



## North Mississauga Soccer Club Healthy Lifestyle Policy

### Contents

General .....	1
Healthy Snack Policy.....	1
Anti-Tobacco Policy .....	2
Alcohol-Free Policy .....	2
Non-Medical Use of Prescribed Drugs Policy .....	2
Prescription Drugs .....	2
Cannabis .....	3
Anti-Doping Policy .....	3

### General

North Mississauga Soccer Club is committed to promoting a healthy and active lifestyle to all the members. While the Club is focused on delivering high-quality soccer programs, one of the priorities remains promoting a healthy lifestyle through demonstrating the importance of consuming healthy foods and the careful and in some instances the restricted use of substances is a key component of a healthy lifestyle.

### Healthy Snack Policy

North Mississauga Soccer Club believes that promotion and modeling of healthy eating habits and balanced lifestyles to members of the Club can play a crucial part raising the awareness of a healthy lifestyle amongst youth.

Whereas the consumption of snacks and liquid refreshments is of great importance, the Club will promote consumption only of healthy food items at the Club's games, practices, tournaments and other events.

#### Examples of healthy snacks:

- Fresh fruit
- Fresh Vegetables
- Yogurt
- Hummus or veggie dip

- Baked tortilla chips and salsa
- Whole-grain crackers
- Low-fat string cheese
- Popcorn
- Yogurt smoothie
- Whole-grain muffins or bagels

**“Fluids and Foods before, during and after Training and Competition” by the Sport Nutrition Advisory Committee can be found on the North Mississauga Soccer Club website in the “Coaches’ Resources” section.**

### **Anti-Tobacco Policy**

In recognition of the significant health risks posed by tobacco and tobacco products, North Mississauga Soccer Club promotes and encourages a tobacco free lifestyle for all players, team officials (coaches, team managers, volunteers, other staff) and spectators.

All North Mississauga Soccer Club premises, games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization shall be tobacco-free. Tobacco free means no smoking, snuffing, vaping, dipping or chewing tobacco by players/participants, coaches/leaders, parents, spectators and officials.

### **Alcohol-Free Policy**

In recognition of the health and lifestyle risks posed by alcohol products, North Mississauga Soccer Club promotes and encourages an alcohol-free environment for all players, team officials (coaches, team managers, volunteers, other staff) and spectators.

All North Mississauga Soccer Club games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by the Club shall be alcohol-free.

No alcohol products shall be consumed at a facility permitted by North Mississauga Soccer Club.

Under no circumstances shall a player or team official participate in a North Mississauga Soccer Club game and/or practice session while under the influence of alcohol. The Referee may eject from a match any player, team official or spectator they feel may be under the influence of alcohol.

### **Non-Medical Use of Prescribed Drugs Policy**

#### **Prescription Drugs**

Prescription drugs are medications prescribed to a patient by a health professional to help manage health conditions. These medications are regulated by Health Canada through the Food and Drugs Act to ensure their safety, effectiveness and quality. Many prescription drugs have an acceptable safety profile when used as prescribed, but can also be intentionally or unintentionally misused (e.g., taken in larger doses than prescribed or by a different route of administration) or used for non-medical reasons without a prescription.<sup>1</sup>

---

<sup>1</sup> Canadian Centre of Substance Use and Addiction <https://www.ccsa.ca>

In recognition of the health and at times dangerous lifestyle risks posed by non-medical use of prescribed drugs, North Mississauga Soccer Club promotes and encourages a drug-free environment for all players, team officials, employees and spectators.

There is a variety of prescription drugs available on the market — taking the form of capsules, syrups, skin patches and liquids for injection — which are used to help patients' health conditions. Of these, the most commonly used varieties that can lead to problematic use are:

- Opioids, which can help treat pain;
- Sedatives, which can help relieve anxiety and assist with sleep problems; and
- Stimulants, which can help treat individuals with attention deficit hyperactivity disorder (ADHD).<sup>2</sup>

All Club games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization shall be drug-free.

No non-medically prescribed drugs shall be consumed at a facility permitted by North Mississauga Soccer Club.

Under no circumstances, shall either players nor team officials participate in a North Mississauga Soccer Club game and/or practice session while under the influence of non-medically prescribed drugs. The Referee may eject from a match, any player, team official or spectator they feel may be under the influence of non-medically prescribed drugs.

### **Cannabis**

It is important to remember that in the world of sport, there is no debate - cannabis is on the World Anti-Doping Agency (WADA)'s Prohibited List. The Prohibited List is an international standard of the World Anti-Doping Code that is not affected by the changes in Canadian law that legalized recreational cannabis. Cannabis is just one of many substances that are legal in Canada, yet prohibited in sport.<sup>3</sup>

**Cannabis affects the same biological system in the brain that is responsible for brain development.** Youth and young adults are more likely to experience harms from cannabis because their brains develop until about age 25. The earlier you start consuming cannabis, the more harm it can do.<sup>4</sup>

### **Anti-Doping Policy**

North Mississauga Soccer Club follows the anti-doping regulations and guidelines laid out in accordance with the Canadian Centre for Ethics in Sport (CCES) and Canadian Anti-Doping Program (CADP), the CSA and FIFA. The Club's coaches are encouraged to discuss and educate players of the policies. The Club prohibits the use of performance enhancing substances in any form. Any members reported to have used or facilitated the use of performance enhancing substances will be suspended; reports will be filed with Ontario Soccer and the Canadian Centre for Ethics in Sports.

---

<sup>2</sup> Canadian Centre of Substance Use and Addiction <https://www.ccsa.ca>

<sup>3</sup> Canadian Centre for Ethics in Sport <https://cces.ca>

<sup>4</sup> Government of Canada – Cannabis in Canada <https://www.canada.ca>

## **The Canadian Anti-Doping Program<sup>5</sup>**

The Canadian Centre for Ethics in Sport (CCES) is the custodian of [the Canadian Anti-Doping Program \(CADP\)](#); the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the World Anti-Doping Code and all international standards.

Canada Soccer has adopted the CADP which means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. Canada Soccer's anti-doping policy reflects and supports the CADP.

**The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:**

- Know your rights and responsibilities as an athlete with regard to anti-doping.
- Always comply with a testing request if you are notified for doping control.
- Check all medications and products before taking them to ensure they do not contain ingredients that are banned.
- Verify your medical exemption requirements.
- Do not take supplements, but if you do, take steps to minimize your risk.
- Get the latest news. Sign up to receive CCES media releases and advisory notes.

Although the CCES governs anti-doping for the Canadian sport community, players might also be subject to the rules of our international federation. Learn more about FIFA's anti-doping policies and procedures [belong along with the Canadian](#)

---

<sup>5</sup> The Canadian Centre for Ethics in Sport <http://cces.ca/anti-doping>