Clean Sport Workshops

# What is a Clean Sport Workshop?

###### Clean Sport workshops are run by British Rowing in partnership with UK Anti-Doping. UK Anti-Doping is the National Anti-Doping Organisation for the United Kingdom and their purpose is to protect the right for all athletes to enjoy Doping-Free Sport. With the help of UK Anti-Doping, British Rowing runs educational, informative workshops designed to increase rowers’ learning and awareness of what Clean Sport is and what they can do to remain a clean athlete, helping to protect the right for people to enjoy Doping-Free Sport.

###### These interactive and informative workshops cover the UK Anti-Doping Curriculum. The objective is to support athletes, coaches and other athlete support personnel to instil a culture of Clean Sport within clubs at all levels and disciplines. Attendees will understand what doping is, where to go to find information about supplements and medication, but also take part in discussions to understand what their roles and responsibilities are, as an athlete, a coach or a parent and why. British Rowing run these workshops in a variety of ways, spanning from face to face education to online webinars.

# Who can receive a Clean Sport workshop?

Anyone in the British Rowing community is eligible to receive a Clean Sport workshop. These workshops are not just delivered to the Great British Rowing Team, they are also delivered to clubs, universities, pathway students, groups of parents and coaches and many more. If you feel like you could gather enough interest and participants in your rowing community, then please feel free to get in touch about arranging a workshop. If you wish to contact British Rowing regarding this, then please email antidoping@britishrowing.org or go to British Rowing’s [Clean Sport Page.](https://www.britishrowing.org/knowledge/courses-qualifications/clean-sport/ukad-clean-sport/)

This year, 47 Clean Sport workshops were delivered to a variety of different groups. We delivered Clean Sport workshops to our senior rowing squads, trialists, High-Performance Programme Clubs, pathway athletes and our regional/local clubs. This also included workshops being delivered to groups of parents as well as groups of coaches and athlete support personnel via face-to-face education and online webinars.

Figure 1: Groups of rowers who received a Clean Sport workshop from Jan-Nov 2018

# Where do I have to go to receive a Clean Sport workshop?

British Rowing delivers Clean Sport workshops on a national level. British rowing delivered workshops to a variety of locations this year, spanning from Edinburgh to Tunbridge Wells. This year, we delivered to 11 regions across the nation. British Rowing is more than willing to travel the nation in order to educate our athletes and members. If you feel that you could get enough interest in your club, then no matter the region, please do feel free to get in touch and enquire about arranging a workshop.

Figure 2: Regions who received a Clean Sport workshop from Jan-Nov 2018

# Who gets to attend the Clean Sport workshops?

Clean Sport workshops are delivered to all athletes and members, regardless of level, discipline or experience. All members of British Rowing are subject to follow the UK Anti-Doping rules. This includes being available for testing (if you’re an athlete competing in any race ran by British Rowing you can be tested), reporting doping in sport and being aware of the responsibilities of a Clean athlete. Since the UK Anti-Doping rules apply to all, British Rowing makes sure that all rowers are able to be properly educated.

This year, we have delivered to over 1,100 athletes, with 294 of those athletes being junior athletes (under 18). We have also delivered to 97 coaches as well as 70 members of athlete support personnel (ASP) (ASP include strength and conditioning coaches, physios, nutritionists etc.)).

# What do people think about these workshops?

Throughout the year, British Rowing collates feedback on all of the Clean Sport workshops they run. This allows us to tailor our workshops to suit your specific needs, as well as updating areas of the workshop where necessary, making content more engaging and exciting and improving the way we run these workshops. After completing a Clean Sport workshop, 62.28% strongly agreed that they felt confident in knowing what is expected of them regarding several areas of anti-doping, as well as over 70% stating that the strongly agreed that the quality of the workshop met their expectations.

We have also spoken to a number of coaches who have provided their thoughts on the course:

*“ Very informative, as well as being very interactive which is important. The most valuable bit of the workshop would definitely be showing learners how to go through Global DRO and Informed-Sport to check if ingredients in Medications and Supplements were banned or not”*

*“The presentation was very charismatic and engaging with the audience, without sacrificing any details. Cleared up a lot of queries that people had about inhalers and how many ‘puffs’ is ok to take. It would have been interesting to know a little more about TUE’s and the difference between in-comp and out of comp”*

We also asked some attendees what are the three things that they would take away from the Workshop. Some of the responses include:

*“1. It is very easy to break the rules regarding anti-doping in sport. 2. There are easily accessible resources available which can help me when choosing which medication to take. 3. It is essential that we keep rowing clean for the future fairness and success of the sport”*

*“1. 100% ME and the accuracy of new testing methods revealing new substances all the time. 2. Always check the list, do not assume it’s allowed even if it has the branding on it saying Informed-Sport. 3. Always check”*

*“1. I am 100% responsible for what is in my body. 2. If I need medication, I should check it on Global Dro. 3. Always try and get all dietary requirements for food. Supplements are not a go to. If a supplement is deemed appropriate check it first on the Informed-Sport website but you should be aware, there are no guarantees”*