

# CLEAN SPORT

## TOP TIPS

Everyone involved in sport has a duty and a responsibility to play their part in the journey towards clean sport.

So what can you do?

### TOP TIPS FOR LEVEL 2 COACHES FOR ATHLETES

### TOP TIPS FOR LEVEL 2 COACHES FOR YOUR CLUB:

- Educate Level 1 coaches, coaching assistants and other volunteers in your clubs
- Make your club a clean sport environment — promote the 100% me campaign and remind athletes of their contributions to clean sport
- Run an annual information session for parents to ensure they can support clean sport
- Get your club welfare officers to undertake the [Clean Sport Advisor eLearning programme](#) to be a point of contact for athletes in your club
- Keep up to date — things in anti-doping can change, check UK Anti-Doping's website for updates and follow UKAD's social media channels:

@ukantidoping



@ukantidoping



- Instil the right values in your athletes from the start – commitment, dedication, pursuit of personal excellence, resilience
- Run an annual information session for athletes
- Prepare your athletes effectively for the next stage in their sporting career. Don't let them turn up to a test not knowing what to expect... all athlete experiences with anti-doping procedures should be positive ones, recognising their achievements as Clean
- Make the difficult decisions – dropping a player for inappropriate behaviour to set an example may be hard in the short term but this will be a valuable lesson for the athlete in the long term
- Ensure athletes have balance in their lives including other interests
- Support athletes to deal with perceived failure and disappointment, and help them to experience and cope with the ups and downs of participating in sport

