



BCAC Education Website and Resources

The British Columbia Athletic Commission (BCAC) has developed the [BCAC Anti-Doping Policy](#) to help maintain the integrity of competition and to protect the health and safety of participants.

It's important to understand how the Policy applies to you, as well as your **rights, responsibilities, and requirements**.

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Who does the Policy apply to?

The Policy applies to all:

Contestants – any person who competes in a BCAC Sanctioned Event.

Seconds – any coach, trainer, manager, agent, team, staff, official, medical, paramedical personnel, parent, or any other person working with a Contestant.

What is doping?

Doping is when one or more **anti-doping rule violations** (ADRVs) have occurred. The following ADRVs are identified under this Policy:

- 1) Presence of a prohibited substance in a sample (Contestant)
- 2) Evading, refusing, or failing to submit to sample collection (both Contestant and Second)
- 3) Tampering or attempting to tamper with any part of doping control (both Contestant and Second)

NOTE: The principle of **strict liability** applies to the Policy, meaning that you are responsible for any substance found in your body, whether it got there on purpose or not. It's your responsibility to do everything you can to reduce the risk of accidentally take a prohibited substance.

The Policy defines Strict Liability as: **“The rule which provides that under Article 2.1, it is not necessary that intent, Fault, Negligence, or knowing use on the Contestant’s part be demonstrated by the Anti-Doping Organization in order to establish an anti-doping rule violation.”**

What does the anti-doping program include?

An effective anti-doping program includes many different components with the goal to prevent, detect, and deter intentional and/or unintentional doping.



EDUCATION

It's important that you review and understand the Policy and resources that are available to help you compete clean and preserve the integrity of your sport! All participants have access to:

- a. **BCAC Acknowledgement Form.** This will be provided to all Contestants and Seconds in advance of participation in an event. You must sign [this form](#) declaring that you understand the Policy and its rules.
- b. **Policy and BCAC Website.** You must review [the Policy](#) prior to participating in an event. Additional resources are available throughout [this webpage](#). Useful links are available below:

[BCAC Anti-Doping Policy Contestant and Second Acknowledgement](#)

[CCES Integrity Hotline](#): An anonymous reporting mechanism available to submit reports of suspected doping.

[WADA Prohibited List](#): Download a copy of the current version the World Anti-Doping Agency's (WADA) Prohibited List.

BCAC Medical Exemption Form. Review the information and documentation that is required for a medical exemption application.

[Sample Collection video](#): Short video that explains the sample collection procedures.

Acknowledgement Form: Review and complete this form prior to your event.

SAMPLE COLLECTION

Sample collection involves the Contestant providing a urine and/or blood sample. Samples will be collected by certified sample collection personnel, which includes Doping Control Officers (DCO) and/or Blood Collection Officers (BCO).

When can I be tested?

Contestants in BCAC-sanctioned events may be selected to provide a urine and/or blood sample throughout the duration of the "event", inclusive of weigh-ins, fight, competition, and post-fight medical assessments.

Conduct During Testing

Any offensive conduct towards sample collection personnel **will not be tolerated**. While testing may sometimes seem inconvenient, it's important to remember that sample collection personnel are professionals, there to do a job. If you believe in clean fights and coming by victory honestly, then you and the DCO are on the same side.



Regardless of when you're selected or the outcome of your competition, the DCO will work with you to complete the process efficiently and respectful conduct is expected in return. Contestants and Seconds could receive a sanction if they physically or verbally abuse any of the sample collection personnel.

Role of the Representative

The representative may accompany the Contestant to the doping control station to provide support and guidance during the process. The representative can be anyone over the age of 18 who is trusted by the Contestant (e.g., coach, trainer).

What happens during the sample collection process?

The BCAC will partner with an independent sample collection authority, such as the Canadian Centre for Ethics in Sport, to collect samples.

This is an overview of the sample collection process. During this process, don't hesitate to ask questions!

1) Notification

Sample collection personnel will notify the Contestant they've been selected for testing, will review their rights and responsibilities, then accompany them to the doping control station.

2) Sample collection

At the doping control station, the DCO or BCO will explain the sample collection process, then the Contestant will be asked to select their sample collection equipment. For a blood sample, the blood draw will be conducted by a certified phlebotomist.

When the Contestant is ready to provide a urine sample, they will be escorted to the washroom, where they will be asked to disrobe from mid-torso to mid-thigh. The DCO requires an unobstructed view of the Contestant passing the urine sample.

3) Packaging the sample

After the Contestant provides a sample, the DCO will give instructions on how to split, package, and seal the samples. The Contestant must maintain possession of their sample until it is sealed.

4) After sample collection

To complete the process, the Contestant will be asked to declare any medications and supplements consumed in the past seven (7) days. The Contestant will also have the opportunity to document any concerns they have about the process.

Why is sample collection witnessed?

The DCO must witness the provision of the sample to help ensure the integrity of the sample collection process. While this may seem invasive, personnel are trained to observe in the least intrusive way possible.



Tips for Sample Collection

To be prepared for testing, Contestants should:

- Ensure they have ID before they leave for the venue.
- Notify support personnel they're going to the doping control station, so they know where they are, and
- Ask questions to better understand the process.

To get an idea of what the process is like, watch this video [here](#).

What are samples analyzed for?

Samples are analyzed for substances identified on the [World Anti-Doping Agency's \(WADA\) Prohibited List](#). Samples collected at BCAC events will be sent to a WADA-accredited lab for analysis.

Reminder: Contestants are held **strictly liable** for any prohibited substance found in their sample.

THE WADA PROHIBITED LIST

Maintained by WADA, the Prohibited List identifies the substances and methods that are prohibited in sport. It is structured by categories, based on the type of substance or method, and their purpose or function. The Prohibited List is updated on an annual basis and the updates come into effect on January 1. All changes are communicated to the sport community in October.



What's included on the Prohibited List?

These are the Prohibited List categories and some examples. **It's the Contestant's responsibility to know what's on the List and check the status of their medications.**

Category	Examples
S0 Non-approved substances	Substances which are not addressed by any of the subsequent sections of the List and not currently approved by any government for human use.
S1 Anabolic Agents	Testosterone, clenbuterol, nandrolone, stanozolol
S2 Peptide Hormones, Growth Factors, Related Substances and Mimetics	Erythropoietin (EPO), growth hormone
S3 Beta-2 Agonists	Terbutaline, formoterol, higenamine Note: This category can include ingredients found in asthma inhalers, some of which have exceptions depending on the inhaled dosage amount. Contestants should refer to the dosage amount to determine if their inhaler is prohibited.
S4 Hormone and Metabolic Modulators	Insulin, tamoxifen, meldonium
S5 Diuretics and Masking Agents	Desmopressin, probenecid
S6 Stimulants	Amphetamine, cocaine, methylphenidate, pseudoephedrine Note: This category can include ingredients found in ADD/ADHD medication and over-the-counter allergy and cold and flu products. For more information, refer to this pseudoephedrine resource .
S7 Narcotics	Fentanyl, morphine, oxycodone
S8 Cannabinoids	Cannabis and cannabis products
S9 Glucocorticoids	Cortisone, prednisone
P1 Betablockers	Only prohibited in particular sports, not for BCAC events
Prohibited Methods	
M1 Manipulation of Blood and Blood Components	Administration or reintroduction of red blood cell products back into the circulatory system. Artificial uptake, transport, or delivery of oxygen.
M2 Chemical and Physical Manipulation	IV infusions or injections of more than 100 mL per 12-hour period (regardless of whether the substance is prohibited or not).
M3 Gene and Cell Doping	The use of normal or genetically modified cells.



Why are substances included on the Prohibited List?

The Prohibited List includes many substances found in common therapeutic treatments, and those that are misused or abused in sport. So why are substances included on the List?

A substance or method is added to Prohibited List if it meets at least two of the three following criteria:

- 1) It has the potential to enhance or enhances sport performance.
- 2) It represents an actual or potential health risk to the athlete (in this case, the Contestant).
- 3) It violates the spirit of sport (this definition is outlined in [the World Anti-Doping Code](#)).

Remember: Whether a substance or method was used intentionally by the Contestant to gain an advantage or not, the principle of strict liability always applies.

What happens if I get prescribed a medication that's on the Prohibited List?

Contestant health is important and the BCAC wants to ensure that Contestants can continue to take medically necessary medications or treatments, even if they're considered prohibited. The medical exemption process (outlined in a subsequent section) allows the Contestant to take medications for medically justified reasons.

What about supplements?

While widely used in sport, Contestants need to be aware of the risks that supplements pose.

Supplements may contain prohibited substances. This can be due to intentional inclusion by the manufacturer, ingredient substitution, or cross-contamination.

Contestants should take the following steps to minimize the risk of supplements:

- Consult a physician or dietician to determine if supplements would be beneficial,
- Research products for any health warnings or extreme health claims, and
- Use products that are third-party certified (e.g., [NSF Certified for Sport](#), [BSCG](#), [Informed Choice/Informed Sport](#)).

What's the status of cannabis in sport?

Despite being legal in Canada, cannabis is prohibited in competition in all its forms.

Be aware that:

- Cannabis clearance times are unpredictable (based on physiology, strain, and frequency of use), so using cannabis out of competition can cause a positive test in competition,
- CBD (cannabidiol) products can and often do contain the prohibited substance THC, and
- Cannabis for medical purposes, if prescribed by a physician, may be eligible for a medical exemption.



MEDICAL EXEMPTIONS

What is a medical exemption?

A medical exemption allows a Contestant the use of a prohibited substance or method, **if it has been prescribed for legitimate medical reasons**. If the Contestant knows their medication is prohibited, they should take the necessary steps to apply for a medical exemption prior to competing, unless there are exceptional circumstances.

How do I get medical exemption?

The medical exemption process involves the following steps:

- 1) Refer to BCAC Medical Exemption Application Form and gather the appropriate documents, including a letter from their physician, complete medical diagnosis documents, and any relevant test results and reports.
- 2) Submit the completed form and documents to the BCAC.
- 3) The BCAC Medical Exemption Panel or an appointed third party will review the application to determine if it meets the criteria for an exemption. You can refer to the Policy for these criteria.
- 4) The BCAC Medical Exemption Panel or an appointed third party will render a decision. If it's denied, the Contestant can appeal the decision to the BCAC Athletic Commissioner.

When do Contestants need to apply for a medical exemption?

Contestants who use a prohibited substance or method should apply for a medical exemption prior to use, but if there isn't enough time or are exceptional circumstances, Contestants can apply retroactively or after a tested returns a positive result.

Can I get a medical exemption for over-the-counter medications?

No. Only medications that have been prescribed by a medical professional are eligible for exemptions. Check any over-the-counter medications against the Prohibited List to ensure they're safe to use.

VIOLATIONS AND SANCTIONS

Under the Policy, violations and sanctions can be given to Contestants or Seconds if an anti-doping rule violation(s) is confirmed.

What is the results management process?

For any violation, there will be a results management process during which a Contestant or Second can provide evidence or testimony around the circumstances of the violation.

Recall that the following are violations under the Policy:

- 1) Presence of a prohibited substance in a sample (Contestant)
- 2) Evading, refusing, or failing to submit to sample collection (both Contestant and Second)
- 3) Tampering, or attempting to tamper with, any part of doping control (both Contestant and Second)



What are the sanctions for a violation?

Sanctions for confirmed anti-doping rule violations include:

- 1) Disqualification of the results of the competition and forfeiture of prizes.
- 2) Ineligibility to compete in British Columbia for up to two (2) years for a first infraction.
- 3) Disqualification of results from subsequent events if they occurred during the period of ineligibility.

If I am serving a sanction, what are my options for competition?

When serving a sanction, Contestants or Seconds are unable to participate in any events or activities sanctioned by the BCAC, other Athletic Commissions that recognize the BCAC sanction, or other organizations that are WADA Code signatories.

If a Contestant or Second violates their period of ineligibility, the results from that event may be disqualified, and a further period of ineligibility may be applied.

CCES Integrity Hotline

This reporting hotline helps protect the integrity of competition by gathering reports and intelligence from a variety of sources, such as Contestants and Seconds.

The [CCES Integrity Hotline](#) is available to manage reports of suspected doping in your sport:

- Text 1-888-441-CCES (2237)
- Call 1-888-441-CCES (2237)
- WhatsApp 1-888-441-CCES (2237)
- Email integrity@cces.realresponse.com