

MAKING INFORMED CHOICES

You must be responsible with respect to the use of performance-enhancing substances, whether these are vitamins or supplements, energy drinks, drugs or any other product. Start by obtaining information from credible sources, talk to a doctor and ask yourself the following questions:

- Does my energy expenditure or state of health justify the use of this product?
- Can this product be obtained legally?
- Is it on WADA's List of Prohibited Substances and Methods?
- Is there any proof that it enhances performance?
- Is there any proof that this product is not harmful to my health?
- Is this the best way for me to be spending my money?
- Am I ready to accept the consequences if it is discovered that I am using a prohibited product?

PERFORMANCE = QUALITY TRAINING AND A HEALTHY LIFESTYLE

There is no such thing as a miracle solution. To improve your skill set, you must first of all become involved in a training program that takes into account the physiological qualities, technical skills and tactics specific to your sport. And to ensure that you get the most out of your training, it is important that you lead a healthy life, particularly by eating balanced meals and setting aside enough time for rest and recovery.



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et le
sport
en
valeur!

WHERE TO GET INFORMATION

www.mels.gouv.qc.ca
www.wada-ama.org
www.cces.ca

76-5012-509-11A

Keep it
safe!

PERFORMING
WITHOUT
DRUGS



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WHAT IS DOPING?

Doping may be defined as the use, during or while preparing for sports competitions, of a prohibited substance or method intended to artificially enhance performance. The List of Prohibited Substances and Methods is drawn up by the World Anti-Doping Agency (WADA), which is responsible for the fight against doping at the international level.



WHY SAY NO TO DOPING?

Out of respect for the rules

Playing sports means agreeing to play by the rules of the game. Athletes who resort to doping break their commitment to their sport and to the other athletes involved in it.

To ensure fair competition

Every sport is based on rules that stipulate how the game is to be played (scoring, equipment, playing surfaces, etc.) and that determine participation standards (age, category, weight, etc.). These rules give all players a fair chance to win. True victory and excellence can never be achieved by cheating.

To protect your health

The fight against doping is also intended to protect athletes' health. The use of doping products can lead to permanent and irreversible side effects and, in extreme cases, to death. To legalize doping would be the same as asking all athletes to endanger their health so they can be on an equal footing with those who resort to the practice.

To protect the image of sports

It is often said that sports build character and transmit positive values such as respect, honesty, friendship, perseverance and self-esteem. Sports present challenges that require athletes to explore and go beyond their personal limitations. Competition makes it possible to measure and celebrate excellence in sports and human conduct. Each new case of doping further discredits sports and the values we attribute to them.



WHAT CAN YOU DO TO FIGHT DOPING?

You can actively work towards doping-free sports by:

- respecting the rules of the game, your teammates and opponents
- remembering that, while winning is good, you are already a winner if you enjoy training and playing
- setting realistic objectives
- improving your skills through sustained training and effort in competition
- adopting healthy lifestyle habits to increase your chances of success
- respecting yourself by refusing to take substances that could harm your health
- encouraging your friends and teammates to play sports without resorting to doping

