

# PARENTS' GUIDE TO CLEAN SPORT

Dear parents and caregivers,

You are an invaluable part of your child's sport experience. Parents, guardians, and caregivers are their children's best resources and supporters in a complex anti-doping system that asks a lot from young athletes.

The Canadian Centre for Ethics in Sport administers the Canadian Anti-Doping Program on behalf of the Canadian sport community, including Canada Games. Here is some basic information to help you and your child navigate the world of clean sport.

Thanks for all you do.



## EDUCATION

Canada Games athletes are required to complete education before the Games. They'll be asked to sign up for an account in the CCES online learning portal and complete a course in the True Sport Clean series.

You can take the course with them or check out the untracked course yourself at [cces.ca/education](https://cces.ca/education).

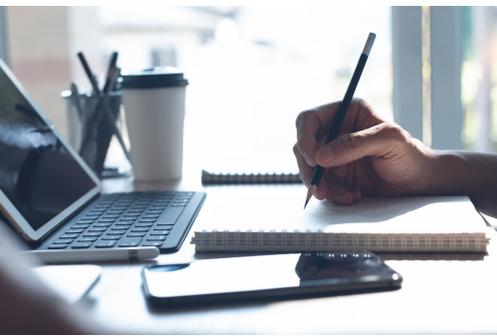


## CHECK MEDICATIONS

Did you know that many common prescription and over-the-counter medications are prohibited in sport? Help your child check the status of their medication at [globaldro.com](https://globaldro.com).

## SUPPLEMENTS

Just like medications, sport supplements – like pre-workout mixes, mass gainers, and other products that claim performance benefits – can contain substances that are prohibited in sport, and athletes can test positive due to contaminated or adulterated supplements. Get more information and read the FAQ at [cces.ca/supplements](https://cces.ca/supplements).



## MEDICAL EXEMPTIONS

If your child's medication is prohibited, don't worry. Athletes can use prohibited medications for medically justified reasons with an approved medical exemption. Use the Medical Exemption Wizard to determine what type of exemption your child may need at [cces.ca/mewizard](https://cces.ca/mewizard).



## DOPING CONTROL

Your child may be selected to provide a urine and/or blood sample to be tested for prohibited substances. They will be chaperoned until they produce a sample. Athletes are witnessed by certified sample collection personnel while they produce their sample, like professional Doping Control Officers, who use standardized processes to protect athletes. See the whole process at [cces.ca/sample-collection-procedures](https://cces.ca/sample-collection-procedures).

## THE ATHLETE REPRESENTATIVE

If your child is selected for doping control, they can ask an adult to accompany them through the sample collection process to help protect their rights and fulfil their responsibilities. That person can be you, a coach, or another trusted adult. Minors must be accompanied by an adult representative. Your child and their chaperone can locate you or another trusted adult before sample collection begins. Discuss with your child who that person might be before the Games begin!



For more information, go to [www.cces.ca/pei2023](https://www.cces.ca/pei2023)