



Anti-Doping Policy

April 3, 2023

North Toronto Soccer fully supports the Anti-Doping initiatives of the Canadian Centre for Ethics in Sport (CCES), the Canadian Anti-Doping Program (CADP), Canada Soccer, Ontario Soccer, and FIFA.

Taking prohibited substances or using prohibited methods is cheating, and can be very damaging to an athlete's health. Doping undermines the fundamental spirit of sport and severely damages the integrity, image, and value of sport.

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

- Know your rights & responsibilities as an athlete with regards to anti-doping
- Always comply with a testing request if you are notified for doping control
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned
- Verify your medical exemption requirements
- Use caution when using supplements

Specific to Soccer in Ontario:

- All athletes abstain from the non-medical use of drugs or the use of performance-enhancing drugs/supplements or methods and adhere to the requirements of the Canadian Anti-Doping Program;
- Respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by Canada Soccer or any other sport organization;
- Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision of the sport, who has violated an anti-doping rule and is serving a

sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code;

- Refrain from consuming alcohol in excess and/or the use of drugs that can impair performance or judgement while participating in Ontario Soccer and/or Canada Soccer programs, activities, competitions, or events;

Players representing North Toronto Soccer at any of the following events are subject to unannounced testing:

- Canadian National Championships
- League1 Ontario
- The Ontario Player Development League (OPDL)