



STELLA ROSSA FOOTBALL CLUB

Anti-Doping and Substance Use Policy

Aligned With:

- Canada Soccer Guide to Safety (2023)
- Canadian Centre for Ethics in Sport (CCES)
- Canadian Anti-Doping Program (CADP)
- World Anti-Doping Agency (WADA) Code
- Safe Sport & Responsible Coaching Movement

1. Purpose

The purpose of this policy is to:

- Promote a clean, healthy, and safe sport environment for all players, coaches, and staff.
- Ensure compliance with the Canadian Anti-Doping Program (CADP) and Canada Soccer's Safe Sport Standards.
- Educate participants about the dangers of performance-enhancing drugs, substance abuse, and misuse of prescription or legal substances.
- Establish clear expectations, procedures, and disciplinary processes regarding substance use and anti-doping violations.

2. Scope

This policy applies to:

- All registered players, coaches, officials, and volunteers of [Club Name];
- All club-sanctioned training, competitions, and related activities;
- All affiliated academies and teams operating under the [Club Name] umbrella.

3. Guiding Principles

- Integrity of the Game:** Soccer must be free from doping, substance abuse, and performance manipulation.
- Health and Safety First:** Player health is paramount; all decisions prioritize long-term wellbeing.



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- c) **Education and Prevention:** Awareness and proactive education are key tools in eliminating doping and drug misuse.
- d) **Accountability:** Every member is responsible for upholding the values of fair play and ethical behavior.
- e) **Compliance:** The Club fully supports the CADP and cooperates with all anti-doping authorities.

4. Anti-Doping Policy

A. Commitment to Clean Sport

Stella Rossa FC is committed to the principles of True Sport and fully supports the Canadian Anti-Doping Program (CADP), administered by the Canadian Centre for Ethics in Sport (CCES). All members are subject to CADP rules, testing procedures, and sanctions.

B. Prohibited Substances and Methods

- The Club adheres to the WADA Prohibited List (updated annually).
- Players are responsible for verifying medications or supplements through Global DRO (www.globaldro.com) before use.
- The use, possession, trafficking, or administration of any banned substance or method is strictly prohibited.

C. Therapeutic Use Exemption (TUE)

- Athletes who require medication containing a prohibited substance must apply for a TUE through the CCES prior to use.
- The Club's Medical Liaison assists athletes and families in this process.

D. Testing and Compliance

- Athletes may be subject to random testing by CCES or Canada Soccer officials.
- All players must cooperate fully with doping control officers.
- Failure to comply (refusal, tampering, or evasion) is treated as a doping violation under CADP.



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5. Education Program

A. Objective

To build a culture of awareness, prevention, and responsibility by providing annual education to all players, coaches, and parents.

B. Delivery Framework

Group	Frequency	Delivery Method	Content
Players (U13+)	Annual	In-person or online session (CCES “True Sport Clean”)	Doping awareness, supplements, anti-doping procedures
Coaches & Technical Staff	Annual	CCES “True Sport Clean 101 for Coaches” certification	Responsibilities, recognizing risk, reporting requirements
Parents / Guardians	Annual	Webinar / Information Package	Safe supplement use, mental health & stress awareness
Grassroots Players (U12-)	Annual	Integrated into team education days	Nutrition, hydration, and healthy choices

C. Educational Resources

- CCES True Sport Clean Education Portal: <https://cces.ca/true-sport-clean>
- Canada Soccer Guide to Safety – Anti-Doping Section
- WADA Athlete Education Toolkit
- Health Canada Drug Awareness Resources

D. Monitoring and Documentation

- Completion certificates filed annually for all U13+ players and technical staff.
- Attendance tracked by Technical Director and submitted to the Board for compliance review.

6. Alcohol, Tobacco, and Substance Use Policy

A. Alcohol

- Alcohol use is prohibited for all players under 19 during club-sanctioned events.



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- No consumption by players or team officials during or immediately before training, games, or travel events.
- Adult events (e.g., fundraisers) must have prior Board approval and comply with local liquor laws.
- Alcohol sponsorship is not permitted for youth teams or programs.

B. Tobacco and Vaping

- Smoking, vaping, and tobacco use are strictly prohibited during all club activities, on or near training and competition venues.
- The Club promotes smoke-free environments and abides by Municipal Smoke-Free Bylaws.

C. Cannabis

- The use of cannabis by minors is prohibited under federal law.
- For adults, cannabis use is not permitted before, during, or after soccer activity when it could impair safety or performance.
- Players are reminded that THC remains a prohibited substance under WADA competition rules.

D. Illegal and Recreational Drugs

- Possession, use, or distribution of illegal drugs is strictly forbidden.
- Violations result in immediate suspension pending investigation and disciplinary review.

E. Prescription and Over-the-Counter Medications

- Players must disclose prescription medications to team medical staff.
- All medications must be used as directed by a licensed healthcare provider.

7. Disciplinary Process

Violations of this policy - including doping violations, misuse of substances, or failure to comply with education and reporting obligations - will be addressed through the Club's Discipline and Conduct Policy, consistent with Canada Soccer's Judicial Code.



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Potential sanctions include:

- Education or counseling requirements
- Suspension or removal from team activities
- Referral to Canada Soccer or Provincial Association disciplinary panels
- Permanent removal from the Club in cases of repeated or serious violations

8. Confidentiality and Data Protection

- All medical and anti-doping information is collected, stored, and shared in accordance with PIPEDA and CCES privacy standards.
- Only authorized personnel (Technical Director, Club Therapist, and Board Designate) may access sensitive information.

9. Roles and Responsibilities

Role	Responsibilities
Board of Directors	Approves this policy and ensures compliance with Canada Soccer's Guide to Safety.
Technical Director	Oversees program delivery, testing cooperation, and education compliance.
Head Coach / Team Staff	Ensures all team members complete education and follow substance rules.
Club Medical Liaison	Coordinates CCES materials, handles TUE assistance, and manages reporting.
Players and Parents	Comply with anti-doping, alcohol, and drug policies; report violations responsibly.

10. Monitoring and Review

- The Technical Director and Safety Officer conduct an annual review of the policy, education completion rates, and any reported incidents.
- The policy is updated as needed to remain compliant with the latest WADA Code, CCES directives, and Canada Soccer Guide to Safety revisions.

11. References

- Canada Soccer Guide to Safety (2023 Edition): "Section 7 – Anti-Doping and Substance Use"



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- Canadian Centre for Ethics in Sport (CCES): Canadian Anti-Doping Program (CADP)
- WADA: World Anti-Doping Code (2021)
- Health Canada: Substance Use and Addictions Program (SUAP)
- Canada Soccer Safe Sport Framework