



Complying with various anti-doping regulations can be confusing. There is a lot of good information out there, so we have compiled a list of resources and information to help you find what you're looking for. Links have been included in the document for reference, and wherever possible the resources will be included on the CCA website as well.

## WADA PROHIBITED LIST

Generally, all cyclists who compete in UCI-sanctioned events are required to comply with the **WADA** (World Anti-Doping Association [www.wada-ama.org](http://www.wada-ama.org)) **Prohibited List, which is updated annually effective January 1st**. This list, along with a number of other useful athlete resources, can be found at: <http://www.wada-ama.org/en/dynamic.ch2?pageCategory.id=452> (English)

It can be hard to know **what is 'safe'** to take and what isn't, so CCES (Canadian Centre for Ethics in Sport) prepared an excellent **quick reference card** with a list of common medications that are allowed. Be careful if you buy any of these medications outside of Canada, as the ingredients can be different even if the packaging is the same. Also make sure you purchase *exactly* the medication named on the card, as sometimes an 'extra strength' or different formulation may not be allowable:

[http://www.cces.ca/forms/resource\\_popup.cfm?lang=e&id=163](http://www.cces.ca/forms/resource_popup.cfm?lang=e&id=163) in English

There is also a good **'frequently asked questions'** document from WADA, which advises taking the Prohibited List with you to the pharmacy and asking the Pharmacist to help you if you need medication and aren't sure what you are allowed to take. It also advises that you take the list with you whenever you see a doctor, and ALWAYS tell the doctor that you have to comply with the WADA list if you are being prescribed medication.

[http://www.wada-ama.org/rtecontent/document/meds\\_gas\\_en.pdf](http://www.wada-ama.org/rtecontent/document/meds_gas_en.pdf) in English

CCES is available to **help** if you're unsure about any medication that you need to take. You can email them at [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca), or call them on a toll-free phone number **1-800-672-7775**.

At the earlier stages of athlete development, riders need to start complying with the WADA list when they start competing at National-level events (such as National Championships). All riders should know what to expect if they are required to undergo an anti-doping test. A good document and a video are available through CCES that talk about the sample collection procedure:

[http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template\\_id=132&lang=e](http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=132&lang=e) (English)



## ATHLETE WHEREABOUTS INFORMATION

Athletes may also be required to meet certain medical or testing requirements throughout the year, either for CCES and/or for the UCI/WADA. There are five types of athletes identified for the purposes of anti-doping:

<b>Athletes who are:</b>	<b>Must complete:</b>
In their International Federation's (UCI) Registered Testing Pool (see page 4 for more information)	UCI Mandatory Medical Monitoring, + detailed WADA Whereabouts information including specific 60 minutes time slot for testing each day, + TUEs for certain medications to UCI no less than 21 days prior to event
In the CCES Registered Testing Pool as a National RTP athlete	Detailed WADA Whereabouts information including specific 60 minutes time slot for testing each day, + TUEs for certain medications to CCES no less than 21 days prior to event
In the CCES Registered Testing Pool as a General RTP athlete	WADA Whereabouts information + TUEs to CCES no less than 21 days prior to event
NOT in an RTP, and compete outside of Canada (e.g., any UCI-sanctioned race outside of)	Subject to testing at any time and place + keep a medical file for any medication used, for retroactive TUE process through CCES (always declare medication on doping control forms)
NOT in an RTP, and compete domestically (e.g. Canada Games)	Subject to testing at any time and place + keep a medical file for any medication used, for retroactive TUE process through CCES (always declare medication on doping control forms)

You can check to see if you're on the RTP list for Cycling at:  
<http://www.cces.ca/pdfs/CCES-PUB-RTP-E.pdf> (English)

Whereabouts filings are to be submitted quarterly, on the following dates:

<b>Date Due</b>	<b>Quarter</b>
December 15th	January – March
March 15th	April – June
June 15th	July – September
September 15th	October – December



Whereabouts filings can be completed in a number of ways:

- ADAMS (<https://adams.wada-ama.org/adams/>), an online system that makes it easy to submit and update from anywhere at any time.
- The CCES Athlete Whereabouts Form can be submitted by email, fax or mail:
  - PDF form (print, fill in by hand, and fax or mail)  
[www.cces.ca/pdfs/CCES-FORM-AthleteWhereabouts-E.pdf](http://www.cces.ca/pdfs/CCES-FORM-AthleteWhereabouts-E.pdf)
  - Word form (fill in online and submit via email)  
[www.cces.ca/pdfs/CCES-FORM-AthleteWhereabouts-E.doc](http://www.cces.ca/pdfs/CCES-FORM-AthleteWhereabouts-E.doc)

If you don't have all the information for the quarter, submit what you can by the filing deadline, and **update the information** as soon as possible. In any case, always ensure you have the upcoming month filled out thoroughly. Also, if your schedule changes, you will need to update your Whereabouts information (through ADAMS if you initially submitted your information in ADAMS, or by email [whereabouts@cces.ca](mailto:whereabouts@cces.ca) or SMS. SMS updates must be set up first, see information at <http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTUyODY&ObjTypeCode=FILE&type=FILE&id=Mzc0MjY&LangId=1>

There are some excellent resources on the UCI and CCES websites about how to complete the Whereabouts information:

<http://www.uci.ch/templates/UCI/UCI2/layout.asp?MenuId=MTUyODY&LangId=1>  
<http://www.cces.ca/pdfs/CCES-PUB-ADAMSUserGuide-E.pdf> (step by step guide)

### **IF YOU DON'T SUBMIT YOUR WHEREABOUTS INFORMATION BY THE DEADLINE:**

If you don't submit your whereabouts information quarterly and update it as necessary, you may receive a whereabouts strike - called a **filing failure**.

If a doping control officer can't find you at the location indicated during your 60-minute time slot, you may receive a different kind of whereabouts strike - called a **missed test**.

**Any combination of three whereabouts strikes (filing failures and/or missed tests) in an 18-month period, applied by either the CCES or your IF, may result in an anti-doping rule violation.**

***\*\* A confirmed anti-doping violation could prevent you from competing for Canada and/or a professional team for either a sanctioned period of time or possibly your entire career. \*\****



### UCI MEDICAL MONITORING:

Those athletes in the UCI Registered Testing Pool also have to complete a number of mandatory medical tests throughout the year. Athletes are identified to this testing pool once a year (at the end of March), based on the following UCI rankings:

#### **WOMEN:**

20 First Women BMX  
40 First Women MTB  
40 First Women Track  
Professional Continental Team riders (Road)

#### **MEN:**

50 First Men BMX  
100 First Men MTB  
100 First Men Track  
ProTour and Professional Continental Team riders (Road)

To see if you are in this pool, go to:

<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MjI0NQ&ObjTypeCode=FILE&type=FILE&id=NDk1ODE&LangId=1>

Information about the tests required, forms needed for submission, and procedures for any abnormal results can be found here:

<http://www.uci.ch/templates/UCI/UCI1/layout.asp?MenuId=MTUxNTQ&LangId=1>

### **Deadlines for submission are as follows:**

Track, MTB, and BMX riders:

- Period 1 (January 1<sup>st</sup> to March 15<sup>th</sup>) tests submitted by **March 15<sup>th</sup>**
- Period 2 (May 1<sup>st</sup> to July 15<sup>th</sup>) tests submitted by **July 15<sup>th</sup>**

**Failure to submit test results for both periods (period 1 only for Track riders) by the deadline will result in not being allowed to compete at World Championships.**

Road riders:

- Tests are to be arranged by their team, according to the schedule in the UCI document:

<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTUxNTQ&ObjTypeCode=FILE&type=FILE&id=MzcxODg&LangId=1> (English)