

## OPERATION CLEAN COMPETITION

LEARN. EDUCATE. EMPOWER.  
DANGERS OF APPEARANCE &  
PERFORMANCE ENHANCING SUBSTANCES

**FREE In-person and Virtual Programs!**

# LIVEINFORMED



## OPERATION CLEAN COMPETITION



### 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

## OPERATION CLEAN COMPETITION



To Schedule a FREE Operation Clean Competition Presentation

Email: [brian.parker@taylorhooton.org](mailto:brian.parker@taylorhooton.org)

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### 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 youth groups and associations.



## OPERATION CLEAN COMPETITION

### 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



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## ABOUT US



The Rhode Island Interscholastic League is a voluntary organization of high school and middle school principals who pledge that their schools and participants will support and follow the Rules and Regulations of the League. The RIIL is a support organization to its membership and administers championships in 31 sports and activities to its membership, which includes approximately 72 public, charter, private, and parochial high schools and 67 middle schools (grades 6-8). More than 40,000 student-athletes compete annually in thousands of competitions among Rhode Island Interscholastic League member schools.

[Learn More](#)



## RHODE ISLAND FOUNDATION

The Rhode Island Foundation is the largest and most comprehensive funder of nonprofit organizations in Rhode Island. Through leadership, fundraising and grantmaking activities, often in partnership with individuals and organizations, the Foundation is helping Rhode Island reach its true potential.

[Learn More](#)

The RIIL is pleased to have contracted with the Taylor Hooton Foundation to deliver the educational programs offered FREE of charge. Considered an expert in the industry, THF is a non-profit organization leading a national campaign to educate youth and their adult influencers about the dangers of Appearance and Performance Enhancing Substances including; anabolic steroids, HGH, and dietary supplements.



[Learn More](#)