

## TAEKWONDO CANADA ANTI DOPING CORNER

**JUNE 2011**

If you are an athlete competing nationally or internationally for Canada this summer, you may be subject to a doping test.

In the period of January 2011 to March 2011 the CCES ... Canadian Center for Ethics in Sport completed 15 tests on taekwondo athletes.

The levels of testing and frequency of the tests have changed over the years. Now there are several categories of athletes subject to testing. The "REGISTERED TESTING POOL ATHLETES" are subject to both in competition and out of competition testing. These athletes have to participate in the whereabouts program. In taekwondo we currently have 10 athletes in the national registered testing pool. These athletes have been contacted by CCES.

For other athletes not in this pool you still may be subject to a doping test and therefore all taekwondo athletes in sparring Paralympics and poomsee could potentially be tested.

The first thing any athlete planning to compete nationally or internationally should do is become familiar with ATHLETE ZONE on the CCES site

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

Here you can figure out which category of athlete you fall under, and from there you can check your medication etc.

If you are on any medications right now go to this website NOW

[www.Globaldro.com](http://www.Globaldro.com)

Type in your sport and the medication name. If it is PROHIBITED you need to talk with your local sports medicine doctor or myself before the competition.

[tdefreitas@wtfcanada.com](mailto:tdefreitas@wtfcanada.com)

For more information on doping check out the World Anti Doping website and take the quiz ... look around

[www.wada-ama.org](http://www.wada-ama.org)

Terry DeFreitas  
Sports Medicine Consultant