



LEARN. EDUCATE. EMPOWER.

DANGERS OF APPEARANCE &
PERFORMANCE ENHANCING SUBSTANCES

FREE In-person and Virtual Programs!

LIVEINFORMED

Learn more at: operationcleancomp.com





OUR PROGRAMS

➡ **APPEARANCE AND PERFORMANCE
ENHANCING SUBSTANCES**

➡ **NUTRITION & DIETARY SUPPLEMENT
SAFETY**

APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES

Our goal with this program is to educate people on the manufacturing standards & potential dangers of anabolic steroids while exploring many of the pressures our youth face both on and off the field (body image, self-esteem, etc.)

TOPICS COVERED

- What are appearance and performance-enhancing substances?
- Dietary supplements (how/why can be contaminated with steroids, more)
- Energy drinks
- HGH
- Anabolic steroids
- Other Appearance and Performance Enhancing Substances
- Black market (counterfeit) steroids — where do they come from?
- Who is using? How many are using? Scope of the problem.
- Why steroids are banned in competition
 - Cheating
 - Against the law
 - Physical dangers
 - Psychological dangers





NUTRITION & DIETARY SUPPLEMENT SAFETY PROGRAM

Our goal of this program is to educate people about the realities of dietary supplements, so that you can make educated nutritional decisions and know what you are putting in your body.

Operation Clean Competition is a Rhode Island Interscholastic League health initiative. Programs will be delivered by our education partner, the Taylor Hooton Foundation. We are currently offering two programs available at NO COST to schools, YMCAs, Boys & Girls Clubs, Athletic Trainers, School Nurses and a number of other groups and associations





TOPICS COVERED

- What are dietary supplements?
- Protein
- Creatine
- Pre-workout supplements
- Energy drinks
- Potential risks involved?
- Lack of regulation
- Manufacturing consistency
- Where do they come from?
- Are supplements necessary?
- How do we find clean products?
- Nutrition as the solution
- Challenges and influences to a proper diet
- Societal influences
- Nutritional habits for peak performance
- Nutrition philosophy

OPERATION CLEAN COMPETITION



OCC Programs delivered in partnership with:

Operation Clean Competition made possible by a grant from the:



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