

# BCDGA

## Anti-Doping Policy



January 4, 2026

The BCDGA is committed to providing anti-doping and dope-free sport to foster a fair and competitive environment without the use of illegal or prohibited performance enhancement substances or without using prohibited methods. These substances and methods can be extremely harmful to the athlete's health and are considered cheating.

### 1. Purpose

This Policy directs how BCDGA addresses anti-doping violations consistent with CADP. The BCDGA adopts the Sports Integrity Canada 2021 Canadian Anti-Doping Program (CADP) as the guiding principles for the BCDGA Anti-Doping Policy and of its development.

If there is a conflict between this Policy and the 2021 CADP, the 2021 CADP will be used.

<https://sportintegrity.ca/sites/default/files/content/docs/2025-12/SportIntegrityCanada-POLICY-CADP-2021-Final-E.pdf>

Canadian Anti-Doping Program (CADP)

<https://sportintegrity.ca/canadian-anti-doping-program>

### 2. Scope

This Policy applies to all BCDGA Members in any role who participate in any type of Competitive Disc Golf Event in the Province of British Columbia.

### 3. Responsibility

It is the responsibility of the Member or Athlete to check your medications and products before taking them to ensure they do not contain ingredients that are banned in sport.

<http://cces.ca/checkmeds>

## 4. Prohibited Substances & Methods

The Prohibited List is updated and published by WADA every year and details all substances and methods that are prohibited or banned in sport. Publication of the updated Prohibited List is typically every October with an effective date of January 1 the following year.

- **Check the status** of all medications, substances, products, supplements and treatment methods against the WADA Prohibited List BEFORE taking them to ensure they do not contain ingredients that are banned in sport. <http://cces.ca/checkmeds>

**WADA** <https://www.wada-ama.org/en/prohibited-list>

- Verify your medical exemption requirements. <http://cces.ca/medical-exemptions>

Confirm Therapeutic Use Requirements (TUE) if using or intending to use a prohibited substance or prohibited method. **TUE** <https://ita.sport/tue/>

- Learn about the doping **risks** associated with supplement use and how to minimize them. <http://cces.ca/supplements>

## 5. Medical or Therapeutic Use Exemptions (TUEs)

An application must be submitted at least 30 days in advance of an event the individual intends to compete in. If applications are submitted in less than 30 days of an event there is no guarantee of a decision being made in time for the event.

Make sure you are familiar with the Medical Exemptions and Therapeutic Use Exemption (“TUE”) rules and requirements. <https://ita.sport/tue/>

<https://www.wada-ama.org/en/prohibited-list>

## 6. Violations & Sanctions

An anti-doping violation in an event will automatically lead to disqualification of all the contestants' individual results obtained in that event with all penalties, including forfeiture of all prizes. The use of a prohibited method by an athlete is an anti-doping rule violation. Refusal of testing is an anti-doping violation and is subject to sanctions.

This may involve additional penalties depending on the severity of the violation and the occurrence including a public notice of positive test results or violation in accordance with the CADP.

- **First** infraction could include: ineligible to compete in BC for **1 to 3 years**.
- **Second** infraction could include: ineligible to compete in BC for **3 to 6 years**.
- **Third** infraction: **automatic lifetime ineligibility to compete in BC**.

**Tampering**, or attempting to tamper, with any part of doping control is an anti-doping rule violation and will result in an **immediate lifetime ban**.

BCDGA will respect the sanctions applied to any member violating the anti-doping rule of the CADP, whether imposed by WADA, the CCES, or any national or provincial sport organization.

## 7. Anti-Doping Education

BCDGA is committed to providing effective anti-doping education to support safe and fair play in sport. We have provided links to access regular information and news updates on the CADP websites.

**CADP** <https://sportintegrity.ca/canadian-anti-doping-program>

The cornerstone of the CCES approach to ethical sport is their responsibility to educate Canadian athletes and their support personnel about their rights and responsibilities. CCES educational programs are aimed at the prevention of doping through the teaching and promotion of the intrinsic values of the spirit of the sport that are supportive of clean sport.

For elite-level athletes, education is focused on an anti-doping program, including information about banned substances and methods, the sample collection process, and the CCES Whereabouts Program.

**CCES** <https://sportintegrity.ca/>

WADA is responsible for the WADA Code and the World Anti-Doping Program which supports it. As part of its mandate, WADA provides preventative methods such as values-based education programs targeted at athletes, coaches, doctors, trainers and parents on the dangers and consequences of doping, as well as the legal and social ramifications which are increasingly prevalent in anti-doping programs. In addition, and germane to the purpose of the WADA Code and the World Anti-Doping Program are the fundamental rights of the athlete. In support of this, the Anti-Doping Charter of Athlete Rights has been established to ensure that athlete rights within anti-doping are clearly set out, accessible and universally applicable.

**WADA** <https://www.wada-ama.org/en/prohibited-list>

## 9. Report Prohibited Violation

To report an anti-doping violation or the usage of prohibited methods please contact us at:

By email: [info@bcdiscgolf.ca](mailto:info@bcdiscgolf.ca)

By visiting our website: [BC Disc Golf Association](#)

By visiting our Facebook page or on Messenger: <https://www.facebook.com/bcdiscgolf>