

SUPPLEMENT USE



Paddle Australia (PA) acknowledge the widespread use of supplements in the general population and are fully aware of the advanced marketing strategies used by companies which may appear enticing for athletes.

There is no expectation or requirement that any athlete has a need for supplement use, unless medically indicated (e.g. iron-deficiency), and specifically younger than 18 years of age.

WHAT IS A SUPPLEMENT

A supplement is defined as any synthetic or natural chemical in the form of a formulated supplementary food, a tablet, capsule, gummy, liquid, or powder that is consumed orally for the purpose of enhancing health, recovery and function including athletic performance.

- The use of supplements is **NOT** an essential part of an athlete’s daily intake or performance plan.
- The majority of supplements have **NO** health or performance benefits and have potential health and inadvertent doping risks associated with their use.



WHY ATHLETES USE SUPPLEMENTS

- Supplements are not controlled in the same rigorous way as prescription or over the counter medicines.
- The PA Supplement Policy provided here <https://paddle.org.au/supplement-policy> details contextual information including definitions, considerations, risks and responsibilities related to supplement use.

It is expected that all athletes, coaches and support staff recognise and understand the importance of the Supplement Policy and the implications of an anti-doping rule violation.

The PA Supplement Policy uses the Australian Institute of Sport (AIS), “Sports Supplement Framework” as its foundation which can be found at the following website: <https://ais.gov.au/nutrition/supplements>.

The World Anti-Doping Agency (WADA) applies a strict liability approach when it comes to the use of any supplement (i.e. **you** are solely responsible for any banned substance you use, attempt to use, or is found in your system, regardless of how it got there and whether there was an intention to cheat or not).

Common athlete reasons for use of supplements

