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General

North York Academy is committed to promoting a healthy and active lifestyle to all the members. While the academy 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 York Academy believes that promotion and modeling of healthy eating habits and balanced lifestyles to members of the academy 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 academy will promote consumption only of healthy food items at the academy'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 York Academy website in the “Coaches’ Resources” section.

Anti-Tobacco Policy

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

All North York Academy 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 York Academy promotes and encourages an alcohol-free environment for all players, team officials (coaches, team managers, volunteers, other staff) and spectators.

All North York Academy games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by the academy shall be alcohol-free.

No alcohol products shall be consumed at a facility permitted by North York Academy.

Under no circumstances shall a player or team official participate in a North York Academy 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.¹

In recognition of the health and at times dangerous lifestyle risks posed by non-medical use of prescribed drugs, North York Academy 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

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

- Stimulants, which can help treat individuals with attention deficit hyperactivity disorder (ADHD).²

All academy 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 York Academy.

Under no circumstances, shall either players nor team officials participate in a North York Academy 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.³

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.⁴

Anti-Doping Policy

North York Academy Anti-Doping Policy can be found on [the North York Academy website](#) on the "Policies and Forms" web page.

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

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

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