

## Sport and Exercise Nutritionists Commit to Protect Clean Sport

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The Sport and Exercise Nutrition Register (SENr) has teamed up with UK Anti-Doping (UKAD) to develop a “Clean Sport Commitment Statement”, demonstrating that the fight against doping in sport is at the core of the SENr’s values.

SENr is hosted and managed by the British Dietetic Association. It is a voluntary register designed to accredit those individuals who have the competency to work autonomously with athletes, from the elite to the exercising public.

SENr has pledged its support for the protection of clean athletes and competition by committing that all SENr registered nutritionists will be expected to undertake the UKAD Accredited Advisor course, as well as abide by UKAD’s policies and procedures.

SENr registered nutritionists will also commit to ensuring they do not condone, assist or support the use of prohibited substances or methods in any aspect of their work.

UKAD Head of Education and Athlete Support, Amanda Batt said:

“A vital aspect of clean sport education and doping prevention is the promotion of a balanced and healthy diet. We are seeing an increasing number of athletes turning to supplements to enhance and boost their performance. However supplements are never free from the risk and UKAD’s message is clear – the best way to enhance performance is to maximise nutrition.

“We are therefore delighted that the Sport and Exercise Nutrition Register has taken a formal step to supporting our work in this area and promoting our clean sport message. A key part of our prevention strategy is providing athletes and support staff with essential advice about nutrition and supplements. This formal commitment between UKAD and SENr will help both groups protect clean sport and provide athletes the best chance of competing and winning clean.”

Chair of SENr, Dr Stuart Galloway said:

“The Board of SENr is really pleased to be able to make this clear statement of support for UKAD’s clean sport message. SENr registrants have a vital role to play in helping athletes to stay clean, maximise the benefits of nutrition, and advise them on appropriate use of supplements. We look forward to working closely with UKAD on further projects in the future.”

British Dietetic Association CEO, Andy Burman said:

“It is immensely encouraging to see the Sport and Exercise Nutrition Register building an important working relationship with UK Anti-Doping. This a great step forwards in emphasising the importance of clean sport which is extremely relevant in the current climate.”

***To read the full SENr Clean Sport Commitment Statement please visit the UKAD website.***

#### **Notes to Editors:**

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#### **UK Anti-Doping**

UK Anti-Doping is responsible for ensuring sports bodies in the UK are compliant with the World Anti-Doping Code through implementation and management of the UK’s National Anti-Doping Policy.

UK Anti-Doping’s functions include an education and information programme, athlete testing across more than 40 Olympic, Paralympic and professional sports, intelligence management and exclusive results management authority for the determination of anti-doping rule violations.

For more information on what we do, please click [here](#).

#### **SENr**

The Sport and Exercise Nutrition Register (SENr) is integral to sport in the UK by being the professional register for Sport and Exercise Nutrition practitioners. SENr’s role is to develop the profession of sport and exercise nutrition in the UK, to provide professional development opportunities and set standards of practice for sport and exercise nutritionists.

#### **British Dietetic Association**

The British Dietetic Association (BDA), founded in 1936, is the professional association for dietitians in Great Britain and Northern Ireland. It is the nation’s largest organisation of food and nutrition professionals with over 8,500 members. The BDA is also an active trade union.

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