



ANTI – DOPING

The most important rules why avoid doping:

- ✓ You dope alone and you must lie to people
- ✓ Be a clear champion without doping!
- ✓ Drug abuse in sport is illegal
- ✓ Doping means lifelong shame
- ✓ If you are forced to dope, report it!
- ✓ You cannot be proud of your performance because it is not yours
- ✓ You are threatened by expulsion from your club
- ✓ Honest success is simply the best
- ✓ Better lose honestly than win dishonestly
- ✓ Doping presents serious health complications

