



## An Anti-Doping Workshop

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# Clean Sport 1 Workshop

### What's in it for me?

At the workshop you will learn:

- What the anti-doping rules are.
- What tools are available to help you compete clean.
- About supplements and medication.
- Where to go for more information.

During this interactive workshop you will be able to get involved in discussions to understand what it means to train and compete clean, what your role is (as an athlete, a coach or parent) and why.

### Workshop Details

FREE and open to non-members!

**Date:**

Tuesday 20<sup>th</sup> March 18:30 – 20:00

**Location:**

Southampton Watersports Activity Centre  
SO14 3FL

**Booking:**

<http://courses.britishrowing.org/Course/1209>

**Contact:**

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