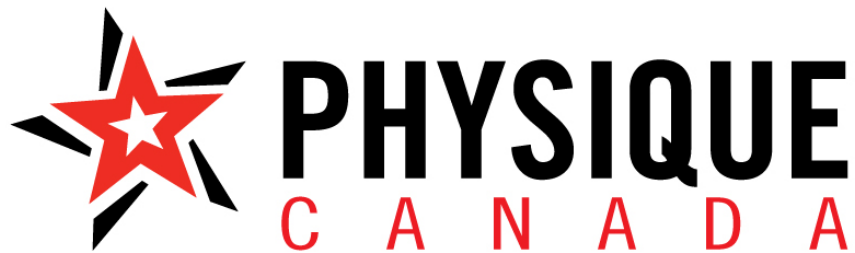


# Doping Control Policy

Physique Canada

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Brian Robitaille



## ABSTRACT

Policies and scope that govern doping control (drug testing) for members of the Physique Canada organization.

## Physique Canada Doping Control Policy

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Author: Brian Robitaille, Chief Doping Control Officer

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Revision History		
Date	Author(s)	Summary of changes

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## 1. Position Statement

Physique Canada is a Canada-based private sports organization that, promotes drug free athletic competition. Physique Canada is opposed to anyone condoning the use of performance enhancing drugs, and most certainly against those who counsel others in doping practices. Doping is cheating and cheaters are not tolerated in Physique Canada. Physique Canada supports the tenets of the Canadian Anti-Doping Program (CADP), the Canadian Centre for Ethics in Sports (CCES), and the World Anti-Doping Agency (WADA) – all of whom we recognize as the leaders in anti-doping and hold in high regard. Physique Canada endorses the education of anti-doping. Physique Canada strives to provide a level playing field for all members: it is dedicated to fair play, honesty, health, and ethics in competition.

## 2. Scope

This policy (and related procedures) shall apply to all members of Physique Canada – competitors, coaches, trainers, officials, volunteers, partners, and sponsors. Doping shall be construed in this document as any substance or practice that is prohibited by the CCES or WADA.

## 3. Subject Testing

### 3.1 Testing Pool

Any active member (athlete or otherwise) of Physique Canada is covered by this policy and so is subject to doping control measures and sanctions. Recently retired members are subject to doping control for a period of 2 years post-retirement based on specimens collected when (s)he was an active member. Implicit with membership in Physique Canada is consent to doping control.

### 3.2 In-Contest Testing

The day of competition is considered in-contest testing. Due to logistics, the bulk of athlete testing will occur during contests. All contests will be conducted under doping control protocols.

### 3.3 Unannounced Testing

Statistics show a majority of many sports' doping violators are caught via out-of-contest testing. When deemed appropriate, no notice testing (a.k.a., short notice, or unannounced testing) is carried out under identical doping control protocols as in-contest (announced) testing.

### 3.4 Subject Selection

Doping control subjects are selected by three methods:

1. Random – The Senior Doping Control Officer (S-DCO) at the contest will conduct random selection of subjects. In unannounced testing, the Chief DCO (C-DCO) will conduct random selection of subjects.
2. Winners – The S-DCO will select among class (division) winners. Whenever these winners can be identified prior to the Finals (as a result of unanimous pre-judging results), the Head Judge shall provide the S-DCO a list of division winners from which to select subjects.
3. Targeted - The S-DCO at the contest can select athletes whom he has a suspicion of drug taking. This suspicion can be based on physical signs/side effects of drug taking or behaviour. Credible sources for allegations of cheating/doping can also inform the S-DCO's suspicions. In unannounced testing, the Chief-DCO can also perform targeted doping control.

#### **4. Confidentiality**

Until a doping control infraction has been officially announced by the C-DCO, the information surrounding a doping infraction shall remain confined to the officials within Physique Canada that have a need to know. This may include officers of Physique Canada, members of the Doping Control Committee (DCC), and others duly appointed to assist with the execution of doping control.

During in-contest testing, any competitor placings disclosed by the Head Judge to the doping control team shall remain strictly confidential.

#### **5. Medical Exemptions**

Any athlete that is required by a medical authority to use a prohibited substance for therapeutic reasons shall declare so at the time of doping control, and provide the written documentation to prove so. Doping control procedures will still carry on normally. If an adverse analysis results, the medical exemption will come to bear in the determination of doping infraction.

#### **6. Doping Infraction**

A doping infraction is:

1. Admission to doping
2. Adverse analytical finding from laboratory testing
3. Refusal to submit to doping control without compelling justification
4. Tampering with doping control
5. Violating chaperone supervision
6. Witnessed use or possession of prohibited substances or methods
7. Providing, encouraging, advising, counseling or otherwise being involved with the doping of others

Athletes are expected to be drug-free for 5 years before being allowed to take membership in the Physique Canada. Given this pillar principle, any doping control violation determined to have occurred within the past 5 years (for example, an admission to taking prohibited substances) shall be considered a doping infraction.

## **7. Prohibited List**

Physique Canada will follow the current issue of the WADA Prohibited List, located on the WADA web site ([www.wada-ama.org](http://www.wada-ama.org)).

## **8. Testing Techniques/Technology**

A variety of testing technologies are available to Physique Canada Doping Control Program. Primary testing will be urinalysis. Other testing techniques may be employed as required, including but not limited to:

1. Blood / saliva testing
2. Hair testing
3. Sweat testing

## **9. Self Admissions**

Disclosure prior to a subject providing a urine sample is part of the doping control process. If a subject discloses use of a prohibited substance, this admission is treated the same as a violation found by lab testing, and sanctions will apply.

## **10. Adverse Analytical Findings**

Adverse analytical findings describe urinalysis laboratory results that indicate detected substances or masking agents that are on the WADA Prohibited List.

## **11. Results Management**

### **11.1 Notification**

The Chief DCO or his designate shall be the point of contact for laboratory results. Doping Control infractions shall be held confidential until so released by the Doping Control Committee (DCC). Every effort to inform the athlete of a doping control violation in a timely fashion will be made; however, there is no statute of limitation on this notification. The subject shall be informed of his right of appeal at time of notification. Sanctions may or may not be levied at time of notification.

### **11.3 Sanctions**

Steroids and diuretics are the bane of physique athletes. Subjects who are found to have taken these substances shall receive the full weight of sanctions: 4 year ban from Physique Canada. Any subsequent violation shall result in a lifetime ban.

Lesser contraventions of the doping control policy shall be meted out by the DCC on a case-by-case basis. These sanctions can range from reprimands to fines and suspensions. The sanction applied to a situation is influenced by the following factors: admission of guilt, the health risk of the substance, the competitive advantage the substance gives, athlete's previous record, and the pervasiveness in commercial products.

#### **11.4 Contest results**

Contest results shall be adjusted to reflect the removal of the sanctioned athlete's placing or division promotion. Where indicated, any prizes or trophies shall also be confiscated.

### **12. Recognition of Other Organizations**

Athletes found guilty of doping by other legitimate sport organizations who adhere to WADA standards shall be examined by the Doping Control Committee (DCC) to make a determination whether sanctions will be applied to the athlete within Physique Canada.

### **13. Limitation of Liability**

Physique Canada or its officers, staff, volunteers, agents, sponsors or members shall not be liable for any loss or damages directly or indirectly incurred by any subject that undergoes doping control.

### **14. Statute of limitations**

Physique Canada requires all athletes to be drug-free for 4 years. This is also the statute of limitation for conducting retrospective testing.

### **15. Public Disclosure**

Doping Infractions are a matter of public record and are vital in discouraging other cheating. Once the Doping Control Committee has made a ruling on a doping control violation and subsequent sanctions, the infraction will be made public by media release and publication on Physique Canada web site. The DCC shall make best efforts to contact the athlete before public announcement; however, if after 10 days of reasonable attempts to contact the athlete have failed, public disclosure can be made if it is deemed in the best interest of drug-free sport.



## 16. Proof of Doping

Physique Canada Doping Control Committee (DCC) shall have the burden of proof for doping control violations. The standard of proof is greater than the balance of probability, but less than proof beyond a shadow of doubt. In the case where an accredited WADA laboratory is used for urinalysis, the result of the laboratory is presumed to meet or exceed this burden of proof. It will be at the subject's own expense to prove that the accredited lab failed to meet international (WADA) analysis standards.

## 17. Appeals

Decisions from the Doping Control Committee (DCC) can be appealed within 14 days of doping violation notification. Appeals shall be submitted in writing to the DCC. When an appeal is received, Physique Canada shall keep all matters pertaining to the appeal as confidential until the final decision of the appeal is made. Appeals based on technical veracity of the laboratory analysis will not be entertained. The appellant may have an advisor present and the laws of natural justice shall prevail.

## 18. Doping Control Committee

Physique Canada shall have a standing committee on doping control. The composition of this committee shall have at minimum one officer of the Physique Canada and one non-officer alike. The Chief Doping Control Officer (C-DCO) shall also have a seat on this committee and may also preside as Chair. There is no maximum number of seats on this committee; however, a majority motion by the committee can set the current committee size at any time. This committee shall adhere to Roberts Rules of Conduct.

### 18.1 Authority

Doping Control Policy is controlled and approved by the Doping Control Committee (DCC). The DCC is the final authority on doping control matters within the Physique Canada.

### 18.2 Chief Doping Control Officer (C-DCO)

The Chief Doping Control Officer (C-DCO) shall oversee all aspects of doping control implementation. This may include, but is not limited to:

1. Procedures for in-contest doping control
2. Training Doping Control Officers (DCOs)
3. Designating Senior Doping Control Officers (S-DCOs)
4. Policies for doping control
5. Chair the Doping Control Committee (DCC)
6. Results Management of doping violations
7. Budget

### 18.3 Senior Doping Control Officer (S-DCO)

Each in-contest doping control event shall have a Senior DCO presiding over the doping control team. (S)he will have command and total authority over the conduct of doping control, superseded only by the presence of the C-DCO. The DCOs shall be directed by the S-DCO in the execution of their duties. The S-DCO shall work with Physique Canada officials and Judges to establish the Subject Selection List of the current contest to his own satisfaction. The S-DCO is responsible for reporting the doping control activities to the C-DCO.

### 18.4 Doping Control Officer (DCO)

The Doping Control Officer (DCO) shall be the direct officer that executes the doping control procedures. The DCO shall take direction from the S-DCO. In general, the duties of a DCO are:

1. Assist the S-DCO in any duties associated to doping control
2. Assist the S-DCO in building the *Subject Selection List*
3. Chaperone the subject
4. Prompt for and record subject self-admissions
5. Collect the urine samples and complete the chain of custody documentation

The DCO gender shall match that of the subject.

## 19. Conflict of Interest

We recognize that officials in the sport may on occasion compete as an athlete. This presents an obvious conflict of interest. Disclosure of potential conflict of interest of this nature is the responsibility of the athlete. Failure to disclose can result in sanctions. The S-DCO on site will make every effort to ensure that any conflict of interest is mitigated and the potential conflict highlighted in his report to the C-DCO.

Another source of conflict of interest is a DCC member who may be affiliated or associated with a doping control subject when a results management or appeals activity is in play. The DCC member is obligated to disclose this conflict and he will be excused from the committee when the committee deals with the athlete in question.

## Appendix A - Definitions

*Accredited Laboratory* shall mean a laboratory accredited by the World Anti-Doping Agency (WADA) in accordance with laboratory standards established by WADA.

*Adverse Analytical Finding* is a lab report issued by an Accredited Laboratory that identifies a prohibited substance found in a urine sample.

*Athlete/Competitor* is a member of Physique Canada who has participated in one or more contests.

*Chain of Custody* is the tracking and security of the collected specimen from collection to the laboratory.

*Chaperone* is the person designated to accompany the subject at all times to prevent the subject from taking substances or accessing methods that will interfere with doping control. Commonly the DCO is the chaperone.

*Chief Doping Control Officer (C-DCO)* is an officer of Physique Canada appointed to lead all aspects of doping control for the organization.

*Division* is the weight/age/experience/gender category of competitors in a contest.

*Doping* is any substance or method that an athlete uses to cheat; that which contravenes this doping control policy

*Doping Control* is the activity around detecting cheaters.

*Doping Control Committee (DCC)* is the body within Physique Canada responsible of policy, procedures, and results management of doping control

*Doping Control Officer (DCO)* is a person appointed by Physique Canada to carry out doping control.

*Doping Control Log* is the record of a competition's match-up of subjects and their assigned DCOs.

*Doping Control Procedures* are the procedures that a DCO shall follow to conduct a proper doping control session.

*Doping Control Station* is the private area where doping control activities take place. It shall allow for privacy and be a restricted area.

*Doping Infraction* (aka doping violation) is any contravention of this Doping Control Policy as it pertains to athletic fair play and procedural integrity.

*Doping Violation* (aka doping infraction) is any contravention of this Doping Control Policy as it pertains to athletic fair play and procedural integrity.

*Elite* is any athlete who has qualified for Physique Canada Elite Division.

*In-Contest Testing* is doping control happening on the day of a contest

*Prohibited Substance* is any item on the WADA Prohibited List of banned substances.

*Sample/Specimen* is any material collected from the subject for the purposes of doping control.

*Sanction* is any remedy that the DCC metes out to discipline an athlete found to be in violation of the doping control policy.

*Self Admission* is a written or verbal acknowledgement of a doping violation.

*Senior Doping Control Officer (S-DCO)* is a person appointed by the C-DCO to carry out doping control and to lead a team of DCOs.

*Subject Selection List* is the list established at contest time by the S-DCO that identifies those athletes selected to undergo doping control.

*Targeted Testing* is choosing a subject for doping control by suspicion of the subject violating this doping control policy.

*Unannounced Testing* is doping control happening outside of contest events (aka out-of-contest or short-notice or no notice testing).