

# Clean Sport Toolkit

## Guidance for Competition Organisers

## Statement

British Rowing strongly believes in clean sport and works in partnership with UK Anti-Doping (UKAD) and our international federation, World Rowing, to protect the integrity of our sport.

British Rowing is committed to promoting and supporting doping-free sport and engendering a culture of being proud to be part of a clean sport.

## Promoting clean sport at your competition

The following are written as suggestions that your club and/or competition could incorporate to help the sport of rowing to support clean sport.

### Before the competition

- Consider incorporating the 100%ME logo on your website(s); a copy of this logo can be provided to you along with brand guidelines from UKAD. Including a hyperlink to [<http://www.ukad.org.uk/education/athletes/>] will enable visitors to obtain more information.
- Consider including a disclosure in a visible area of your website(s) to remind all athletes and coaches who are signing up, that they are bound by the anti-doping code and should ensure they understand what this means. An example of this text is outlined on page three.



### During the competition

- Consider promoting on your social media channels that your competition is committed to supporting #CleanSport which will help raise awareness (see page three).
- Consider including the 100%ME logo on any flyers and brochures, or ask us for our British Rowing clean sport graphic suitable for a small advert.
- Consider including clean sport messages in your brochures, or details of upcoming Clean Sport Workshops near you.

## Doping control testing facilities

The purpose of this section is to assist you to create a contingency plan should the Doping Control Officers (DCO's) arrive at your competition, without prior notice. It is not mandatory, however in order to facilitate this, below is a list of requirements that DCO's will ask you to provide. Therefore you may wish to consider the following as part of your competition plan.

(No-notice in-competition testing may take place at your competition. If your competition is over more than one day, testing could take place on any or all of those days.)

UK Anti-Doping requirements to facilitate in-competition testing	
	Name and contact mobile number of person at the venue who is able to assist with issues that could arise on the day and supporting the Doping Control Officers <b>(Please email this information to <a href="mailto:antidoping@britishrowing.org">antidoping@britishrowing.org</a>)</b>
	Private area suitable for use as a Doping Control Station, if required
	Toilets that could be allocated for sole use of the Anti-Doping testing team, if required
	Competition entry for doping control officials (must be access all areas) – assume a minimum of 6 DCO's
	Timetable of races
	Washing facilities for sole use of the Anti-Doping team including soap and paper towels
	Sealed, bottled water
	Chairs in waiting room/area
	Chairs in doping control testing room
	Tables in doping control testing room (for paperwork)
	Start / Competitor lists
	Competition programmes
	Rubbish bins complete with non-clinical rubbish bags.

	<b>Considered essential</b>
	<b>Considered preferable</b>
	<b>Where available</b>

If your competition will not be able to provide any of the 'considered essential' items, please email [antidoping@britishrowing.org](mailto:antidoping@britishrowing.org) and we will ensure UK Anti-Doping are aware and factor this into their planning.

To increase visibility of, and raise awareness to athletes of the possibility of testing, it would be helpful to put up a signpost indicating where the Doping Control Station is.

## Example Text for use in promotion / social media

### Clean sport statement

[Your competition name] is committed to clean sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at [Your competition] could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.

To understand more about anti-doping, the rules and your responsibilities, please go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email [antidoping@britishrowing.org](mailto:antidoping@britishrowing.org).

### 100% ME elite athlete Clean Sport app for smartphones

For essential anti-doping information download the Clean Sport app from iTunes or Google Play.

### Check your medications using Global DRO

Remember to check all medications on [www.globaldro.co.uk] Global DRO, where you can search by ingredients or brand name.

### Assess the risk of supplements on Informed Sport

You can find information on supplements and ways of reducing the risks on Informed Sport [www.informed-sport.com] and British Rowing's Supplement Policy here: [https://www.britishrowing.org/about-us/policies-guidance/]

### Links

If you're an **athlete**, visit [www.100percentme.co.uk](http://www.100percentme.co.uk).

If you're a **coach**, visit [www.ukad.org.uk/coaches](http://www.ukad.org.uk/coaches).

If you're **athlete support personnel**, visit [www.ukad.org.uk/support-personnel](http://www.ukad.org.uk/support-personnel).

If you're a **parent**, visit [www.ukad.org.uk/parents](http://www.ukad.org.uk/parents).

### Example social media hashtags and handles

#CleanSport

#RowClean

@ukantidoping

@britishrowing