

## **Session summary**

### **Supporting the Commonwealth Games, Glasgow 2014.**

#### **Irene Riach**

As the first session of the day I gave an introduction to the SENr journey and its impact across sport. My presentation gave an insight into the role of performance nutrition at Glasgow 2014 and my 4 roles in the 2 years out from the games – advisor to the organising committee, member of the preparation camp management team, manager of the nutrition service and Kiosk during games time and of course my day job. It is important to recognise the golden thread that performance nutrition has across all support services and the impact of sport to society in general and that this is an excellent platform to celebrate food, physical exercise and well-being.

My second session explored the changes in the WADA code and the implication of support staff. A good discussion followed with a small group of practitioners and Andy Burnam gave insight from an ethical perspective.