

Clean Sport Travel Tips for Athletes

Congratulations on your participation in international competition! You are a member of a very select group representing Canada and its values. It's important to be sure that you do everything you can to minimize your risk of an unintentional anti-doping rule violation so that your hard work can be recognized on the world stage!

Complete your pre-event education.

Canadian athletes and support personnel need to complete their annual education requirement before leaving for a major event. Your sport or organizing committee will provide you a key to sign up for your course(s) at education.cces.ca.

Check the legal status of your medications in the host country.

Some medications (e.g. cannabis for medical purposes, ADHD medications containing amphetamines, etc.) may be illegal in other countries. The [Government of Canada's Travel and Tourism website](https://www.international.gc.ca/travel-tourisme-traveller-voyager.aspx) has more instructions about checking the legal status of your medications.

Check the status of your medications in sport.

Are your medications prohibited in sport? Check their status in the [Global DRO](https://www.wada-ama.org/en/resources/faq). Include any prescription medications *and* any over-the-counter medications you regularly use. If you're still unsure, contact substances@cces.ca for help.

Apply for a medical exemption if necessary.

If your medication is prohibited, don't waste any time – use the [Medical Exemption Wizard](https://www.wada-ama.org/en/resources/faq) to determine how to proceed.

Refill your prescriptions and make sure to pack enough.

You may not be able to get your medication in another country, and a medical exemption is only valid for one specific medication. Ensure that you bring enough for the duration of the event. Keep them with you in your carry-on when possible.

Update your whereabouts, if applicable.

If you are in a Registered Testing Pool (RTP), you need to submit whereabouts information. Update your whereabouts to reflect your travel plans using [ADAMS online](https://www.adamsapp.com/), or download WADA's ADAMS app for [iOS](https://www.apple.com/ios) or [Android](https://www.android.com/).

Avoid supplements.

Supplements are a common source of anti-doping rule violations. Avoid supplements or take steps to minimize your risk. Learn more at cces.ca/supplements.

Avoid cannabis.

Cannabis is still illegal in most countries and is illegal to possess while traveling. It's also prohibited in competition. The best way to avoid issues while traveling (and a possible anti-doping rule violation) is to avoid cannabis altogether. Learn more at cces.ca/cannabis.