ANTI-DOPING & CLEAN SPORT

NATIONAL TEAM HANDBOOK

VERSION 1.0 – AUGUST 26, 2026

Gymnastics Canada has adopted the Canadian Anti-Doping Program (CADP), which is administered by Sport Integrity Canada, Canada's national anti-doping organization.

The CADP establishes the anti-doping rules that apply within Canadian sport and is designed to prevent, deter, and detect doping while protecting athletes' right to fair and ethical competition.

National Team athletes are responsible for understanding and complying with the anti-doping rules that apply to them.

Canadian Anti-Doping Program:
https://sportintegrity.ca/canadian-anti-doping-program

Sport Integrity Canada Anti-Doping Information:
https://sportintegrity.ca/anti-doping

1 NATIONAL ATHLETE POOL AND REGISTERED TESTING POOL

National Team athletes may be identified by Sport Integrity Canada for inclusion in the National Athlete Pool (NAP) or Registered Testing Pool (RTP).

Athletes included in these pools are subject to the Canadian Anti-Doping Program and may be tested in competition or out of competition.

Athletes in the Registered Testing Pool have additional requirements, including the responsibility to provide and maintain accurate whereabouts information. Sport Integrity Canada and/or GymCan will notify athletes if they are added to a testing pool and advise them of the requirements that apply.

Athletes are responsible for complying with all applicable anti-doping requirements for as long as they remain subject to the CADP.

2 ATHLETE RESPONSIBILITIES

National Team athletes are responsible for:

- Understanding and complying with the Canadian Anti-Doping Program;
- Completing all required anti-doping education;
- Remaining available for in-competition and out-of-competition testing, as applicable;
- Checking the status of medications and substances before using them;
- Obtaining a Therapeutic Use Exemption (TUE) when required; and
- Meeting any additional requirements associated with inclusion in the National Athlete Pool or Registered Testing Pool.

Instructions for completing required anti-doping education and submitting proof of completion are available in the National Team oneBADGE Guide.

3 WADA ANTI-DOPING EDUCATION (ADEL)

The World Anti-Doping Agency (WADA) Anti-Doping Education and Learning platform (ADEL) provides free online education to help athletes understand the rules and responsibilities of clean sport. Training covers topics including prohibited substances, doping control, and athlete rights and responsibilities.

National Team athletes assigned to international events may be required to complete the applicable ADEL education program and obtain a certificate as part of the requirements for a World Gymnastics licence and/or participation in World Gymnastics-sanctioned events.

Athletes will be advised when ADEL training is required for their international assignment.

WADA ADEL:
https://adel.wada-ama.org/

4 MEDICATIONS AND THERAPEUTIC USE EXEMPTIONS

Athletes are responsible for knowing what enters their body.

Before taking any prescription medication, over-the-counter medication, supplement, or other substance, athletes should verify whether it contains an ingredient prohibited by the World Anti-Doping Agency (WADA).

An athlete who has a medical condition requiring the use of a prohibited substance or method may need to obtain a Therapeutic Use Exemption (TUE).

Athletes should confirm whether a TUE is required before using the medication whenever possible and follow Sport Integrity Canada's medical exemption process.

Medical Exemptions / TUE Information:
https://sportintegrity.ca/medical-exemptions

WADA Prohibited List:
https://www.wada-ama.org/en/prohibited-list

5 TESTING

National Team athletes may be selected for doping control at any time, including during competition or outside of competition.

Athletes are expected to understand their rights and responsibilities during the testing process and to cooperate fully with authorized doping-control personnel.

More information about testing and athlete responsibilities is available through Sport Integrity Canada:

https://sportintegrity.ca/anti-doping

6 RETIREMENT FROM COMPETITION

Athletes who are included in a testing pool may have specific requirements when retiring from competitive sport.

An athlete who intends to retire should notify GymCan and Sport Integrity Canada and complete any required retirement process. Athletes should not assume that their anti-doping obligations end simply because they have stopped training or competing.

Athletes who later return to competition may be subject to additional anti-doping requirements before becoming eligible to compete.

7 DOCUMENT TIMELINES

Version	Date	Change(s)
Final 1.0	August 26, 2026	Initial document