

## **EGSC Anti Doping Policy**

East Grinstead Swimming Club is fully committed to the ASA Anti Doping Policies. All club members are required to familiarise themselves and comply with the ASA policy.

[Click here](#) to access the ASA Anti Doping Policy.

<http://www.sportcentric.com/vmgmt/vfilemgmt/page/filedownload/0,8202,5026-49221-100778-0-file,00.pdf>

For more information on doping in sport, use of medication and insight into the drug testing procedures refer to the [100%ME website](#) aimed at 12 to 17 year old athletes.

<http://www.100percentme.co.uk/home.php>

100% ME is about knowing you don't need to use prohibited substances or methods to succeed in sport.