



Aquasonics Artistic Swim Club Anti-doping Policy

(Approved 2015 - Revised August 2023)

Aquasonics athletes are also members of BC Artistic Swimming and Canada Artistic Swimming, and therefore follow the Canadian Anti-Doping Program (CADP) at the Canadian Centre for Ethics in Sport (<https://cces.ca/cadp-adoption>). Artistic Swimming athletes in Canada may be subject to unannounced doping control.

As explained by the Canadian Centre for Ethics in Sport (<https://cces.ca/your-requirements>),

- “Check all medications and products before taking them to ensure they do not contain banned ingredients. [You can find the World Anti-doping Prohibited list here <https://www.wada-ama.org/en/content/what-is-prohibited>]
- Do not take supplements and if you do, minimize your risk.
- Always comply with testing requests when you are notified for doping control.”
- Know what kind of athlete you are for the purposes of anti-doping, and know what responsibilities you have as a result, including whether you need to report your whereabouts and the nature of medical exemption requirements.
- Athletes may need to obtain one of two types of medical exemption – either a Therapeutic Use Exemption (TUE) and/or the Medical Review. More information about these exemption processes is available by using the Medical Exemption Wizard to enter information about the medication, the level of athlete, and competitions they expect to participate in in the next 6 months (<https://cces.ca/medical-exemptions>).

Individuals must never provide, promote, condone, or ignore substance abuse, the non-medical use of drugs or the use of performance enhancing drugs or methods and, in the case of Minors, the use of alcohol, cannabis, tobacco, or e-smoking products.

The use of alcohol, non-medical cannabis, tobacco, or e-smoking products in the workplace is prohibited, subject to any required accommodation.

Individuals will refrain from consumption of alcohol, cannabis, tobacco, or e-smoking products while engaged in the Organization’s Events or Activity where minors are present, except for approved adult-oriented social situations associated with the Organization or Member Club events.

Individuals will exercise moderation when consuming alcohol or cannabis products in adult-oriented social situations associated with the Organization’s events.



The Canadian Centre for Ethics in Sport has cannabis on its list of prohibited substances and cannabis use by any Athlete subject to the Canadian Anti-doping Program may be considered doping. All Individuals have a responsibility to understand and observe Canadian Centre for Ethics in Sport (CCES) rules on cannabis use.

Please report athlete illnesses and medications during the registration period and to your Team Coach and/or Headcoach. Coaches or the Board can answer further questions about Anti-doping Policy.