

**CANADIAN WEIGHTLIFTING FEDERATION HALTÉROPHILE CANADIENNE  
(CWFHC)**

# 2019 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS



COMPETITION REGULATION  
GENERAL INFORMATION  
SCHEDULES, FORMS  
DEADLINES

January 19, 2019

## TABLE OF CONTENTS

### REGULATIONS

*Click on the page number to go there directly.*

1. Title	
2. Dates	
3. Organised by	
4. Sanctioning by	P. 2
5. Competition venue	
6. Events	
7. Minimal Thresholds of Performance (MTP)	
8. Participants	P. 3
9. Entries	
10. Competition rules & regulation	P. 4
11. Equipment	
12. Notice of waiver	
13. Anti-Doping	P. 5
14. Awards	
15. Accommodation	P. 6
16. Transportation	
17. Financial conditions	P. 7
18. Financial responsibilities - Organizing Committee	
19. Financial responsibilities provincial association	
20. CWFHC technical delegate	
21. Accreditation	P. 8
22. Practical evaluation for coaches / competition development	
23. After arrival / before competition	
24. During competition	
25. After the competition	P. 9
<b>SCHEDULE &amp; DEADLINES</b>	<b>P. 10</b>
<b>ANNEX</b>	
Waiver and release of liability	
Competition site diagram	
Itinerary between hotel and competition venue	
Anti-doping quick reference card	
Statistics of participation 2001-2018	

## OFFICIAL INVITATION TO ALL CWFHC MEMBERS

On behalf of the club d'halterophilie Fortius and the Federation d'haltérophilie du Québec we are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2019 Canadian Junior Weightlifting Championships, to be held in Brossard on the January 19, 2019.

All competition events will be hosted at the High School Antoine-Brossard, which is located at Brossard.

We wish your team the best of luck and hope you enjoy your stay in Brossard.

Mr. Paul H. Aubé  
Président  
Fédération d'haltérophilie du Québec

Mr. Sébastien Groulx  
Président  
Club d'haltérophilie Fortius



## 2019 Canadian Junior Weightlifting Championships

### PREAMBLE:

Objectives of the CWFHC for this competition:

- Enable CWFHC-affiliated provincial associations to register members of their junior team who have met the required performance thresholds.
- Provide eligible athletes with an opportunity to perform, demonstrate their potential, experience a provincial team experience and identify Canadian junior champions in the categories on the program.
- Provide coaches with the required certification level with an opportunity to coach provincial teams at the national level.
- Give national and senior level officials an opportunity to judge the lift, in accordance with the rules.
- Provide organizing committees with the opportunity to host an event that allows participants to perform in a safe environment and showcases weightlifting at its best.

1     TITLE:           2019 Canadian Junior Weightlifting Championships

2     DATE:           Saturday, January 19, 2019

3     ORGANISED BY

Federation d'haltérophilie Quebec (FHQ) with the hosting club d'haltérophilie Fortius.     FHQ E-mail : [admin@fedhaltero.qc.ca](mailto:admin@fedhaltero.qc.ca)

4     SANCTIONED BY

Canadian Weightlifting Federation Halterophile Canadienne (CWFHC).

5     COMPETITION VENUE

Antoine-Brossard High School - gymnasiums  
3055, boulevard Rome, Brossard QC J4Y 1S9

5.1    Competition site: Gymnasiums

5.2    Warm-up Room: last section of the gymnasiums

5.3    Weigh-in Room: # 1213

5.4    Anti-doping Control Room: # 1215

5.5    Secretariat of competition: TBC

5.6    Technical Meeting: « palestre », second floor

5.7    Officials room: # 1205

6     EVENTS

6.1    Women categories (8): 49, 55, 59, 64, 71, 76, 81, +81 kg

6.2    Men categories (8): 55, 61, 67, 73, 81, 89, 96, +96 kg

## 2019 Canadian Junior Weightlifting Championships

7. Minimal Thresholds of Performance (\*\*MTP)
- .1 Participants in the CCJR-2019 must have achieved a total in a competition sanctioned by the provincial association in which he or she is a member in good standing or at a higher caliber competition. Normally the total be achieved in a subject to doping control (SDC).
  - .2 This total must be achieved from July 1<sup>st</sup>, 2018 to December 8, 2018 inclusive.
  - .3 Athletes are not permitted to submit an entry total *higher* than the total achieved in qualification.
  - .4 The deadline for preliminary entries is December 11, 2018.
  - .5 As usual, at the technical meeting or the verification of entries, the athlete could move up in the higher category as long as they met the Minimum Thresholds of Performance.

MEN (8 categories)								
CAT.	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	+96 kg
MTP	78 kg	85 kg	96 kg	105 kg	111 kg	116 kg	120 kg	122 kg

WOMEN (8 categories)								
CAT.	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	+81 kg
MTP	70 kg	79 kg	86 kg	93 kg	96 kg	98 kg	100 kg	102 kg

### 8. PARTICIPANTS ELIGIBILITY : (As adopted at the **2006 CWFHC AGM**)

- 8.1 An athlete participating in a national competition must be:
  - duly affiliated member of his/her P/T Weightlifting Association;
  - a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association; and
  - a citizen of Canada OR possesses a permanent resident status of Canada.
- 8.2 Coaches registered to participate in a national championship (Junior or Senior) by a P/T Weightlifting Association must be Level #2 NCCP or Comp-Dev certified.
- 8.3 Coaches, team leaders and technical officials registered to participate in a national championship (Junior or Senior) by a P/T Weightlifting Association must be:
  - duly affiliated member of his/her P/T Weightlifting Association;
  - a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association.
- 8.4 All questions/concerns regarding eligibility must be addressed at the Technical Meeting. If requested, we encourage team leader(s) to be prepared to present copies of the permanent residence status of the athlete(s). After the Technical Meeting, eligibility of athlete(s) cannot be challenged.
- 8.5 Open to athletes born in 1999-2000-2001-2002-2003-2004-2005 and 2006 incl. who are nominated by their respective P/T Weightlifting Association (age group 13 to 20 years old).

## 2019 Canadian Junior Weightlifting Championships

8.6 There is a limit of two athletes per bodyweight category per team.

8.7 Team format:

Team format	Men	Women	Coaches	Team leader
A	6	6	2	1
B	2	2	2	

Each P/T Weightlifting Association may enter up to **two** teams per gender and all athletes must be designated to teams; either the “A” or the “B” team.

Team designation is confirmed at the Technical Meeting and cannot be challenged.

8.8 The CWFHC will recognize the best successful lift by a Canadian athlete in each bodyweight category for the Snatch, Clean & Jerk and Total.

8.9 The target amount of athletes participating at the Canadian Junior Championships 2019 is 75. This is an agreed upon amount due to the limit the Organizing Committee.

### 9. ENTRIES

Only the CWFHC Provincial/Territorial Directors receive the Competition Regulation and Entry Forms.

9.1 Preliminary Team Entry Forms must be received by the organising committee not later than **December 10, 2018**.

9.2 Final Team Entry Forms must be received by the organising committee not later than **January 3, 2019**.

9.3 A single check to cover Entry Fees must accompany the Final Team Entry Form on **January 3, 2019**.

9.4 All forms must be sent to the Fédération Haltérophilie du Québec at the address below:

Fédération Haltérophilie du Québec  
4545, av. Pierre-de-Coubertin  
Montréal QC H1V 0B2  
e-mail: [admin@fedhaltero.qc.ca](mailto:admin@fedhaltero.qc.ca)

### 10. COMPETITION RULES AND REGULATIONS

The competition will be governed by the latest IWF Technical Rules IWF Handbook.

10.1 REMINDER: IWF – TCRR-2017 P. 68 Article #15

*“An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he/she is officially entered, is excluded from the competition of the Event”.*

10.2 Like for the CCSR-2017-2018, the 20 kg rule will NOT be used.

## 2019 Canadian Junior Weightlifting Championships

- 10.3 We still use the process of presentation of the athletes of the session, period of 10 minutes for the warm-up. In this 10 minutes period, medals of the previous session could be given.
- 10.4 When 9 athletes or more are in a session, there will be no break between Snatch and Clean & Jerk.
11. **EQUIPMENT**
- 11.1 Competition platform Regulation - 4 square meters  
Competition barbell IWF certified men's & women's bars Eleiko (230 kg)  
Referee Lights  
Scoreboard  
Attempt board
- 11.2 Warm-up : 7 platforms with Eleiko sets 180 kg
- 11.3 Electronic scale will be use.
12. **Each PA must ensure that the waiver/media release (provided separately) is signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the Technical Meeting. Further, each PA must ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the Competition.**
13. **ANTIDOPING**
- 13.1 This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport - CCES.

IN CANADA, ANTIDOPING CONTROLS ARE ADMINISTERED BY THE  
CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.

Telephone : (613) 521-3340 Fax : (613) 521-3134 1-800-672-7775

[www.cces.ca](http://www.cces.ca)

E-mail: [info@cces.ca](mailto:info@cces.ca)

Information on substances: [substances@cces.ca](mailto:substances@cces.ca)

All athletes participating in the competition can be tested because it is a competition subject to doping control.

It is important to remember that in in the world of anti-doping,  
**in sport, cannabis is prohibited. (CCES – link)**

Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website:

<http://cces.ca/athletezone>

Video : <http://cces.ca/sample-collection-procedures>

## 2019 Canadian Junior Weightlifting Championships

See Antidoping Quick Reference Card in annex – for distribution to athletes

If you take supplements, drugs (Ritalin, Concerta or other similar products, anti-inflammatory, etc.) make sure they are allowed by the CCES.

In case you need to use a banned medication for a legitimate medical reason TUE, you must make the request to the CCES.

When you get this therapeutic exemption of the CCES - TUE, bring the document with you when you can be tested.

Authorization to use for therapeutic exemption: [tue-aut@cces.ca](mailto:tue-aut@cces.ca)

A new Canadian anti-doping policy CADP came into force on January 1<sup>st</sup>, 2015. New rules will be applied in the coming months. So you have to meet deadlines in ADAMS, for example. For more information:

<http://cces.ca/canadian-anti-doping-program>

The International Weightlifting Federation IWF has also adopted a new anti-doping policy under the new anti-doping policy World Antidoping Agency WADA.

REMEMBER: EACH ATHLETE IS RESPONSIBLE FOR WHAT HE/SHE CONSUMES

### 14. AWARDS

14.1 Gold, Silver and Bronze medals will be awarded for the Total in each bodyweight category.

14.2 Best Athlete awards for men and women are determined by Sinclair points based on actual bodyweight of the athlete. Sinclair Coefficients 2017-2020.

14.3 Team prizes will be awarded to the best teams for the men and women. There will be no combined team prizes. Team awards are based on IWF scoring for the Total.  
In case of a tie:

(A) The team with the largest number of first place totals shall be declared the winner;

(B) If still tied, the team with the largest number of second place totals shall be declared the winner;

(C) If still tied, the team with the most total Sinclair points using the body weight category will be declared winner (see Note 12.2 in regards of Sinclair coefficients).

14.4 Zero in the Snatch does not eliminate athletes from the Championships. Athletes are allowed to continue in the Clean & Jerk, but do not receive points for the Total. Points are earned in Total only.

### 15. ACCOMMODATION

15.1 Team leaders or participants are responsible for contacting the official event accommodation, noted below and making their own arrangements.



## 2019 Canadian Junior Weightlifting Championships

A block of 25 rooms has been reserved.

Hotel: Comfort Inn Brossard  
7863 Taschereau Blvd.  
Brossard QC J4Y 1A4  
Phone: local 450-678-9350  
Email: [cn328@whg.com](mailto:cn328@whg.com)  
Website: [www.brossardcomfortinn.com](http://www.brossardcomfortinn.com)

GROUP BOOKING CODE: WHATL

The rate per night for a standard room with 2 double beds or 1 queen bed + sofa bed are \$124 plus tax (2nd floor) or \$ 134 plus taxes (ground floor) for 1 to 4 adults. Taxes are 9,975 %, GST 5% + accommodation tax 3%.

We ask you to kindly confirm the booking with a credit card.

The rooms will be held at the price quoted until **December 21<sup>th</sup>, 2018**. Above rate is available for 3 days, January 18-19 and 20 2019.

Note that during these dates, the occupancy at this hotel is very high. So we ask that you make any cancellation 2 weeks before arrival without charge.

Hot breakfast, high speed internet and parking are free. There is a microwave and fridge in all rooms.

Check in is at 3:00 pm and check-out is at noon.

The Comfort Inn Brossard Hotel is located at 1,1 km from the High school Antoine-Brossard, competition site.

The Montréal-Pierre Elliott Trudeau International Airport (YUL) is 30 kilometers away.

### 16. TRANSPORTATION

Each team is responsible for its transportation arrangements.

### 17. FINANCIAL CONDITIONS

#### 17.1 Entry Fee:

17.1.1 \$ 100: all athletes, coaches and team leaders.

17.1.2 \$ 50: referees and officials.

17.2 Team leaders are responsible for the collection of all fees from all team members/participants.

17.3 Team leaders must send one cheque **only** for the payment of all Entry Fees, plus Entry Forms.

Deadline: Must be received January 3rd, 2019

Method: Single cheque or money order

Payed: Fédération d'haltérophilie du Québec

## 2019 Canadian Junior Weightlifting Championships

Send with: Final Team Entry Form & Financial Remittance Form

Send to: Fédération d'Haltérophilie du Québec  
4545, av. Pierre-de-Coubertin  
Montréal QC H1V 0B2

17.4 Payment for accommodations is arranged directly with the Comfort Inn.

### 18. FINANCIAL RESPONSIBILITIES – ORGANISING COMMITTEE

18.1 Offers the participants a discounted rate for accommodation at the Centre to be guaranteed until the date stated in this regulation, access to the competitions, and participation in official meetings, training, small reception and other usual technical services for all participants.

18.2 Provides, free of charge, the technical organization at all facilities (equipment, hall, rooms with adequate furnishing, technical staff, first aid, etc.) for the Competition, as required by the applicable CWFHC rules.

18.3 Collect from their participants and pay to the Organizing Committee, the designated fees for each participant.

### 19. FINANCIAL RESPONSIBILITIES – PROVINCIAL ASSOCIATION

19.1 Select a Team Leader (who accompanies the team) or a Team Coordinator (who does not accompany the team) and notify the Organizing Committee who that person is.

19.2 Pay the invoice send by the CWFHC. The basic fee is 60 \$ per athlete participant.

### 19.3 TECHNICAL OFFICIALS

P/T Weightlifting Associations with participating teams are eligible to submit names of Technical Officials with Certified National level (Level III) or higher qualifications wishing to officiate at the Championships.

Maximum of 2 Technical Officials nominations per P/T Weightlifting Association who enter athlete in the competition.

If selected, Technical Officials are interested in upgrading their Officials Certification during the Championships, please indicate it on the Entry Form.

Each P/T is responsible for the expenses of their selected Technical Officials.

Please ensure the Technical Officials' email and mailing address is also noted in order for Organizing Committee to distribute the Technical Official schedule.

20 The CWFHC Technical Delegate for these Championships will be nominated prior to the Championships. If the CWFHC Technical Delegate is unable to settle a technical dispute, the CWFHC Executive Committee shall act as final court of appeal. The Jury, if appointed, is not a jury of appeal.

### 21. ACCREDITATION

21.1 A Technical Meeting will be held at the High School Antoine-Brossard Friday January 18, 2019 at 7:00 PM.

The Technical Meeting will consist of the following:

## 2019 Canadian Junior Weightlifting Championships

- Verification of eligibility athletes, coaches, team leaders and technical officials;
- Verification of Waiver from every participant;
- Verification of Final Entries into bodyweight categories;
- Final declaration of athletes to Team A or B;
- Lot numbers will be made available; lot numbers are drawn prior to the Technical Meeting.
- Sessions and groups will be determined.
- Any other pertinent information.

Following the above noted meeting, Technical Officials assignments will be determined.

### 22 PRACTICAL EVALUATION FOR COACHES – COMPETITION DEVELOPMENT

- 22.1 Provincial associations that will have candidates for the "Competition Development" practical evaluation will need to indicate the name, NCCP number and email address of the candidate (s) on their preliminary registration form.
- 22.2 Conditions of eligibility will be specified in a subsequent memo as well as NCCP requirements that candidates need to meet in order to be evaluated.
- 22.3 Depending on the number of applications received by the CWFHC, a selection process could be established based on the number of evaluators available, for example.
- 22.4 Pay the fees for this practical evaluation.

### 23. AFTER ARRIVAL / BEFORE COMPETITION :

- 23.1 All athletes, coaches, team leaders and technical officials will be accredited at the Technical Meeting.
- 23.2 If required, team leaders will be provided the following information after the Technical Meeting:
- Updated Start List
  - Competition Schedule
  - Technical Officials schedule and assignments.

### 24. DURING COMPETITION:

Coaches will be provided Competition Protocol as soon as possible after each weigh-in.

### 25. AFTER THE COMPETITION:

The results package will be send electronically.

This document is available at:

[http://www.weightliftingcanada.ca/accueil\\_en.html](http://www.weightliftingcanada.ca/accueil_en.html) - home page

## 2019 Canadian Junior Weightlifting Championships

26. In consideration of the acceptance of this entry, all participants hereby waive and release for themselves, their heirs, their executors and their administrators any and all rights and claims for damages they may have against the CWFHC, Fédération d'haltérophilie du Québec, club d'haltérophilie Fortius and its directors, employees, and volunteers, and any sponsors of the competition, for any injuries they may suffer or may have suffered at the Competition. All P/T associations certify that all of their respective participants have agreed to these conditions as a consequence of entering the competition, including the fact that those under the age of majority (18 years) have parental or guardian permission to participate.

### SCHEDULE & DEADLINES

October 2018	Distribution of competition regulations
Monday – December 10, 2018	Preliminary Team entries – (form available by e-mail upon request)
Monday – December 10, 2018	Last day for booking rooms at the hotel
Thursday – January 3, 2019	Final Team Entry Form and cheque sent to the Organizing Committee
Friday – January 18, 2019	All day arrival of participants 7:00 pm – Technical Meeting at the High School Antoine-Brossard (gymnasiums)
Saturday – January 19, 2019	Competition
Sunday – January 20, 2019	Departure

COMPETITION PRELIMINARY SCHEDULE				
SATURDAY, JANUARY 19, 2019				
SESSION	CATEGORIES		WEIGH-IN	COMPETITION
1	Women	49, 55, 59, 64 kg	7:30 A.M.	9:30 A.M.
2	Women	71, 76, 81, +81 kg	9:00 A.M.	11:00 A.M.
3	Men	55, 61, 67 kg	11:00 A.M.	1:00 P.M.
4	Men	73, 81 kg	12:30 P.M.	2:30 P.M.
5	Men	89, 96, +96 kg	2:00 P.M.	4:00 P.M.
END OF COMPETITION AT 7:00 PM; Awards ceremonies.				
Note :	There will be no break between Snatch and Clean & Jerk for groups with nine athletes or more.			
<i>This will be the first edition of this championship with the new body weight categories adopted by the IWF in July 2018. Following the preliminary entries, we will see how the distribution by session can be done.</i>				

## WAIVER AND RELEASE OF LIABILITY

### This form must be completed by athletes, coaches and team leaders

In consideration of entering and participating in the 2019 Canadian Junior Weightlifting Championships (the "Competition") and any and all activities related to the Competition, the undersigned acknowledges and agrees that:

The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation.

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the Canadian Weightlifting Federation Halterophile Canadienne, the Quebec Weightlifting Federation, club Fortius and/or its officials immediately;

I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE CLUB FORTIUS, QUEBEC WEIGHTLIFTING FEDERATION AND THE CANADIAN WEIGHTLIFTING FEDERATION HALTEROPHILE CANADIENNE, THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ WITNESS \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) \_\_\_\_\_

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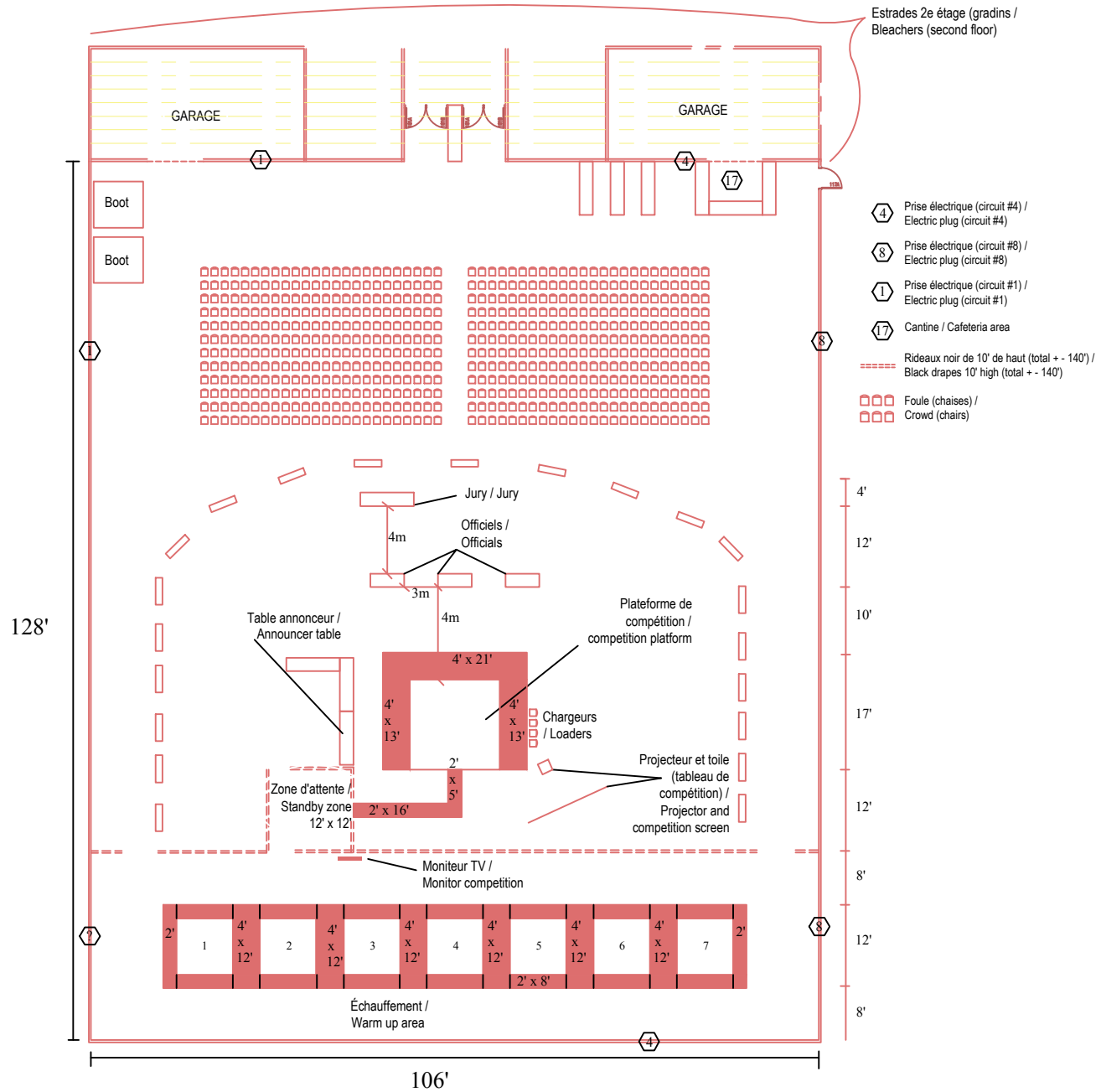
## MEDIA CONSENT AND RELEASE FORM

I, \_\_\_\_\_, hereby consent to the collection and use of my personal images by photography or video recording without any compensation whatsoever. I acknowledge these may be used on, but not limited to, the Canadian Weightlifting Federation Halterophile Canadienne's (CWFHC) and/or Quebec Weightlifting Federation (FHQ) website, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by the CWFHC and/or the FHQ to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time in writing to the CWFHC executive board. I give this consent voluntarily.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ WITNESS \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) \_\_\_\_\_



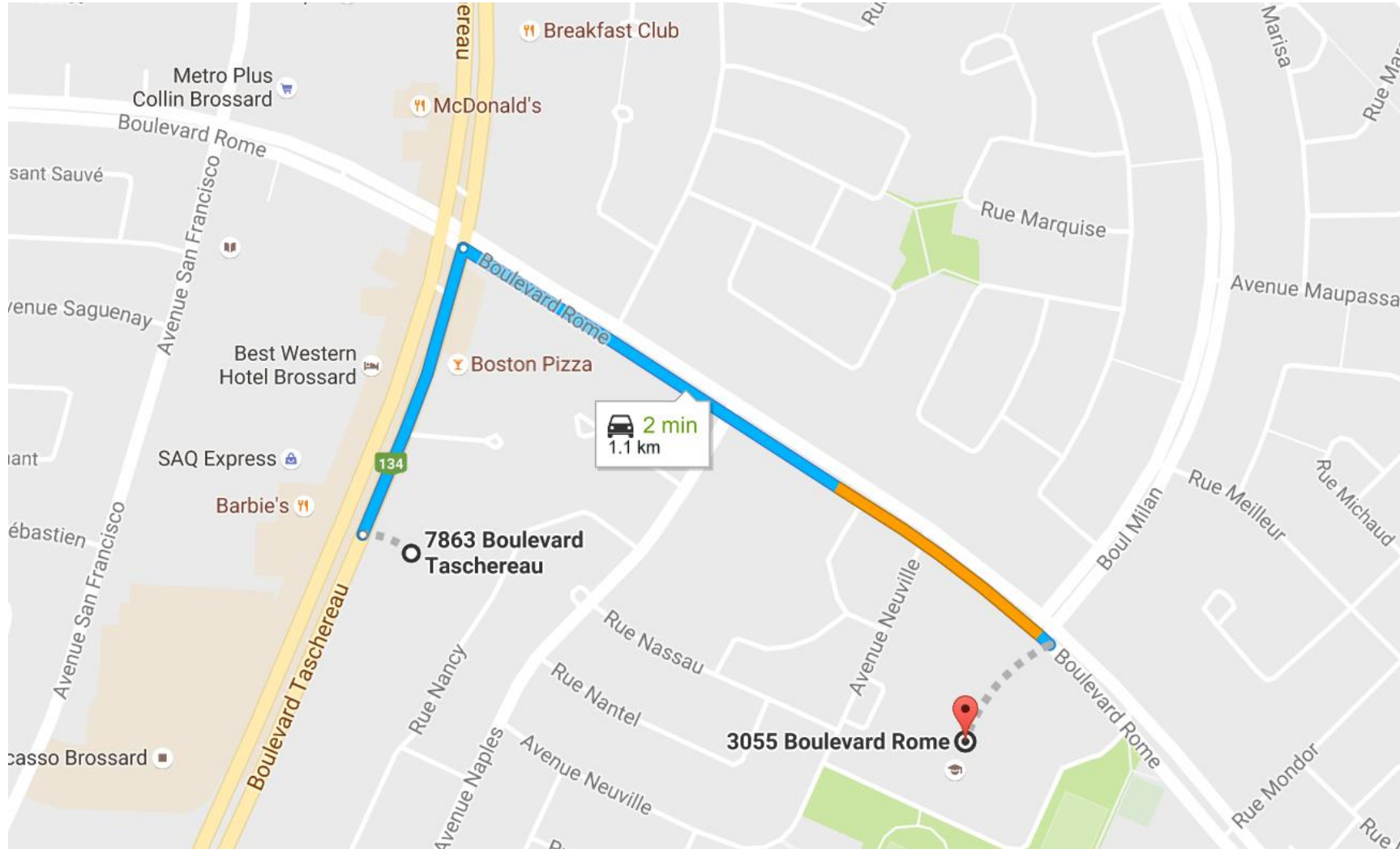
# Schéma CCJR 2019

Dernière révision: 31 août 2018

## 2019 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

High School : 3055, boul. de Rome, Brossard QC J4Y 1S9

Comfort Inn : 7863, boul. Taschereau, Brossard QC J4Y 1A4



**Your sport.  
Your reputation.  
Your responsibility.**

Check all medications before taking them. Make sure they don't contain banned ingredients.

Apply for a **medical exemption** if you need to use a banned medication for a legitimate medical reason.

Be aware of the **risks of supplement** use. Take all necessary precautions prior to using products like supplements, energy drinks and herbal remedies.

Know your **anti-doping** requirements, including whereabouts, medical exemptions and sample collection.

Find out more at:

[www.cces.ca/athletezone](http://www.cces.ca/athletezone)

©2012

**During sample collection...**

You have the right to:

- Have a representative and, if available, an interpreter.
- Ask for additional information about the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., victory ceremony, media commitment, further competitions, cool down). You will be chaperoned at all times during the delay.
- Request modifications if you are a minor or an athlete with a disability.
- Comment on the sample collection process or report any perceived procedural irregularities.



**Caution!**

**Strict Liability** means that you are 100% responsible for what you consume, and for what is found in your urine or blood sample.

**Marijuana** is prohibited in competition and can be detected in your urine for more than a month after use.

**Pseudoephedrine**, a common cold remedy ingredient, is banned in competition.

**Supplements** can contain banned substances such as steroids, stimulants, diuretics, and synthetic cannabis.

Find out more at:



[www.cces.ca/athletezone](http://www.cces.ca/athletezone)

Watch the collection procedures video at:

[www.cces.ca/athletezone](http://www.cces.ca/athletezone)

**Check it first...**

It's your responsibility to check the status of all medications, including prescription or over-the-counter products. Use the CCES substance inquiry resources:

Global DRO  
[www.globaldro.com](http://www.globaldro.com)

Substance Classification Booklet  
[www.cces.ca/scb](http://www.cces.ca/scb)

Email the CCES  
[substances@cces.ca](mailto:substances@cces.ca)

Call the CCES Infoline  
1-800-672-7775 (in North America)



Join the True Sport Movement at  
[www.trueispport.ca](http://www.trueispport.ca)

TRUE SPORT  
LIVES HERE

**Votre sport.  
Votre réputation.  
Votre responsabilité.**

Vérifiez vos médicaments avant de les prendre afin de vous assurer qu'ils ne contiennent aucune substance interdite.

Faites une **demande d'exemption médicale** si vous devez prendre un médicament interdit pour une raison médicale.

Vous êtes conscient des **risques** liés aux suppléments. Prenez toutes les précautions nécessaires avant de prendre des produits comme des suppléments, des boissons énergisantes ou des plantes médicinales.

Connaissiez vos **responsabilités liées** au dopage, y compris les renseignements de localisation, les exemptions médicales et le prélèvement d'échantillon.

Pour de plus amples renseignements :

[www.cces.ca/zoneathlete](http://www.cces.ca/zoneathlete)

©2012

**Durant le prélèvement des échantillons...**

Vous avez droit à :

- Être accompagné d'un représentant et par un interprète, s'il y en a un de disponible.
- Obtenir plus de renseignements sur le processus de prélèvement d'échantillon.
- Demander un délai avant de vous présenter au poste de contrôle du dopage pour des raisons valables (p. ex. cérémonie de remise des médailles, obligations médicales, autres compétitions, récupération). Vous serez sous la supervision d'une escorte en tout temps durant le délai.
- Demander des modifications si vous êtes un mineur ou un athlète avec un handicap.
- Partager vos commentaires et signaler les irrégularités concernant les procédures.



**Soyez prudent!**

Selon la règle de la **responsabilité stricte**, vous êtes entièrement responsable de ce que vous ingérez et pour ce qui est trouvé dans votre échantillon d'urine ou de sang.

La **marijuana** est interdite en compétition et peut être détectée dans votre urine plus d'un mois après avoir été consommée!

La **pseudoéphédrine**, un ingrédient utilisé souvent pour soigner le rhume, est interdite en compétition.

Les **suppléments** peuvent contenir des substances interdites tel que des stéroïdes, des stimulants, des diurétiques et du cannabis synthétique.

Pour de plus amples renseignements :



[www.cces.ca/zoneathlete](http://www.cces.ca/zoneathlete)

Visionnez la vidéo sur le prélèvement des échantillons à :

[www.cces.ca/zoneathlete](http://www.cces.ca/zoneathlete)

**Vérifiez d'abord!**

Vous avez la responsabilité de vérifier le statut de tous les médicaments, incluant les produits prescrits et en vente libre. Utilisez les ressources de vérification des substances du CCES :

DRO Global  
[www.droglobal.com](http://www.droglobal.com)

Livret de classification de substances  
[www.cces.ca/lcs](http://www.cces.ca/lcs)

Écrivez au CCES  
[substances@cces.ca](mailto:substances@cces.ca)

Info Ligne du CCES  
1-800-672-7775 (en Amérique du nord)



Adhérez au Mouvement Sport-pur à [www.sportpur.ca](http://www.sportpur.ca)

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