**15.Jan.2016 100%me Clean Sport App & 2016 WADA (World Anti-Doping Agency) Prohibited List**

The 100%me Clean Sport App is available to download via iTunes, Googleplay or the Windows Store and provides athletes, coaches and athlete support personnel with essential information on-the-go to help them participate in doping-free sport.

The App, which can be customised for your sport, provides clear and concise anti-doping advice, guidance and updates to ensure you can be clean and stay clean wherever you are training or competing.

If you need to check your medication, learn more about the risks with supplements, or simply understand more about the testing procedures and your rights as an athlete, the App is the place to start.

UK Anti-Doping (UKAD) ensures the App is always up-to-date and will send out alerts to inform you if anything important has changed. That means if a new substance is added to the WADA Prohibited List or a deadline is approaching for Whereabouts submissions, you will be the first to know.

Other features include the ability to record and store information about your medications for doping control, plus directly access the Report Doping in Sport online form.

More information on this handy App can be found here [www.britishathletics.org.uk/anti-doping/clean-sport-app](http://www.britishathletics.org.uk/anti-doping/clean-sport-app)/

**2016 WADA Prohibited List**

The 2016 WADA (World Anti-Doping Agency) Prohibited List came into effect on 1st January 2016.

[A summary of the changes can be found by clicking here](https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-summary-of-modifications-en.pdf).

[The full 2016 WADA Prohibited List can be downloaded by clicking here](https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-en.pdf).

It is important that athletes regularly check the status of any medications they may be using and especially when a new List is published.  The easiest way to check registered medications is by using **GlobalDRO**, either by downloading the mobile App or via the website [www.globaldro.com](http://www.globaldro.com/).

More information can be found on the anti-doping section of the British Athletics website [www.britishathletics.org.uk/anti-doping](http://www.britishathletics.org.uk/anti-doping)

**Learn more about anti-doping**

An online course is also available to all coaches, and others involved in athletics, to help make you more aware of the policies and procedures involved in Anti-Doping.

The module at uLearn is completely free to take and it is worth remembering that the anti-doping policies covered apply to all competing athletes.

Once complete this module will be added to your digital coaching record but will not show on your coaching licence. To access this module please go to [www.ulearnathletics.com/qualification/270](http://www.ulearnathletics.com/qualification/270).