



## Creatine Information Sheet

**In accordance with the ARA's Supplement Policy National Squad rowers should not take any supplement without the advice and supervision of your squad doctor.**

Creatine is found in the normal diet - in both meat and fish. In addition it is synthesised by the body. The body stores creatine in skeletal muscle. An average 70kg body has 120g of creatine stored in skeletal muscle, with a daily turnover of 2g.

Creatine provides energy for bouts of high intensity exercise lasting up to 10 seconds. This is clearly not relevant to the sport of rowing at any level as the minimum exertion time for a sprint in rowing is longer than 10 seconds.

However, Creatine has also been shown to help increase muscular power and strength development following a resistance training programme. It is this aspect which **might** be relevant to **some** individuals in the sport of rowing.

There is no indication at present that creatine should be used globally by GB Rowing. As per the supplements policy its use, in a limited number of rowers, would be on the advice of the relevant Squad Doctor. Even in these individuals there is no guarantee that a beneficial effect will occur from taking creatine.

### Who should be considered to use creatine?

- Junior rowers should **not** use creatine. These young rowers should be encouraged to use diet and training to establish good practice.
- Lightweight rowers who are strictly vegetarian and are **under lightweight weight** may consider use of creatine but need to be wary of the fluid gain associated with creatine use and the extra calorific intake required with creatine supplementation.

A trial of use would be needed to assess individual response and weight gain. This should be carried out only with the advice of the squad doctor.

- Open weight rowers who are considered to be of "poor bulk" (poor lean body mass) **may** benefit from creatine supplementation.

**NB Rowers not considered to take enough care with other aspects of training/life will not be offered a creatine programme even if they meet the above criteria.**

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