

Clean Sport at the 2023 Canada Winter Games



Newsletter #2

January 13, 2023

In this newsletter: a reminder of your education requirements, checking medications and determining medical exemption requirements, and more on the True Sport Principles.

Congratulations on being selected to participate in the 2023 Canada Games in Prince Edward Island from the Canadian Centre for Ethics in Sport (CCES), the Canada Games Council, and the PEI 2023 Host Society!

EDUCATION

Participants have a mandatory education requirement. Sign up using the PDF invitation when it's shared by your team and complete *True Sport Clean*, *True Sport Clean: Next Gen* (if you're under 17), or *The True Sport Clean Review* (if you're a returning learner).

[Learn More](#)

MEDICAL EXEMPTION WIZARD

If you're taking any prescription or over-the-counter medications, you should check the status of those medications and then use the *Medical Exemption Wizard* to determine your requirements. Most Canada Games athletes who need a prohibited medication can apply for an exemption *after* testing, but you can start building a medical file as soon as you know what your exemption requirements are.

[Check Medications](#) | [Medical Exemptions](#)

WHAT COURSE SHOULD I TAKE?

Athletes going to the Games must complete **one** of the following courses, depending on their eligibility.

True Sport Clean: Next Gen



Athletes under the age of 17 who are new to our system will complete *True Sport Clean: Next Gen*.

True Sport Clean



Athletes 17 and older doing a CCES e-learning course for the first time (or who haven't done a course in over a year) will complete *True Sport Clean*.

The True Sport Clean Review



Returning learners (i.e., who completed a *True Sport Clean* course in 2022) will complete *The True Sport Clean Review*.

Athlete support personnel, such as coaches, managers, technical support, and mission staff, have their own education requirements. They must complete a *True Sport Clean* course and the supplemental module *The Role of Athlete Support Personnel*.

[Learn More](#)

What about parents?

Parents have no specific education requirement, but there are courses, resources, and an upcoming webinar that you can participate in!

[Learn More](#)

Save the Date: Parents' Webinar Now on January 29, 2023

The CCES will be hosting a series of webinars on January 29*, 2023, for the parents of athletes going to the Canada Games. Sign up today! *Please note date change from Newsletter #1.

[January 29, 2023 - 10:00 a.m. EST](#)

[January 29, 2023 – 12:00 p.m. EST](#)

[January 29, 2023 – 2:00 p.m. EST](#)

[Tell us what you want to learn about!](#)

[Learn More](#)

2023 CANADA WINTER GAMES DECLARED AN OFFICIAL TRUE SPORT EVENT

The PEI 2023 Games encourages athletes, coaches, officials, volunteers, and spectators to bring the True Sport Principles to life through their actions, thereby making a statement about the kind of sport they want to be a part of.

“We are proud to declare the PEI 2023 Canada Winter Games a True Sport event, and are committed to ensuring the values of good sport are at the forefront of everything we do,” said Wayne Carew, Board Chair, 2023 Canada Games Host Society.

[Learn More](#)

FOCUS ON PRINCIPLES

In each newsletter, we'll spotlight the True Sport Principles. For sport to be truly good and make the greatest difference, all seven of these principles need to be in play at all times, working in perfect balance with one another.

[Learn More](#)

Give Back

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

See this [True Sport Principle in action](#)

How do Olympians Give Back?

See how retired elite Canadian athletes give back to their sport, in their own words.

[Learn More](#)

PUT THE PRINCIPLES INTO ACTION

Good sport happens when we're intentional about making our sport experiences positive. You can start doing this by putting the principles into action using [ideas from these infographics](#) and through conversations with your team.

The True Sport Principles in Action help describe how the True Sport Principles are adopted in the communities where we live, work and play. What does it look, feel, and sound like when someone is 'living' the True Sport Principles? What behaviours and markers indicate that a participant has learned, and is practicing, the True Sport Principles?

[Learn More](#)

SHARE YOUR TRUE SPORT MOMENTS

Another way to see how True Sport is activated, try following the hashtag #TrueSportMoments on [Instagram](#) or [Twitter](#). Maybe in the lead-up to and during the Games, you'll be inspired to share some #TrueSportMoments of your own!

For more information, visit www.cces.ca/pei2023