



## POLICY AND PROCEDURES

### S 060: Anti-Doping

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#### OBJECTIVES

The Cycling BC Anti-Doping Policy is the avenue through which Cycling BC 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 must abide by the rules of the Canadian Anti-Doping Program.

Ethical conduct, playing by the rules and respect for one's competitors is paramount to the sport's value and is 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, provincial team program, and events testing and education programs for all licensed members, Staff and volunteers.

To grow the culture of Anti-Doping in B.C., 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 understand this document fully. 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 Cycling BC-sanctioned events. Under the Canadian Anti-doping Program (CADP), all are considered 'athletes.'

**Athlete Support Personnel:** As defined by the CADP, 'Athlete Support Personnel' includes any coach, trainer, manager, agent, team staff, official, medical personnel, paramedical personnel, parent, or any other person working with, treating, or assisting an athlete participating in or preparing for sports competition.



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**Provincial Team Athletes:** Provincial Team Athletes are all officially named to the Provincial High-Performance Team and athletes representing Cycling BC at National or International events.

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### Core Values:

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

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

### 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, including using some dietary supplements, as they have a risk factor for contamination.

Ultimately, everyone is responsible for any prohibited substances in their samples. Cycling BC has a zero-tolerance approach to doping. Failure and refusal to comply with testing are also considered doping violations, and athletes will be penalized.



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Cycling BC follows the Canadian Anti-Doping Code rules 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 is 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

### **Governing Documents:**

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 dopingfree sport in B.C., Cycling BC has expressly accepted and adopted the *Canadian Anti-doping Program (2009, updated 2021)*, which is a B.C. 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 and Athlete Support Personnel (as defined above) affiliated with Cycling BC.

The *Canadian Anti-doping Program (CADP)* includes general principles and detailed rules and standards for the following:

- Education Standards
- Prohibited List Rules
- Laboratory Rules
- Therapeutic Use Exemption and Medical Review Rules
- Doping Control Rules
- Doping Violations and Consequences Rules
- Appeals Rules
- Privacy Rules



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The full CADP can be found at: [https://cces.ca/sites/default/files/content/docs/pdf/2021\\_cces-policy-cadp-2021-final-e.pdf](https://cces.ca/sites/default/files/content/docs/pdf/2021_cces-policy-cadp-2021-final-e.pdf)

The *World Anti-doping Code* can be found at: <https://www.wada-ama.org/en/what-we-do/the-code>

### **Additional Cycling BC Policies**

In addition to the specific Anti-doping policies identified above, 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,
- specific provisions for Provincial Team Athletes, including the expectations outlined in the *Cycling BC Anti-doping High-Performance Team Athlete Agreement*

### **PROCEDURE**

#### **General:**

- All individuals affiliated with Cycling BC shall comply with provincial, national and international regulations on doping — specifically those outlined in the current *Canadian Anti-doping Program* 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

#### **Prevention:**

The following subsections show how Cycling BC and its members can work towards its goal of 100% clean competition in B.C.

#### **Education**

- Cycling BC shall provide education programs on at least the following issues:
  - Substances and methods on the Prohibited List;



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- Anti-doping rule violations and consequences;
- Health and social consequences of doping;
- Sample collection procedures;
- Athlete's rights and responsibilities;
- Athlete Support Personnel rights and responsibilities;
- Therapeutic Use Exemptions;
- Managing the risks of nutritional supplements; and
- The harm of doping to the spirit of sport

Cycling BC will also 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.

It is a requirement for all National athletes to complete the online education modules created by the Canadian Centre for Ethics in Sport. The link will be sent to you by Cycling BC if you are required to do this. If you are not required to do it but are interested, you can take the untracked version of the course here: <https://cces.ca/truesportclean101untracked>

WADA also offers education on its online learning platform, "ADEL." <https://adel.wada-ama.org/learn/external-ecommerce;view=none?ctldoc-catalog-0=l- en>

### **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 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.



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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 endeavour to take advantage of any media opportunities to educate the public about 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 to falsely achieve results, money, and fame.

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

### **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 B.C., at every level, have a very important role in preventing doping in our sport. Peer pressure and open dialogue on the issue effectively prevent doping in sport. If you have any information on doping in cycling in B.C., 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 (2237)

Online reporting: [intelligence@cces.ca](mailto:intelligence@cces.ca)

### **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 imperfect, 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 B.C.

## **PROVINCIAL TEAM ATHLETES AND STAFF**

### ***Testing***

The Government of British Columbia is committed to eliminating doping in B.C. and worldwide.

### ***Coaches, Staff, and Volunteers***



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It is part of Cycling BC's vision that the best example for all its license holders and team athletes comes from those who have always believed in and cleanly practiced the sport. 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 opportunities to those committed to practicing with high integrity. It will also help ensure the best environment for its athletes to learn from and practice their sport in a fully ethical environment.

### **Agreement**

All provincial team athletes and Staff (as defined above) 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 (High-Performance Team Manager or Chief Executive Officer (CEO)).

### **Team Education Requirements**

Cycling BC has a zero-tolerance policy concerning its team athletes, support staff, and volunteers. To be eligible for provincial team membership, all provincial team athletes and Staff must attend at least one anti-doping education session, which Cycling BC will offer at least once yearly. If, for any reason, attendance at an education session is not possible before participating in an event as a provincial team, an alternative arrangement for anti-doping education (such as completion of online educational modules) will be agreed upon by Pathway Manager or CEO. Proof of completion must be provided to the Pathway Manager annually.

### **Annual Meeting**

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

Any athlete affiliated with Cycling BC found in violation for the first time of current *Canadian Anti-Doping Program* 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 any financial or in-kind support.

### **Non-Compliance**

All individuals affiliated with Cycling BC shall comply with provincial, national and international regulations on doping—specifically those outlined in the current Canadian Anti-Doping Program 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



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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 that violates 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 current Canadian Anti-Doping Program 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.

**Date Reviewed:** May 2023

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