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## **“RAISE THE BAR” ANTI-DOPING POLICY**

**Raise the Bar” Olympic Weightlifting Club has officially adopted the following British Weight Lifting policy**

The Club **does not** and will not condone any form of substance abuse or illegal drug use, whether in sporting situations or externally. Any member of the club, coach or helper found guilty of illegal substance misuse or distribution of illegal substance will be asked to leave the club.

### **Anti-doping guidance**

Specific guidance needs to be sought for all medications prescribed in relation to whether they are permissible during training and competition. It is the performer’s responsibility on the guidance of the coach to make sure they remain compliant with current international regulations at all times. Performers and their guardians must discuss ALL medications – including over the counter remedies with their coach before training and especially before training.

For more detailed anti-doping information, please click on International Weightlifting Federation website: <http://www.iwf.net/anti-doping/forms-and-documents/>