



Let's keep the Canadian Masters Weightlifting Championships drug free!

Members of WCHM are also members of their Provincial Weightlifting Association and WCH and are subject to the anti-doping policy of the Canadian Anti-Doping Program when participating at Provincially sanctioned weightlifting competitions. Members of WCHM competing at the Canadian Masters Weightlifting Championships are subject to the rules and regulations of the WCHM Anti-doping Policy. Doping Control at WCH sanctioned provincial weightlifting competitions is administered by the CCES (Canadian Centre for Ethics in Sports). Doping Control at the Canadian Masters Weightlifting Championships is administered by one of WCHM approved Sample Collection Authorities.

In addition to educating WCHM members about the medical and economical consequences of doping, the fight against doping among masters weightlifters, provincially or nationally, can be addressed by providing athletes and coaches with an anonymous way of reporting the use of banned substances.

The WCHM President will be made aware of the identity of athletes who may then be selected for the testing of banned substances. WCHM's Anti-doping Disciplinary Committee will recommend to the Board which athletes will be selected for drug testing at any randomly selected Provincial weightlifting competition, for out-of-competition drug testing or in-competition testing at the Canadian Masters Weightlifting Championships. Drug testing will be conducted by one of the WCHM approved Sample Collection Authorities (Anti-Doping Policy 3.05 and related costs incurred by the athlete 3.08.1).

As members of WCHM, let's keep the Canadian Masters Weightlifting Championships drug free by simply not using prohibited substances at any time. Please anonymously report WCHM members who are attempting to place themselves at an unfair advantage at all Canadian weightlifting competitions.

[You can help the fight against doping in sport | Canadian Centre for Ethics in Sport \(cces.ca\)](https://www.cces.ca)

[CCES Integrity Hotline | Canadian Centre for Ethics in Sport](https://www.cces.ca)