



2023.10.03

ANTI-DOPING EDUCATION LESSONS

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Lesson 1: Keeping our Sport Clean

Questions often asked by athletes

When will I be tested?

How can I practice clean sport?

Is my asthma medication prohibited?

What happens if I test positive?

Is my protein powder safe to use?

What is Clean Sport? All athletes should understand the elements of clean sport.

“Sport in which participants actively practice the True Sport values of fairness, excellence. Inclusion and fun, and is free of doping, both because participants choose not to dope and because they have the knowledge, tools, and motivation to protect themselves from unintentional doping.”

ELEMENTS OF CLEAN SPORT

Elements of Clean Sport include clear and understandable descriptions of:
Doping, Prohibited Substances, Fairness, Consequences of Doping, Excellence,
Sample Collection, Inclusion, Medical Exemptions, Fun

THREATS TO CLEAN SPORT

Doping, Substance abuse, Harassment, Racism and discrimination, Win at all costs and Match manipulation all constitute threats to Clean Sport.

The True Sport Principles define Canada's commitment to values-based and principle-driven sport.

Go for it.

Rise to the challenge – always strive for excellence. Be persistent and discover how good you can be.

Play fair.

Understand, respect, and follow the rules. Play with integrity – competition is only meaningful when it is fair.

Respect others.

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

Keep it fun.

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

Stay healthy.

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

Include everyone

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

Give back.

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

Practicing Clean Sport has five simple steps – Be sure you know each of these requirements.

1. **Check your medications:** Prohibited substances can be found in prescription drugs, over-the-counter medications, supplements, natural health products and other substances.
2. **Know your exemption requirements:** If you take a prohibited medication, you need to determine whether you need a medical exemption. A medical exemption permits the use of a prohibited medication for a medically-justified reason.
3. **Be cannabis smart:** It may be legal to use cannabis in Canada, but cannabis in all forms – smoking, vaping, topical, extracts, edibles – is prohibited in competition.
4. **Question supplements:** Due to a lack of regulation, supplements and natural health products pose a risk to athletes because they can contain prohibited substances.
5. **Live your values:** What motivates you to compete clean? Your personal values play an important role in your decision to help protect the integrity of sport within Canada and internationally. Your values can also help create positive sport experiences for yourself and others.

Lesson 2 The Prohibited List and Medical Exemptions

The World Anti-Doping Agency (WADA) annually publishes the List of Prohibited Substances and Methods (List), the Summary of Major Modifications and Explanatory Notes and the Monitoring Program. The List, which is approved by **WADA's Executive Committee** and comes into force on 1 January of every year.

The WADA Prohibited List is updated regularly, and WCHM will make every effort possible to provide the most recent version of the WADA List of Prohibited Substances:

Note that exemptions are available if an athlete requires medication(s) that are included in the Prohibited List or banned in sport. WCHM Anti-doping policy specifies the rules for these exemptions in Article 3.04.1 and Article 3.04.2. Please see Lesson 7.

The World Anti-Doping Code - the Prohibited List

- Defines prohibited substances and methods in sport.
- Maintained by the World Anti-Doping Agency (WADA).
- Updates annually on January 1st.
- Changes can be made at any time.

Substances are categorized according to what they can do to your body and at what times they are prohibited from use.

Non-approved substances

Anabolic agents

Peptide hormones, growth factors, related substances, and mimetics

Beta-2 agonists

Hormone and metabolic modulators

Diuretics and Masking Agents

Stimulants

Narcotics

Cannabinoids

Glucocorticoids

Beta-blockers

Methods of Abuse

Manipulation of blood and blood components – refers to blood doping, including the administration or reintroduction of blood or red blood cell products. This also includes artificially enhancing the body's ability to transport, deliver and use oxygen.

Chemical and physical manipulation – tampering or attempting to tamper with a sample through any means, including substituting or altering urine in a sample.

Gene doping – using genes, genetic elements, and/or cells in non-therapeutic ways that can enhance athletic performance.

Criteria for a substance to be on the Prohibited List – any two of these three can result in a substance's addition.

1. **Enhances Performance** – There is evidence that the substance or method has the potential to enhance, or does enhance performance.
2. **Health Risk** – Evidence exists that the substance or method represents an actual or potential health risk to the athlete.
3. **Spirit of Sport** – WADA has determined that use of the substance or method violates the spirit of sport as outlined in lesson 1.

TOOLS TO HELP YOU DETERMINE WHICH SUBSTANCES ARE ACCEPTABLE OR PROHIBITED

GLOBAL DRO – <http://globaldro.com> Visit this site to get an idea of how searches are done.

Note that you can determine if a substance is prohibited or not in competition or out of competition. In competition refers to the “in-competition period” i.e. time leading up to the competition, not just at the competition.

STRICT LIABILITY - “... each athlete is strictly liable for the substances found in his or her bodily specimen....whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.” **Clearance Times:** of drugs can be unpredictable. We cannot tell you when a drug will clear your body.

Lesson 3 Supplements

Athletes are responsible for any prohibited substance found in their sample. Unlike foods and medications, the supplementary industry is subject to **little government regulation** making it impossible for our testing agency to confirm whether a supplement contains prohibited substances. After **several Anti-Doping violations** related to supplement use, WCHM would like to stress the **extreme risk** an athlete runs when using supplements. Under no circumstances can we or our testing agency confirm whether a supplement contains prohibited substances.

WCHM recommends that athletes avoid supplements entirely.

What are supplements and what to ask.

Pre-Workout Supplements – claims of increased energy and performance.

Vitamins and Minerals – organic compounds that the body needs for growth and for maintaining good health and are only need in very small amounts.

Probiotics – microorganisms found in food that are believed to be beneficial.

Protein – often processed into powders and shakes and can help repair muscles and gain strength and mass.

Fat Burners – claim to support rapid weight loss, often by suppressing appetite and accelerating the athlete's metabolism.

Mass Gainers and Muscle Boosters - claim to do just that, but can do so in ways that aren't always stated clearly.

Herbal Remedies and Botanicals – plant extracts or derivatives that claim to have beneficial or therapeutic effects.

Natural and Non-Prescription Health Products – includes homeopathic remedies, alternative therapies including traditional Chinese medicine, and other products that are not regulated under Canada's Food and Drug Regulations.

Athletes are strongly advised to ask:

- What claims are the supplement making?
- What effect does the supplement say it will have on my health or body?
- How could this substance produce that result?

Here are some common ways that supplements end up containing prohibited substances.

Alteration – corrupting a product, or making it impure, by adding another substance.

Contamination - corrupting a product by contact or by the accidental introduction of other substances.

Substitution – Replacing one substance with another.

Unlisted ingredients – Adding ingredients, active or not, to the product without adding them to the label.

Advice for athletes before they consider using a supplement:

Ask your doctor or a registered dietician and assess your risks.
WCHM recommends a foods approach first.

If using a supplement:

Consider keeping a supplement log that includes but not limited to the following information:

- Date, Supplement, Type, Batch/Lot, Amount, purchased where, Purchased when
- Keep a sample of your supplement, labeled for easy identification OR purchase a second sealed product with a matching batch or lot number.
- Declare all supplements used to the Doping Control Officer

Lesson 4 Appearance—Altering and Performance-Enhancing Drugs (AAPEDs)

These are drugs or substances that have the potential to alter the human body and its biological functions; including physical appearance and improving athletic performance. These substances fulfill all our testing agency's criteria for a prohibited substance.

Cost-benefit analysis: This is the process of comparing the costs involved in doing something to the advantage or profit that it may bring.

Costs: anything negative or detrimental; direct or indirect, in the form of risk.

Benefits (or perceived benefits): positive outcomes; direct or indirect – immediate gains or ones made as a result of the action.

What if we are aware of athletes or coaches who are using AAPEDs to their advantage?

WCHM Members are encouraged to share this information with other athletes within their clubs and in their families.

Common AAPEDs

Steroids (Anabolic Androgenic Steroids)

- Synthetic hormones resembling testosterone
- Injected, ingested or applied topically
- AAS and Testosterone are prohibited in and out of competition
- Can treat muscle wasting conditions caused by HIV renal failure or COPD
- Used to treat arthritis, lupus, asthma and others
- Numerous side effects (premature balding, gynecomastia, testicular atrophy, low sperm count, impotence or sterility, prostate growth/// male-pattern baldness, facial hair, deepening of the voice, breast shrinkage, irregular menstruation, birth defects)
- Additional side effects: decreased tendon elasticity, bone growth ceases or slows down, high blood pressure; high cholesterol, liver cysts, jaundice
- Some effects may be reversible upon cessation of use, but not all may return to normal

SARMs Selective Androgen Receptor Modulators (only introduced in 1998)

- Like steroids and often misused for steroids
- Side effects have not been fully understood

EPO Erythropoietin

- Natural hormone that stimulates red blood cell production.
- Can treat anemia and similar conditions
- Athletes misuse it to increase performance and endurance, increase metabolism
- Heart disease, increase of blood pressure, liver or pancreatic damage

Growth Hormone (GH)

- Natural hormone
- Stimulates bone, muscle and tissue growth
- Used to help premature babies, treat hormone deficiencies, treat conditions affecting bone, muscle and tissue growth
- Misused to produce strength and recovery
- Purpose is to produce IGF-1 protein but too much leads to metabolic dysfunction and diabetes, cardio vascular disease, muscle/joint/bone pain, hypertension, osteoarthritis, abnormal growth of organs

Stimulants - Drugs that affect the central nervous system by speeding up brain and body, increasing heart rate, blood pressure and body temperature and are addictive. Ex Caffeine, though not on the WADA list, cocaine, amphetamines, and designer stimulants

- Proper medical use is for ADHD, Asthma, Narcolepsy and Obesity

Lesson 5 Doping Control

As an athlete you may be selected for doping control and if so, you will be asked to supply a small sample of your urine, called “the sample”, which will be analyzed by a WADA approved laboratory. Doping control officers are trained to conduct these services according to all health precautions in the event of pandemic restrictions related to in-person competitions.

Collecting and analyzing samples is the best way to detect and deter doping. For athletes, there’s another reason to provide samples, respect for other athletes in knowing that you played fair to the rules, you did not cheat!

How will you know of you are selected.

You may be randomly selected at the Canadian Masters Weightlifting Championships, sometimes based on your finishing position, or you may be tested out of competition at any time during the year.

You may be notified that you are being tested at the Championships or at home.

At the Championships, a Doping Control Officer (DCO) will approach you, and provide you with proper identification. Any required or standard health precautions will be implemented.

The DCO will read through your rights and responsibilities before proceeding.

You will be asked to sign an athlete verification form and after that the DCO or an assigned Chaperone will accompany you to the Doping Control Station.

Your Rights You have the right to:

A representative You can have a representative with you at all times in the doping control station.

An interpreter, if required and one is available.

More information. You have the right to ask for more information about any part of the sample collection process.

Document your concerns You have the right to document any concerns about how the process was conducted.

Request a delay You can request a delay in reporting to the doping control station for valid reason, such as participation in a medal ceremony or locating a representative or interpreter, but you will always be under the supervision of a chaperone.

Your Responsibilities

Comply with the sample collection procedures is a definite requirement!

Report to the doping control station immediately, unless you have a valid reason for a delay.

Always remain in sight of the chaperone.

Provide valid photo ID is a definite requirement!

Maintain control of your sample until it is sealed. You must keep your sample in your own control until it is sealed.

Ensure all documentation is accurate by verifying the information on all appropriate forms (for example, the doping control form)

Your visit to the Doping Control Station

The doping control station will be sanitized before you arrive, escorted by your Chaperone or DCO.

A limited number of people will be permitted in the doping control station, and only then if they are all needed. This might include the DCO, a witness, you, your representative (if you choose to bring one), and a translator (if required.)

Your rights and responsibilities will again be reviewed.

You will be asked to select a collection vesicle from three offered, and to inspect if for any damage, and if damaged discuss with the DCO what the next step will be.

You will be accompanied by a witness of the same gender to where the sample will be produced and after producing the sample, you will have the opportunity to wash and/or sanitize your hands.

You will be asked to disrobe from the mid-torso to mid-thigh so that the witness can observe the passing of the sample. A 90 mL sample of urine will be required, time if needed to do so, while always maintaining control of your sample. The DCO will test the specific gravity of your sample and if it is not at an acceptable number, you will be required to repeat providing a sample. The DCO will guide you through dividing up your sample, the steps relevant to the sample kit and its sealing procedure and next steps if the specific gravity of your sample is not within the acceptable range.

The DCO will record all the prescription and non-prescription substances you have taken in the last seven days. In closing, the DCO will ask for your signature on all the necessary forms, and then affix the DCO signature as well.

Lesson 6 Checking Medications

Members taking any medication or supplements are advised to check whether it is prohibited (in competition and/or out of competition). The [Global DRO Database](#) is the recommended resource to check this. Athletes may search for medications based on country of purchase, which is particularly useful when travelling.

Lesson 7 Medical Review

Exemptions are available if an athlete requires medication(s) that are included in the WADA Prohibited List or banned in sport.

WCHM Anti-doping policy specifies the rules for these exemptions in Article 3.04.1 and Article 3.04.2.

Article 3.04.1 DEMAND FOR PROVIDING A MEDICAL REVIEW

A Medical Review application will be requested by the WCHM-ADC and considered retroactively should an athlete's sample produce an Adverse Analytical Finding for a prohibited substance or method.

Article 3.04.2 CRITERIA FOR GRANTING EXEMPTION BASED ON MEDICAL REVIEW

A Medical Review will only be granted by ADC and its consultants for a medically justified reason and under the following circumstances:

The athlete could experience a significant impairment to health if the prohibited substance or prohibited method were to be withheld in the course of treating an acute or chronic medical condition;

The use of the prohibited substance or prohibited method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition; and

There is no reasonable therapeutic alternative or any alternative is inefficient.

You can examine the WCHM Medical Review form on the WCHM Website.

Lesson 8 International Competitions

International Competitions

All international competitions (such as Pan American Masters Championships, World Masters Championships, World Masters Cup, etc.) are subject to doping control. International Masters doping control follows WADA protocols and is governed by the IMWA (International Masters Weightlifting Association). The IMWA periodically adds information relevant to Masters athletes to the anti doping section of their website.

If you are selected by WCHM to compete internationally, you will receive additional information about IMWA doping control. You are expected to have completed the WCHM Anti-Doping Education Lessons (these lessons).

If you require a Therapeutic Use Form, you will be required to contact the IMWA Secretariat imwlasecretariat@gmail.com stating that “the Canadian NADA, the CCES, does not issue TUE forms for Masters Weightlifters competing internationally.” You will need to request further instructions and to keep the Canadian Masters Weightlifting Federation President/National Chair informed. (president@wchmasters.org)

Lesson 9 Issues with Supplements and Natural Health Products

Issues with Supplements and Natural Health Products

Numerous recent anti doping violations have been linked to prohibited substances found in dietary supplements or “natural” health products. Realizing, recognizing and reducing the risk from these sources is critical. The following two resources may be helpful:

The USADA dietary supplement safety education and awareness resource – [Supplement 411](#). At this site, athletes can create a free account and gain access to the “USADA list of high-risk dietary supplement products”.

Please note that this is the site of the US Anti Doping Agency. There is much additional information about Doping Control, but WCHM members should always refer to the WCHM website for applicable policies.

If an athlete has decided that a certain supplement is worth the risk, they can minimize the risk by looking for the NSF Certified for Sport mark on the label of a supplement to be consumed. The full list of certified products can be found at www.nsf sport.com.

Lesson 10

WCHM Doping Control Procedure for Sample Competition Collection and Delivery to a WCHM Approved Medical Laboratory

1. Randomly selected members will be:
 - contacted by the WCHM President informing them that they have been selected to be tested for the use of prohibited substances;
 - at the National Championships, selected members will be provided with their Sample Drug Testing Kits to be safely taken home;
 - provided with instructions to arrange with their health care professional (medical doctor, chiropractor, or registered nurse) a date and time for their sample collection and the procedure that will be used;
 - must complete their appointment with their health care professional within fourteen (14) working days from the conclusion of the National Championships.
2. The athletes' health care professional will:
 - meet with and collect members' samples according to WCHM protocol;
 - inform the WCHM President when each randomly selected members have completed their appointments;
 - conduct the sampling/tagging/handling/transportation to the WCHM approved Drug Testing Laboratory;
 - submit an invoice for their service, if not covered under the athlete's provincial health plan, to the WCHM President; and
 - submit an invoice for the courier cost to transport their sample to the WCHM approved Drug Testing Laboratory.
3. The WCHM approved Drug Testing Laboratory will provide the WCHM President with the randomly selected members' results within thirty (30) days of receiving their samples from their health care professionals.
4. The President will inform the Anti-Doping Disciplinary Committee Chair of the results of any tested member whose results indicate Adverse Analytical Findings (AAF). AAF members will be advised of their next steps in adherence with the WCHM Anti-Doping Policy.
5. Randomly selected members who have not received notification from the Anti-Doping Disciplinary Committee Chair within sixty (60) days from the collection of their samples will consider themselves without any Adverse Analytical Findings.