



BIATHLON BC DRUG FREE ENVIRONMENT POLICY

MOTIVATION AND SCOPE:

This policy is motivated by the desire of Biathlon BC for fair and ethical competition between athletes and seeks to preserve what is intrinsically valuable about sport, including:

- 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
- Community and solidarity

This policy shall apply to any registered participant of Biathlon BC and to any support persons connected to BC Biathletes, including, but not limited to, medical and paramedical support, coaches, officials, trainers and other non registered participants who may counsel athletes.

OBJECTIVES:

- To provide a consistent and effective response to the use of banned drugs and practices in British Columbia.
- To support Biathlon Canada in its efforts to keep biathlon a drug free sport.
- To ensure that appropriate penalties are imposed on athletes and others who violate anti-doping rules.
- To provide appropriate procedures for those accused of infractions, including appeal and reinstatement

THE CANADIAN ANTI-DOPING PROGRAM:

The Canadian Centre for Ethics in Sport (CCES) is the custodian of the Canadian Anti-Doping Program (CADP); the set of rules that govern anti-doping in Canada. The CADP is compliant with the World Anti-Doping Code and all international standards.



Biathlon BC and its registered participants shall be governed by the Anti-Doping Control and Regulations adopted by Biathlon Canada as outlined on the CCES website.

<http://www.cces.ca/files/pdfs/CCES-POLICY-CADP-2015-E.pdf>

Biathlon BC's primary responsibility is that athletes who are subject to the provisions of the CADP 2015 are informed of their obligations and encouraged to comply.

ATHLETES RESPONSIBILITY:

The onus is on each athlete to understand the content and implications of the CADP 2015 and to fulfill their obligations within it. Athletes must be proactive and take responsibility for conforming to the policies and regulations. It is an athlete's responsibility to check all medicines, nutritional supplements, training methods and advice received against the policies currently in force.

While the CCES administers anti-doping for the Canadian sport community, athletes may also be subject to the rules of the international federation. Athletes are responsible to be aware of the contents of the IBU Anti-Doping Rules:

http://www.biathlonworld.com/media/files/downloads/Handbook2010_e_cap5IBUAntiDopingRules.pdf

The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:

- Know your rights and responsibilities as an athlete with regard to anti-doping
<http://www.cces.ca/en/samplecollection/rightsandresponsibilities>
- Always comply with a testing request if you are notified for doping control.
<http://www.cces.ca/en/samplecollection>
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned. <http://www.cces.ca/en/checkmeds>
- Verify your medical exemption requirements. <http://www.cces.ca/en/medical>
- Do not take supplements, but if you do, take steps to minimize your risk.
<http://www.cces.ca/en/supplements>

Get the latest news. Sign up to receive CCES media releases and advisory notes.

<http://www.cces.ca/en/subscribe>

For additional resources and more about anti-doping, please contact the CCES

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: <http://www.cces.ca/athletezone>