

How to be a 100% me athlete and support clean sport

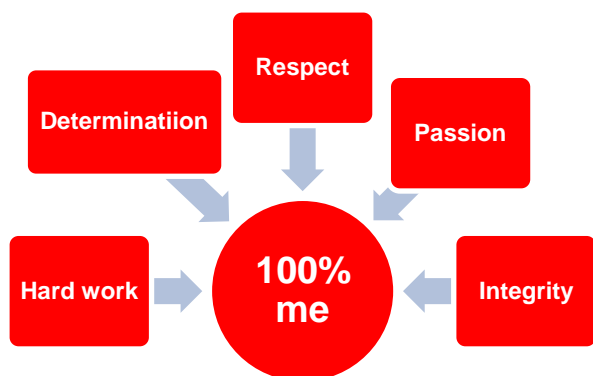
What is 100% me?

Clean sport is our mission. **You are key** to the success of that mission.

All athletes have the right to compete in sport knowing that they, and their competitors, are clean and have not cheated.

100% me is here to help you throughout your sporting journey. 100% me supports, informs and educates athletes throughout their careers by providing anti-doping advice and guidance. It is your guide to ensure you can **'be clean and stay clean'** throughout your sporting journey.

What does 100% me represent?



Strict liability

All athletes are solely responsible for anything found in their system, regardless of whether there was intention to cheat, or not.



How can 100% me help?

The 100% me programme includes interactive education workshops, inductions for elite athletes, online webinars, social media and our presence at sporting events such as the School Games and test events for Major Games, like the Olympics and Paralympics. All are supported with educational resources to help you.

Check out the **Athlete Zone** on the UK Anti-Doping website: www.ukad.org.uk/athletes
Make sure you register to keep up to date with the latest news at: www.ukad.org.uk/register

Get involved with 100% me now!

Join the 100% me community on Facebook too at www.facebook.com/100percentme.uk