

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

Supplements: www.informed-sport.com



SCAN ME

cleansport@britishrowing.org
www.britishrowing.org/about-us/cleansport

UK ANTI-DOPING



Speak out about cheating

No matter how small the information may be



Protectyoursport@reportdoping.com

UKAD

 **BRITISH ROWING**