- Respect for self and other participants**
- Courage**

Cycling BC encourages all members to similarly embrace and promote these values to help eliminate doping in your cycling community.

# PROHIBITED SUBSTANCES

Cycling BC is in complete agreement and complies with the Canadian Anti-Doping Program, developed by The Canadian Centre for Ethics in Sport, and the World Anti-Doping Code. Cycling BC prohibits all substances prohibited under their guidelines. This includes the use of some dietary supplements as they have a risk factor for contamination.

Ultimately, every individual is responsible for any prohibited substances found in their samples. Cycling BC has a zero tolerance approach to doping. Failure to comply and refusal to comply with testing are also viewed as doping violations and athletes will be subject to penalties.



Cycling BC has a **ZERO TOLERANCE** approach to doping.



## PREVENTION

The following subsections are the ways that Cycling BC and its members can work towards its stated goal of 100% clean competition in BC.

### Education

Cycling BC shall provide education programs on the following issues:

- Substances and methods on the Prohibited List
- Anti-doping rule violations and consequences
- Health and social consequences of doping
- Sample collection procedures
- Athletes rights and responsibilities
- Athlete Support Personnel rights and responsibilities
- Therapeutic Use Exemptions
- Managing the risks of nutritional supplements
- The harm of doping to the spirit of sport

It is a requirement for all National Athletes to complete the online education modules created by the Canadian Center for Ethics in Sport.

**[www.cyclingcanada.ca/resources/race-clean/canadian-centre-for-ethics-in-sport-cces](http://www.cyclingcanada.ca/resources/race-clean/canadian-centre-for-ethics-in-sport-cces)**

Union Cycliste Internationale provides online anti-doping education for riders and support personnel called True Champion or Cheat. Carded athletes must complete the UCI's "True Champion or Cheat" modules. The program can be completed in modules and a certificate of anti-doping education can be achieved. All members of Cycling BC are encouraged to complete this program: **[www.truechampionorcheat.org](http://www.truechampionorcheat.org)**

## COMMUNICATION

Cycling BC believes that communication and open dialogue on the issues is one of the fundamental and most effective tools for creating a future for the sport without the influence of doping.

Cycling BC will provide a list of resources related to anti-doping on the Cycling BC website, and encourage awareness and engagement with these materials through public communications and social media.

Cycling BC is committed to encouraging and facilitating the dialogue on this subject between coaches, staff and athletes. Young athletes must not be afraid or embarrassed to discuss the issues of doping in sport with their parents, coaches and role models.

When Cycling BC is in contact with the media, our message will always reflect our strong stance and zero tolerance policy on the issue of doping in sport. We will endeavor to take advantage of any media opportunities to educate the public of our communal efforts to educate and eradicate the effects of doping from the sport of cycling in B.C. We will promote our true champions and never excuse those who have chosen doping as a way to falsely achieve results, money and fame.

We believe that the more anti-doping is talked about, the more anti-doping will become a part of our culture. There will exist in cycling culture a positive peer pressure against doping and for the ethics of fair play.



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## FOLLOWING THE RULES

Doping in cycling is against the rules of the sport. By signing your race license you agree to abide by the rules of the sport and take full responsibility for the contents of your samples. There is no grey area.

## INDIVIDUAL RESPONSIBILITY

All cyclists in BC, at every level, have a very important role to play in the prevention of doping in our sport. Peer pressure and open dialogue on the issue is extremely effective at preventing doping in sport. If you have any information of doping in cycling in BC, it is important to share this information with the authorities. Contact the Canadian Centre for Ethics in Sport either by phone or online.

Hotline: **1-800-710-CCES**

Online Reporting: **[www.cces.ca/en/reportdoping](http://www.cces.ca/en/reportdoping)**

## ENFORCEMENT

Enforcement is done primarily through doping tests at events. This is primarily the job of the CCES, additional testing can be contracted by Cycling BC and/or race organizers. Testing is costly and not perfect, but this is the primary tool we have to enforce the rules of clean competition.

## MEMBERS AND CLUBS

Though the guidelines in the next section are only mandatory for Team Athletes and Staff, it is recommended that all members attend anti-doping education sessions or complete the online education modules cited above. Clubs and coaches are encouraged to follow similar procedures and requirements to further promote Anti-Doping culture in BC.



The more anti-doping is **talked about**, the more anti-doping will become a **part of our culture**.



# Provincial Team Athletes and Staff

## TESTING

The Government of British Columbia is also committed to eliminating doping in the province, in Canada and around the world. The Sport Medicine Council of B.C. has put in place an unannounced Doping Control Program whereby every athlete who is in direct or indirect receipt of provincial sport benefits is required to complete an Authorization and Consent Form to participate in the Anti-Doping Program. Athletes are subject to being randomly selected for testing and there is a zero-tolerance policy in effect. Failure to comply and refusal to comply are viewed as doping violations and athletes will be subject to penalties.

## COACHES, STAFF & VOLUNTEERS

It is part of Cycling BC's vision that the best example for all of its license holders and team athletes come from those who have always believed in and practiced the sport in a clean fashion. As such, Cycling BC will employ a zero tolerance policy with respect to its team athletes and all staff. This policy will reward and offer opportunity to those who have committed to practice with a high level of integrity. It will also help ensure the best possible environment for its athletes to learn from and practice their sport in a fully ethical environment.

## TEAM EDUCATION REQUIREMENTS

Cycling BC has a zero tolerance policy with respect to its team athletes, support staff and volunteers. In order to be eligible for provincial team membership, all provincial team athletes and staff are required to attend at least one anti-doping education session by Cycling BC. If for any reason attendance at an education session is not possible prior to participating in an event as a provincial team member an alternative arrangement for anti-doping education (such as completion of online educational modules) will be agreed upon by the High Performance Team Coordinator or the Executive Director.

Any BC team athlete or staff that does not fulfill their obligations with the educational component will be temporarily suspended from all BC team funding support and BC team activities until they satisfy this requirement.

## MEETING

During the yearly face-to-face meeting, athletes will be asked directly if they have engaged in or facilitated sports doping practices in the past. They will also be asked to define their stance on doping and any other questions that the interviewer deems necessary to ensure their compliance with the policy. If an athlete or coach answers in the affirmative to having doped or assisted in any way shape or form in doping the matter will be reported to the CCES and Cycling Canada.





## AGREEMENT

All provincial team athletes and staff are required to sign the Cycling BC Anti-Doping High Performance Team and Staff Agreement annually, which will be signed during an annual face-to-face meeting with at least one representative of Cycling BC. This person will be the High Performance Team Coordinator or Executive Director. Any athlete, coach, staff or volunteer that is suspended, has been suspended in the past, admitted to doping or helped someone dope will not be eligible for support from Cycling BC.

## NON-COMPLIANCE

All individuals affiliated with Cycling BC shall comply with provincial, national and international regulations on doping—specifically those outlined in the Canadian Anti-Doping Program (2009) and relevant sections of the World Anti-Doping Code—and shall submit themselves to dope testing as required or requested. Any individual affiliated with Cycling BC who is found to have committed doping infractions is subject to sport eligibility and government funding penalties outlined in the CADP, as well as any applicable additional penalties specified by Cycling BC.

Any individual affiliated with Cycling BC found in violation of CADP rules, will be subject to the ineligibility consequences outlined below for Provincial Team Athletes.

Any athlete affiliated with Cycling BC found in violation for the first time of Canadian Anti-Doping Program (2009) rules, in addition to the consequences outlined by the CADP, will be automatically disqualified from participating in Cycling BC provincial teams or sanctioned events and from any financial or in-kind support.

## SOURCES

Adopting, supporting, applying and meeting the requirements of the Canadian Anti-Doping Program is a condition of receipt of Government funding to sports organizations (pursuant to Code Article 22 and Canadian Policy against Doping in Sport, 2011). Therefore as a 'Sports Organization' committed to doping-free sport in Canada, Cycling BC has expressly accepted and adopted the Canadian Anti-Doping Program (2009) developed by The Canadian Centre for Ethics in Sport, which is a Canada-wide collective agreement to abide by a common set of rules, procedures, duties, and responsibilities, as an effort to eliminate doping in sport. The CADP applies to all Athletes, Staff and Athlete Support Personnel affiliated with Cycling BC.

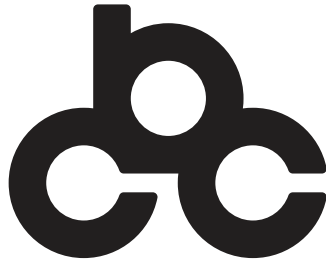
The Canadian Centre for Ethics in Sport: [www.cces.ca/en/home](http://www.cces.ca/en/home)




Cycling Canada's Race Clean page: [www.cyclingcanada.ca/resources/race-clean](http://www.cyclingcanada.ca/resources/race-clean)

The Canadian Anti-Doping Policy: [www.cces.ca/files/pdfs/CCES-POLICY-CADP-E.pdf](http://www.cces.ca/files/pdfs/CCES-POLICY-CADP-E.pdf)



The World Anti-Doping Code:

[www.wada-ama.org/en/world-anti-doping-program/sports-and-anti-doping-organizations/the-code](http://www.wada-ama.org/en/world-anti-doping-program/sports-and-anti-doping-organizations/the-code)



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