

## Understanding Your Responsibilities as an Athlete by the Canadian Centre for Ethics in Sport

During your athletic career, you might achieve higher and higher levels of competition and, as a result, might find yourself with varying anti-doping responsibilities. You should always be aware of your status as defined by the anti-doping rules and be able to answer the following questions:

- ◆ Am I in a registered testing pool?
- ◆ Do I need to file whereabouts information?
- ◆ Do I need to apply for a therapeutic use exemption?
- ◆ What are my other rights and responsibilities?

### Am I in a Registered Testing Pool?

A registered testing pool (RTP) is a pool of top-level athletes who are subject to in-competition and out-of-competition testing. The RTP is established separately by each international federation (IF) and national anti-doping organization. Athletes who have been named to an RTP will be informed of this fact. If you don't know if you are in an RTP, visit [www.cces.ca](http://www.cces.ca) or your IF's website.

RTP athletes have more rigorous anti-doping requirements.

For the purposes of anti-doping, there are five types of athletes. All of these athletes are subject to in-competition and out-of-competition testing.

In Canada, the Canadian Centre for Ethics in Sport (CCES) determines the RTP which is divided into two groups. Each group has slightly different responsibilities.

#### ◆ National Registered Testing Pool (N-RTP) athletes

#### ◆ General Registered Testing Pool (G-RTP) athletes

During their career, athletes might find themselves in three other groups that fall outside the CCES RTP. They are: IF-RTP athletes, International athletes, and Domestic athletes.

IF-RTP athletes compete at a very high level internationally and thus have been named to their IF's RTP. For example, a Canadian skier competing at an international level may be selected to the Fédération Internationale de ski (FIS) RTP and have specific requirements with FIS.

In contrast, International athletes compete outside of Canada, but are not members of their IF's RTP. For example, a Canadian soccer player competing for the first time in an international match will be governed by the rules of the Fédération Internationale de Football Association

(FIFA) for that match.

**Domestic athletes** compete at home, for example, college and university athletes, developing athletes, and Canada Games participants.

If you are in more than one of these groups, you should contact the CCES to determine your requirements.

### Do I Need to File Whereabouts Information?

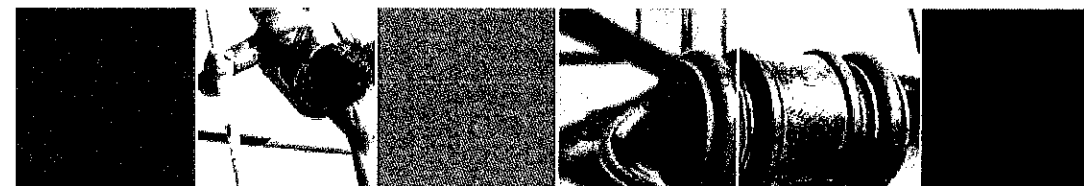
The athlete whereabouts program requires athletes to submit information so that the CCES can find them at any given time to conduct no-notice out-of-competition testing. This program is the cornerstone of an effective doping control program and is designed to make it impossible for cheaters to hide from doping control officers.

Whereabouts responsibilities vary by testing pool, as shown in the table below.

All RTP athletes who do not have all their information for the quarter should submit what they can by the filing deadline, and then update the information as soon as possible. Always ensure you have the upcoming month filled out thoroughly.

There are consequences for not submitting whereabouts information and for not keeping it up-to-date. If you fail to 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 cannot find an N-RTP athlete at the loca-

ATHLETES	N-RTP	G-RTP	IF-RTP	International	Domestic
<b>Do I need to submit whereabouts information?</b>	Yes			No, but you are still subject to testing any time any place	
<b>To whom?</b>	CCES		Your IF	n/a	
<b>When?</b>	Quarterly, before December 15, March 15, June 15 and September 15		Quarterly, each IF may set its own deadline	n/a	
<b>What information do I need to provide?</b>	Any regular activity, including home address, training facility, competitions, school, work, travel, etc.			n/a	
<b>NEW: Are there specific time requirements?</b>	Indicate a 60 minute time slot, between 06:00 and 23:00 each day when you guarantee your location for a test	n/a	Indicate a 60 minute time slot, between 06:00 and 23:00 each day when you guarantee your location for a test	n/a	
<b>How often do I need to update my information?</b>	As often as necessary to ensure your information for your regular activities is up-to-date and accurate throughout each quarter			n/a	



## Understanding Your Responsibilities as an Athlete (continued)

tion indicated during the daily 60-minute time slot, you may receive a different kind of whereabouts "strike" - called a **missed test**. You will always be asked to submit an explanation prior to a "strike" being issued. Any combination of three whereabouts "strikes" (filing failures and/or missed tests) in a rolling 18-month period, applied by either the CCES or athlete's IF, may result in an anti-doping rule violation carrying a sanction varying from one to two years of ineligibility.

### Do I Need to Request a Therapeutic Use Exemption?

A Therapeutic Use Exemption, or TUE, allows an athlete to take a prohibited substance for medically-justified reasons. TUEs are granted ONLY under very specific rules and conditions.

Once again, athletes' responsibilities vary depending on the type of athlete they are, as shown in the table below.

ATHLETES	N-RTP	G-RTP	IF-RTP	International	Domestic
<b>To whom must I submit my TUE application?</b>	Contact the CCES		Contact the CCES. They will determine if they can process your TUE application using your IF rules		Contact the CCES
<b>When?</b>	All TUE applications must be submitted 21 days in advance of competition with a complete medical file		Most likely, you will need to submit TUE applications 21 days in advance of competition along with a complete medical file		TUE applications for all medications are only submitted when requested by the CCES following the receipt of results from a doping control session
<b>What about retroactive TUEs?</b>	TUEs for asthma medications may be granted retroactively; Under emergency medical conditions, a retroactive TUE application can be submitted		Under emergency medical conditions, a retroactive TUE application can be submitted		All TUEs are retroactive
<b>Should I keep a file?</b>	All athletes should maintain a medical file in case they are asked to submit a TUE application				
<b>What about during doping control?</b>	All athletes should declare any substances taken on the doping control form when they are tested, especially asthma medications				

### What Are my Other Rights and Responsibilities?

A central concept in anti-doping rules is that of "strict liability": athletes are ultimately responsible for any substance that is detected in their blood or urine sample. To be eligible for a reduced sanction, an athlete must explain how the substance got into his/her body and prove that there was no fault or no negligence on his/her part.

Athletes are expected to know, understand, and respect the rules of their sport. Anti-doping rules form an integral part of your sport's rules. Ignorance does not constitute an acceptable defence, and it can lead to inadvertent mistakes with dire consequences. The CCES encourages all athletes to verify what is required of them and to work within the rules.

*This article only addresses some specific and selected topics. Athletes should seek more information about their rights and responsibilities under the CADP rules. Several resources are listed in the text box below for this purpose. ■*

#### Retroactive TUEs

Retroactive TUEs may be granted after the CCES has received a result from a doping control session. In any such case, the athlete must have previously declared the use of this prohibited substance (either on the doping control form, in the ADAMS database, or on the Declaration of Use form, as applicable).

Athletes should therefore maintain a comprehensive medical file in case they are asked to submit a TUE application retroactively. In some very rare and exceptional circumstances, a retroactive TUE may be granted when the prohibited substance was mandated by an acute emergency medical condition for which there was no time to obtain a TUE.

### Anti-Doping Resources for Athletes, NSOs, and MSOs

- General Inquiries: CCES toll free number 1-800-672-7775 or website [www.cces.ca](http://www.cces.ca)
- Registered Testing Pools: [http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template\\_id=204&lang=0](http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=204&lang=0)
- Athlete Whereabouts: [http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template\\_id=178&lang=0](http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=178&lang=0)
- Therapeutic Use Exemptions: [http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template\\_id=31&lang=0](http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=31&lang=0)
- Athletes' Rights and Responsibilities: [http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template\\_id=68&lang=0](http://www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=68&lang=0)
- Canadian Anti-Doping Program: <http://www.cces.ca/pdfs/CCES-POLICY-CADP-IE.pdf>

