



BE *clean fit*

General info on doping

Doping refers to the use of banned substances or methods to enhance athletic performance. These substances are typically on the **World Anti-Doping Agency (WADA)** Prohibited List and include:

- ▶ Anabolic steroids
- ▶ Erythropoietin (EPO)
- ▶ Stimulants
- ▶ Hormones (e.g., HGH)
- ▶ Blood doping techniques

Doping usage and consequences

Health Risks

- ▶ Heart and liver damage
- ▶ Hormonal issues
- ▶ Mental health problems

Ethical Concerns

- ▶ Unfair advantage
- ▶ Loss of integrity

Other Consequences

- ▶ Bans from events or clubs
- ▶ Legal trouble
- ▶ Damaged reputation

Usage of allowed supplements

Many recreational athletes use supplements to support training.

Examples of commonly used legal supplements:

- ▶ **Protein Powders** - muscle repair and growth
- ▶ **Creatine** - short bursts of high-intensity activity
- ▶ **Caffeine** - improved focus and endurance
- ▶ **Vitamins / Minerals** - nutritional support

**Not worth
the risk
Choose
clean sport!**

Caution: Even legal supplements can be contaminated with banned substances. Always follow the **Informed-Sport** or **NSF Certified for Sport** labels for safer choices.

Meaning of Clean sport on recreational sport sector

Clean sport means:

- ▶ Competing with **integrity and fairness**
- ▶ Prioritizing **health and well-being** over performance
- ▶ Being **informed** about what you put into your body
- ▶ Serving as a **positive role model** in your community

Whether you're training for a local marathon or hitting the gym for fun, clean sport is about respecting yourself, your peers and the sport



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