

# iRowClean

## CLEAN SPORT IN ROWING

You are responsible for what goes into your body. The presence of prohibited substances is considered as cheating, regardless of how it got there, even if you didn't intend to cheat.

## TOGETHER WE CAN KEEP ROWING CLEAN AND FAIR FOR EVERYONE

### BRITISH ROWING HAS INFORMATION & EDUCATION TO HELP YOU.

Check it before you use it.

Medications: [www.globaldro.com](http://www.globaldro.com)

Supplements: [www.informed-sport.com](http://www.informed-sport.com)



SCAN ME

[cleansport@britishrowing.org](mailto:cleansport@britishrowing.org)  
[www.britishrowing.org/about-us/cleansport](http://www.britishrowing.org/about-us/cleansport)

# UKAD

 **BRITISH ROWING**

### UK ANTI-DOPING



**Speak out about cheating**

No matter how small the information may be



[Protectyoursport@reportdoping.com](mailto:Protectyoursport@reportdoping.com)