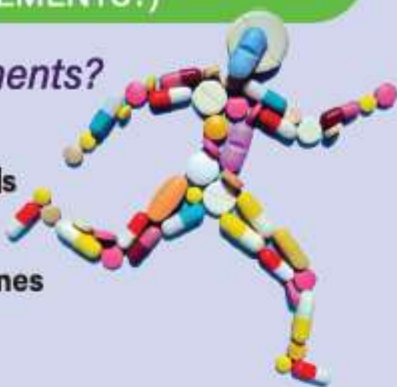


## SUPPLEMENTS (HOW WELL DO YOU KNOW YOUR SUPPLEMENTS?)

### What Are Supplements?

- Energy Drinks
- Vitamins and Minerals
- Herbal Remedies
- Homeopathic Medicines
- Probiotics
- Protein Powders
- Fat Burners
- Fat Gainers
- Muscle Builders



## HOW SAFE ARE SUPPLEMENTS?

Supplements are often not subject to the same quality control requirements as food or pharmaceutical drugs, therefore:

- They may not list all their ingredients, or specific concentrations
- They may intentionally or unintentionally contain banned substances
- They may make false claims about their certification or health benefits
- They may not list cautionary information, like those relating to side effects

## STRICT LIABILITY PRINCIPLE:

This principle states that athletes are responsible for any prohibited substance found in their sample, whether or not they intentionally or unintentionally use a prohibited substance.

Some supplements are potentially dangerous. Speak to your doctor or nutritionist about alternatives.

### Looking After You!

Be sure to avoid drugs that are not prescribed by a medical doctor who knows that you are an athlete. Some drugs or supplements from the pharmacy or supermarket may contain banned substances even if their labels state that the product is "all natural".



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Government of the Republic of Trinidad and Tobago

Ministry of Sport and Youth Affairs

# Fair Play Safe Sport

## A Guide to Ethical Sport







## SPRIT OF SPORT

### FAIR PLAY - Why Is It Important?

Excelling at their sport of choice is a goal of all athletes. However, when sport becomes solely about winning at all costs, the experience becomes negative. Every athlete deserves the opportunity to participate in clean sport. While winning is important, it is even more important play fair, be respectful and have fun.

### SPRIT OF SPORT CORE VALUES:

- 1 Health
- 2 Ethics, Fair Play and Honesty
- 3 Athletes Rights as set forth in the WADA Code
- 4 Excellence in performance
- 5 Character and Education
- 6 Fun and Joy
- 7 Teamwork
- 8 Dedication and Commitment
- 9 Respect for Rules and Laws
- 10 Respect for self and other participants
- 11 Courage
- 12 Community and solidarity



The aim of the Spirit of Sport Values is to create an environment where persons understand that sport is not just about winning at all costs.

Athletes are encouraged to play their part in helping to keep sport clean by

- Competing honourably
- Playing fair
- Practising sportsmanship
- Respecting one's teammates, opponents, rules, officials and self
- Having compassion for competitors

### WHY IS DOPING PROHIBITED IN SPORTS?

- The fundamental reason for prohibiting doping in sport is to preserve the spirit of sport
- Not only is doping dangerous to the health of an athlete, it is also cheating
- The anti-doping movement is concerned with the health of athletes and with maintaining the ethics of sport



### WHAT IS ETHICS?

Ethics are moral principles that govern a person's behaviour or the conducting of an activity. Every athlete has to make choices which will affect their lives or the lives of others. When faced with tough decisions, remember the spirit of sport values and strive to make choices that will support them.



### DECISION MAKING TIPS:

- Seek out reliable information
- Do what you know is right
- Ask questions
- Learn from your mistakes
- Be courageous



### PLAY FAIR!

Honesty, dignity, respect, teamwork, courage and commitment and courage are essential to a memorable sporting performance. All of these values can be summed up in the term 'fair play'.

- Show respect for yourself and for others (competitors, umpires/referees and officials)
- Respect the rules of the competition
- Be gracious as much in victory as in defeat
- Have fun and enjoy being part of the action

