



Unionville-Milliken Soccer Club

UMSC Anti-Doping Policy

1.0 BACKGROUND

The UMSC has developed its Anti-Doping Policy in alignment with the Canadian Soccer Association, itself working with the **Canadian Centre for Ethics in Sport (CCES)**, organization that is the custodian of the **Canadian Anti-Doping Program (CADP)**; the set of rules that govern anti-doping in Canada.

2.0 GENERAL

The UMSC Anti-Doping Policy is built out of the The Canadian Soccer Association Policy which has adopted the CADP. This means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. [The UMSC and the Canadian Soccer Association's anti-doping policy reflects and supports the CADP.](#)

3.0 SCOPE

UMSC Anti-Doping Policy covers in and out of competition testing, education, medical exemptions, and the consequences of doping violations and is consistent with OSA Anti-Doping Policy and Rules as required by the OSA and YRSA.

4.0 CCES JURISDICTION

While the CCES administers anti-doping for the Canadian sport community, you may also be subject to the rules of your international federation.

5.0 ATHLETE REQUIREMENTS

5.1 As an UMSC Athlete you must [adhere to FIFA's anti-doping policies and procedures.](#)

5.2. UMSC requires its athletes to take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:

- 5.2.1. [Know your rights and responsibilities](#) as an athlete with regard to anti-doping.
- 5.2.2. Always [comply with a testing request](#) if you are notified for doping control.
- 5.2.3 [Check all medications and products before taking them](#) to ensure they do not contain ingredients that are banned.
- 5.2.4 Verify your [medical exemption](#) requirements.
- 5.2.5 Do not take [supplements](#), but if you do, take steps to minimize your risk.
- 5.2.6 Get the latest news. [Sign up to receive CCES media releases and advisory notes.](#)

5.3 You should stay informed – See below the additional resources and information to access

- 5.3.1 The [CCES AthleteZone](#) is a hub of resources and information for athletes and their support personnel.



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- 5.3.2 The [Global DRO](#) provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List.
- 5.3.3 Physicians and medical personnel are encouraged to use the [CCES DocZone](#) for targeted medical information.
- 5.3.4 Read more about the [Canadian Anti-Doping Program](#).
- 5.3.5 The [World Anti-Doping Agency](#) works towards a vision of a world where all athletes compete in a doping-free sporting environment.
- 5.3.6 The CCES is an active member of the [True Sport Movement](#) - a movement that is based on the simple idea that good sport can make a great difference.
- 5.3.7 **For additional resources and more about anti-doping, contact the CCES**
 - Email: info@cces.ca
toll-free: 1-800-672-7775
Online: www.cces.ca/athletezone

5.4 If you are aware of a Doping situation, report doping via the Report Doping Hotline

- Call toll-free: 1-800-710-CCES
Online: www.cces.ca/reportdoping