

## UK Anti-Doping

As coaches, you are vital in helping your athletes develop the right values, attitudes and behaviours that we would associate with being a good sportsperson.

The coach-athlete relationship is very special. Your role goes beyond developing the technical sporting skills they need to perform at their best. Developing the person is a fundamental part of being a great coach.

You most likely know your athlete(s) better than anyone else – their personality, how they cope, levels of resilience and what motivates them.

Help them navigate the highs and lows of their sporting endeavours, making sure that during the lows they always make the right choices.

Anti-Doping Rules apply to you too. So, don't let one bad decision ruin a potential sporting career – your athlete's or yours.

**CLICK HERE** for more information