



Clean Sport Essentials for
Talented Young Athletes





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Clean Sport

Have you ever imagined what sport would be like without rules, referees, fair competition, or punishments for those who cheat?

Clean sport allows talented athletes like you **to compete in a fair environment.**

Clean sport will only happen if all athletes and support personnel abide by the anti-doping rules. **Everyone has a part to play.**



UKAD's Role

UK Anti-Doping (UKAD) is an organisation that protects your right as an athlete to participate in clean sport.

Through education, testing, and prosecuting those who cheat, we **protect clean athletes**.

There are **10 anti-doping rule violations (ADRVs)** and a list of banned substances, which are explained on our [website](#).



Your Role

Being a successful athlete comes from **hard work**, **focus** and **commitment** to your sport. Along with talent comes **responsibility** to your friends, family, sport, yourself and to other clean athletes.

By sticking to the rules you are protecting your future and the reputation of your sport.

Strict Liability means you are **responsible** for any banned substances found in your body, regardless of how they got there and if you intended to cheat or not.



100% me

100% me is UKAD's athlete education programme – we are **here to help**.

100% me athletes put in the hard work, focus and commitment to perform at the highest level without cheating.

Join this athlete community and **be proud to be 100% me**.



Medication

Did you know you could be given or buy medication that could cause you to **test positive**?

Did you know your medication cabinet at home could contain **banned substances**?

Do you check the medication you take is **safe to use**?



protect yourself,

Global DRO

website



website



Supplements

There is **no guarantee** that any supplement product is free from banned substances.

Have you ever had a protein shake instead of a proper meal after training?

Have you ever been given any shakes, gels, powder or tablets, and told they will improve your performance?



Did you know that supplements can claim to be 'drug free' or 'drug tested' but still contain banned substances?

If you use supplements you are never 100% risk-free.

It is important to assess the need and assess the risks to your sporting career before making the decision to use a supplement.



Assess the Need

You can improve your performance without taking supplements.

Consider the following questions:

- Do you have the **right diet** for your lifestyle and sporting activities?
- Do you **sleep** enough for the demands of your days?
- Do you use a **physiotherapist** effectively?

- Do you **train** in the correct way?
- Do you use **psychological techniques** to set and achieve your goals?
- Do you stay **hydrated** effectively throughout training and recovery?
- Have you asked the right people, like a **nutritionist** or **performance lifestyle advisor** for advice?

If you answered no to any of these questions you may be able to make changes to your lifestyle to improve performance without supplements.





Assessing the Risk

If you use supplements, you need to **know what the risks are** – you can never be sure that a supplement does not contain banned substances.

- Some supplements contain banned substances
- Ingredients may be described differently on the label than on the Prohibited List
- Supplements can be contaminated with banned substances when being made
- Supplements may be sold as fake/counterfeit products



Many athletes who test positive in the UK blame it on a supplement. Before choosing to use a supplement you need to **consider the consequences.**

To minimise the risk you should use products that have been batch tested. To find out more visit [Informed-Sport](#).

Visit our website for more information on [supplements](#).



Testing

Athletes of **any age** can be tested at **any time**. It could happen to you right now, whether you are in or out of competition, with no notice at all.

If it happens you are **not allowed to refuse** to take the test, or you may be charged with an anti-doping rule violation.

Familiarise yourself with the **testing procedure** to make sure you are prepared.



Consequences

To keep sport clean and fair there must be consequences for those who break the anti-doping rules. Whether it is a mistake or deliberate cheating, the consequences can be the same.

If you break the anti-doping rules, what are the potential consequences?

- A 4-year ban from **all sport**
- Achievements, medals and prizes taken away



- No training at any sporting venues
- No competing in any sport, anywhere
- Potential loss of sponsorship deals
- Loss of athlete funding
- Media criticism

- Loss of friends and family support
- Being seen as a bad role model
- A negative reputation within sport
- Being known as a cheat for the rest of your career

Be 100% me and make the right decisions to be clean and stay clean.





5 Top Questions to Ask Your Parents

Your parents probably give up time taking you to training and watching you compete. They have an interest in your career and want to protect you from any risk of doping.

Ask them these questions:

1. Do you know my responsibilities as a clean athlete?
2. Have you spoken to my coach about how you should be supporting me?
3. Are you aware of what I should be eating to meet the demands of my training?



4. Have you told my doctor I am an athlete?
5. Have you checked the medicine cabinet for any banned substances?

Parents can find more information on our [website](#) or on UKAD's [Parents and Carers booklet](#).





Becoming an Elite Athlete

As you develop your talent and move closer towards becoming an elite athlete, you could have **additional anti-doping responsibilities**.

Providing Your Whereabouts

In order to test athletes outside of competition, we need to know where they are. You may be asked to provide your 'Whereabouts' information.

This means giving the address where you will be staying,



your training schedule and location, your competition details, and a specific hour every day where we can definitely locate you.

Applying for a TUE

If you have a medical condition and you must use medication or methods that are banned, **you may need to apply for a TUE**. Your health should always come first.

Check our [website](#) to see if you require a TUE and how to apply.



Testing

There is an increased likelihood of being tested as an elite athlete. It can happen at home or abroad.

Elite athletes may also have a biological passport, which tracks certain markers in blood and urine over time to see if there are any unusual changes.



Search for 'Clean Sport'

Download the **100% me**
Clean Sport App

The Prohibited List
The 10 ADRVs
Supplements
Testing
Whereabouts
and much more...

UKad
protecting sport



Social Media

Tell us why you believe in clean sport, read about the latest bans, and find out why elite athletes support clean sport and are **proud to be 100% me.**

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