

Canadian App for Supplement Tracking (CAST)



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FAQs

What is CAST?

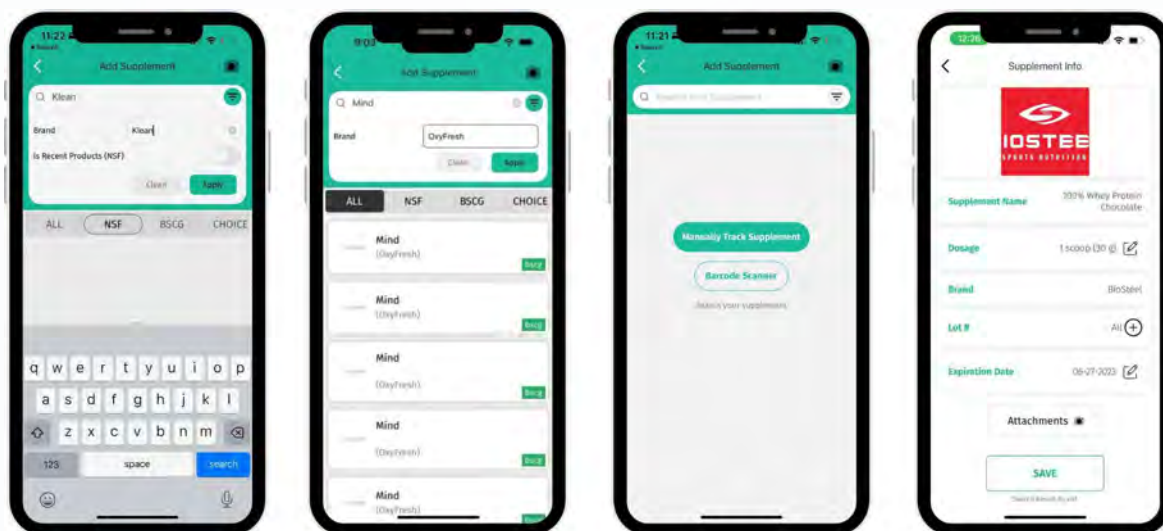
- The new CAST app, developed in partnership with Own the Podium, helps Canadian athletes make more informed decisions when choosing supplements.
- Searches a variety of certified third-party testing databases.
- Confidentially tracks ALL supplement consumption and can integrate with National Sport Organization (NSO) databases.

Who is it for?

- FREE for all Canadian athletes in the National Athlete Pool (NAP) and Registered Testing Pool (RTP) under the Canadian Anti-Doping Program (CADP).

Why is this needed?

- CAST will support the Operational Best Practices (OBP) by providing a secure tracking system with access to an up-to-date database of all third-party tested supplements available on the market.
- CAST is integral to delivery of the OBP with a focus on education and tracking for athletes, coaches, and sport organizations to inform best practices for supplement use.
- Supplement usage presents associated risks, and it is in the best interest of everyone involved in sport in Canada to align with initiatives that support safety in sport.



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FAQs

How does CAST support safe supplementation?

- Select companies with the specialized lab accreditation (ISO17025) are qualified to provide third-party testing to screen supplements for banned substances on the WADA Prohibited List.
- Third-party testing reduces the risk that a product contains any of the 290 substances banned by WADA. It also checks that the contents of the supplement actually match what is on the label and that there are no levels of contaminants in the tested products.

The CAST database searches all tested supplements including those from the following accredited companies: BSCG, NSF Certified for Sport, Informed-Choice & Informed-Sport (LCG)



Recognized in Canada



Recognized in Canada and United States



Recognized globally in over 36 countries



And remember...



No supplement is 100% risk free.

Canadian athletes can minimize their risk of accidental cross-contamination from a WADA-banned substance by choosing **ONLY** supplements that are found as third-party tested on the CAST.

Logging all supplements is important to reduce risks of an inadvertent doping violation.

Privacy Concerns

- Information is kept private & used solely for the purpose of athlete monitoring, tracking, and guidance of supplement use.
- Information may be shared with the National Sport Organization (NSO) for athlete monitoring purposes with athlete consent.
- Information is collected & stored in a secure manner and accessed by authorized personnel only.

