

100% Me Clean Sport App



The new UK Anti-Doping Clean Sport app provides you with current information and advice regarding anti-doping in the UK. You can select the National Governing Body (NGB) you are affiliated to, in order to receive specific and relevant information. You will be able to:

- View the latest anti-doping information and advice
- Receive urgent alerts via notifications
- Record and store information about your medications for doping control.
- Stay up-to-date with anti-doping news via the UKAD twitter feed

To help encourage Anti-Doping awareness, please:

- Share and discuss the information from the app with your coaches and colleagues.
- Follow the video links on the app that show a typical testing procedure, how to check Global DRO and Informed Sport as well as how to apply for a TUE.
- be aware that banned substances can be found in products from a health food shop, supermarkets and from online shops and if you are in any doubt always check the list of ingredients individually.

The app is to create awareness around Anti-Doping and help to promote a Clean Sport. If you cannot find the information, please ask before taking any supplements or medications.



Visit your local app store to download 'Clean Sport' for FREE.

Check the Clean Sport App website for more details: <http://www.ukad.org.uk/athletes/elite/clean-sport/>