

Doping is the use of banned athletic performance-enhancing drugs in competitive sport. The Ontario Lacrosse Association is committed to building a drug-free sport system for amateur lacrosse athletes in the province of Ontario in the spirit of fair play. Toward this goal, the OLA is unequivocally opposed to the practice of doping in sport on ethical, medical and legal grounds. Through association membership, all athletes of the Ontario Lacrosse Association are bound by the Canadian Lacrosse Association's anti-doping policy and any resulting sanctions resulting from infringement of this policy.

To preserve the integrity of sport, the Standard Expectation of Behavior is that all Ontario Lacrosse Association members refrain from taking, promoting, recommending or condoning the use of prohibited substances.

1. **Following the rules.** The Canadian Centre for Ethics in Sport (CCES) is responsible for the operation of the Canadian Anti-Doping Program (CADP), which is the set of rules which govern anti-doping in Canadian sport. The CADP consists of several components such as in and out-of-competition testing, education, medical exemptions and the consequences of doping violations. The CADP is compliant with the [World Anti-Doping Code](#) and all international standards.
2. **Checking your medications.** Some prescription and over-the-counter medications are prohibited in sport. Medications can be prohibited in-competition, out-of-competition, or in particular sports. The onus is placed on each member of the Ontario Lacrosse Association to carefully check the status and ingredients of any medication prescribed and consumed to ensure that it won't result in a positive test.
3. **Medical exemptions.** Athletes may have illnesses or conditions that require them to take particular medications. If the medication an athlete is required to take is listed on the World Anti-Doping Agency's Prohibited List of Substances, an approved medical exemption for therapeutic use (TUE) may provide the athlete with authorization to take the medication.
4. **Reporting Doping.** In addition to compromising the health of athletes, doping threatens the integrity of sport and damages competition for clean athletes who play by the rules and affects future generations who are influenced the actions of today's top players. In the interest of creating a fair and ethical Canadian sport community, the CCES allows for anonymous submission of information which identifies athletes who utilize banned substances through www.cces.ca/reportdoping.
5. **Consider the consequences.** Ontario-based athletes who compete in national level events may be subject to testing by event regulators. The OLA expects all members of the lacrosse community to abide by CADP to preserve the integrity of the sport. Any sanction determined by the CCES will be enforced by the OLA. Should the OLA's Board of Directors be made aware of a violation of the CADP, the executive is responsible for reporting the situation to the CCES.
6. **Knowledge is power.** The Canadian Lacrosse Association offers an Anti-Doping Education Course called True Sport Clean 101. This comprehensive course is provided in eight modules and one quiz, which takes roughly one hour to complete. The OLA recommends that all members complete this educational course, which includes up-to-date and accurate information on doping in sport.