

<b>POLICY</b>	<b>Supplement Policy</b>
TITLE:	Supplement Policy
AREA:	High Performance
RESPONSIBILITY:	National Performance Director
RELATED POLICIES:	Paddle Australia Medical and Medications Policy
DRAFTED BY:	National Nutrition Lead
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## 1. DEFINITIONS

In this Policy, the terms below have the accompanying meaning:

<b>“Athlete”</b>	Refers to any member of PA who actively trains or competes in a discipline of Paddle Australia.
<b>“Categorised Athlete”</b>	Refers to Athletes who compete in an Olympic/Paralympic Discipline and who are categorised as Podium, Podium Ready, Podium Potential, Developing or Emerging.
<b>“CMO”</b>	means Paddle Australia’s Chief Medical Officer, or their appointed delegate, in the case of categorised Athletes. Appointed delegate includes State Institute Medical Officers or appointed Paddle Australia Medical Officers nominated by the CMO.
<b>“Medical Officer”</b>	means a Registered Medical Practitioner in the case of non-categorised Athletes
<b>“PA”</b>	means Paddle Australia Ltd, the recognised governing body for Canoeing in Australia.
<b>“Senior Athlete”</b>	Refers to Athletes who compete in an Olympic/Paralympic Discipline and who are categorised as Podium, Podium Ready, or Podium Potential.
<b>“Sports Dietitian”</b>	Includes State Institute Accredited Sports Dietitians or appointed Paddle Australia Accredited Sports Dietitians including the Paddle Australia Nutrition Lead.
<b>“Sports Drinks”</b>	Refers to ready-to-drink and powdered bases which is formulated to provide rapid replenishment of fluids, carbohydrate, electrolytes and minerals.

### **Paddle Australia Medical and Medications Policy:**

<https://paddle.org.au/wp-content/uploads/2019/12/20151017-POL-Medical-and-Medication-Policy.pdf>

## 2. EXECUTIVE SUMMARY

The Paddle Australia Supplement Policy provides detail and 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.

Paddle Australia has no expectation or requirement that any athlete has a need for use of supplements in any form. For the avoidance of any doubt, any risk and/or liability that arises from an athlete’s use of any supplements whether documented in this policy or not remains with the athlete. 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). As such, decisions on supplement use should involve a systematic approach that incorporates consideration of safety, risk, adverse effects and benefits.

Use of any supplement shall be in accordance with this Supplement Policy and in line with the Australian Institute of “Sports Supplement Framework”. Any supplement provided (or suggested for use) to PA Athletes by PA will have been audited via an internationally recognised third-party program for supplements and sports foods such as [HASTA](#) or [Informed Sport](#).

The ASADA “Clean for Sport APP “Check a supplement” function lists all supplements sold on Australian shelves which have been screened by HASTA or Informed Sport and provides a risk analysis for other supplements not screened by these programs.

The following supplements are considered highest risk of containing contaminants from the WADA Prohibited Substances List and as such should be **avoided**:

- Herbal supplements to support immune function, health and well-being
- Weight loss supplements
- Multi-ingredient supplements
- Pre-workouts supplements
- Hormone Modulator supplements

All **Athletes** are responsible to be aware of this Policy and the information that it contains.

All **Categorised Athletes** are to be educated on the PA Supplement Policy annually by either the PA Nutrition Lead or Sports Dietitians. Education programs for Emerging and Developing Categorised Athletes will focus on the development of nutrition knowledge and lifestyle skills needed to optimise their dietary intake to promote daily performance, recovery and well-being. Specific education will target competition nutrition strategies to optimise competition performance.

For **Senior Athletes**, specific education will target the use of performance supplements in daily training and competition. PA financial support is available to purchase Group A and Group B supplements for PA Senior Athletes during overseas training camps and racing assuming these supplements have been scheduled within their annual training plan by their Sports Dietitian.

### 3. FOUNDATION PRINCIPALS OF PADDLE AUSTRALIA SUPPLEMENT POLICY

Paddle Australia has no expectation or requirement that any athlete has a need for supplement use. For the avoidance of any doubt, any risk and/or liability that arises from an athlete’s use of any supplements whether documented in this policy or not remains with the athlete.

Paddle Australia nevertheless acknowledges that athletes use supplements and therefore PA endeavours to establish best practice processes for the use of supplements in the sports for which PA has responsibility for overseeing.

The PA Supplement Policy is based on the core principles of:

- athlete safety;
- evidence-based science which supports the use of supplements to enhance sports performance or assist in maintaining health and well-being; and
- compliance with the World Anti-Doping Agency (**WADA**) Prohibited List

#### **Athletes:**

- should focus on a well-planned training program that develops good technique, skill and fitness, supported by performance focused nutrition practices.

- should use supplements selectively, with advice from appropriately qualified health professionals such as a sports dietitian or medical officer. Prior to using any supplement **Athletes** should consider:
  - Is it safe?
  - Is it permitted in sport?
  - Is there evidence that it works (improves performance, assists recovery)?

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. Supplements are not controlled in the same rigorous way as prescription or over the counter medicines.

**IMPORTANT:**

Each athlete is solely responsible for any substance on the World Anti-Doping Code Prohibited List (or traces of them) found to be present in their body or possession and for their use, attempted use, trafficking or attempted trafficking of the substances or methods on the World Anti-Doping Code Prohibited List.

#### 4. PRESCRIPTION MEDICATIONS AND INJECTIONS

The PA Supplement Policy does not include prescription medications. Such medications **MUST** be reported to the CMO for Categorised Athletes and to a Medical Officer for non-categorised Athletes.

**Athletes** (or parents) and PA performance support staff can use [Global DRO](#) (online search tool) via the Australian Sport Anti-Doping Agency (ASADA) APP or website to find out whether the most commonly prescribed and over-the-counter **medicines** in Australia are permitted or prohibited in sport.

It is **not** possible to check the status of **supplements** on **Global DRO**.

The **Global DRO** online search tool does not contain information on, or that applies to, any supplement which includes protein supplements, pre-workouts, homeopathic products, traditional medicines, herbals, and probiotics.

There is no role for injection of athletes as part of a supplementation program unless it is discussed with the CMO for Categorised Athletes and to a Medical Officer for non-categorised Athletes. in advance and approved in writing. Refer to the PA Medical and Medications Policy.

#### 5. SUPPLEMENT DEFINITION

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. Specifically, for the terms of this policy supplements are categorised as:

##### 5.1 SPORTS FOODS AND FLUIDS

Specialised supplements used to provide a practical source of nutrients when it's impractical to consume everyday foods and fluids. These include sports bars, sports drinks, sports gels, liquid meal supplements including protein concentrates and isolates, sports confectionary, electrolyte rehydration formulas and drinks.

## 5.2 MEDICAL SUPPLEMENTS

These supplements are used to treat a known clinical issue including a nutrient deficiency. These include calcium supplements, iron supplements, vitamin D supplements, multivitamin and mineral supplements, and probiotics.

## 5.3 PERFORMANCE SUPPLEMENTS

Promoted to improve performance, assist in health maintenance and recovery and promote desirable changes in body composition. This category of supplements is broad ranging and includes a select group of supplements that warrant use within sport.

## 6. PADDLE AUSTRALIA ATHLETE RESPONSIBILITIES

The 2015 World Anti-Doping Code, 10.5.1.2 – Contaminated Products states that:  
*'In cases where the athlete or other person can establish no significant fault or negligence and that the detected prohibited substance came from a contaminated product, then the period of ineligibility shall be, at a minimum, a reprimand and no period of ineligibility, and at a maximum, two years ineligibility, depending on the athlete's or other person's degree of fault.'*

**Athletes** before using a supplement should (in no particular order):

- Consult with a Sports Dietitian or Medical Officer
- Use the ASADA “Clean for Sport” App “Check a supplement” function to minimise the risk of an anti-doping rule violation
- Keep a record of all supplements consumed (including batch numbers).

**Categorised Athletes** that have access to the Athlete Management System (AMS) should register all supplements consumed within the Supplement register. For PA Athletes without access to the AMS, a personal record of supplements used should be maintained.

**Athletes** may be required to make a declaration at certain time points throughout the year that the supplements on their ‘PA Supplement Register’ reflect the supplements they’re taking or asked to provide a written list.

## 7. MINIMISING INADVERTENT SUPPLEMENT CONTAMINATION

- a. Any supplement provided (or suggested for use) to **PA Categorised Athletes** by **PA** will have been audited via an internationally recognised third-party program for supplements and sports foods such as [HASTA](#) or [Informed Sport](#). These programs are designed to test for a specific range of common contaminants from the WADA Prohibited Substances List and will, in turn, minimise the risk of anti-doping rule violations. To avoid doubt, these third-party auditing programs are only a way of mitigating risk and do not remove the risk of anti-doping rule violations completely.
- b. It is recommended that any supplement that **Athletes** are intending on using be audited via an internationally recognised third-party program for supplements and sports foods such as [HASTA](#) or [Informed Sport](#).

The following supplements are not required to be audited in accordance with 7a:

- i. Medical supplements prescribed by a Medical Officer as per the supplement policy, provided that:
  - a) there is no auditing program available to satisfy the requirements of 7a;

- b) they are subject to Therapeutic Goods Administration regulations;
  - c) they have an AUST L or AUST R on the product label (legislative labelling protocols)
  - d) they have been manufactured in Australia; and
  - e) they contain no herbal additives
  - f) been approved by the PA Nutrition Lead or CMO.
- ii. Sports drinks, provided that:
    - a) they have been manufactured by a major company (i.e. Gatorade, Powerade)
    - b) they meet [Food Standards Australia New Zealand 2.6.2 Standard](#)
  - iii. Liquid Meal Supplements, provided that:
    - a) they have been manufactured within Australia (i.e. Sustagen Sport)
    - b) they meet [Food Standards Australia New Zealand 2.9.3 Standard](#)

The ASADA “Clean for Sport APP “Check a supplement” function lists all supplements sold on Australian shelves which have been screened by HASTA or Informed Sport, and provides a risk analysis for other supplements not screened by these programs.

The following supplements are considered highest risk of containing contaminants from the WADA Prohibited Substances List and as such should be **avoided**:

- Herbal supplements to support immune function, health and well-being
- Weight loss supplements
- Multi-ingredient supplements
- Pre-workouts supplements
- Hormone Modulator supplements

## 8. SUPPLEMENT CLASSIFICATION AND USE RECOMMENDATIONS

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>.

<p><b>Group A Supplements</b> Are supported for use to <b>Athletes</b> in specific evidence-based situations. This group of supplements:</p> <ul style="list-style-type: none"> <li>● Provide a useful and timely source of energy and nutrients in the athlete’s diet; or</li> <li>● Are used to treat a known nutritional deficiency; or</li> <li>● Have been shown in scientific trials to benefit exercise performance, health or recovery when used according to a specific situation in sport.</li> </ul> <p><b>Athlete considerations:</b></p>	
<p><b>Sports Foods and Fluids</b> should be used following consultation with a Sports Dietitian</p>	<p>Sports drink (carbohydrate-electrolyte drinks) Sports gel (highly concentrated form of carbohydrate) Sports confectionary Sports bar Electrolyte supplement Isolated protein supplement Mixed macronutrient supplement (bar, powder, liquid meal supplement)</p>
<p><b>Medical supplements</b> should <b>ONLY</b> be used following consultation with a Medical Officer or Sports Dietitian</p>	<p>Iron and calcium supplements Multivitamin supplement Calcium supplement</p>

	Vitamin D supplement Probiotics
<b>Performance supplements are ONLY</b> recommended for use by Senior Athletes following consultation with a Sports Dietitian	Caffeine B-alanine Bicarbonate Beta-alanine Beetroot Juice/Nitrate Creatine Glycerol



<p><b>Group B Supplements</b>          Are supported for use to <b>Athletes</b> within research or clinical monitoring situations. This group of supplements:</p> <ul style="list-style-type: none"> <li>has an emerging level of evidence to indicate that they enhance performance, aid recovery or maintain health.</li> </ul> <p><b>Athlete considerations:</b></p>		
<p><b>Group B supplements</b> should <b>ONLY</b> be used as part of a study or in clinical monitoring situations.  <b>Group B supplements</b> are <b>ONLY</b> recommended for use by Senior Athletes following consultation with a Sports Dietitian</p>	<p><b>Food polyphenols</b></p>	<p>Cherries, berries and black currant extracts/concentrates          Quercetin, ECGC          Epicatechins and others</p>
	<p><b>Other</b></p>	<p>Collagen support          Carnitine          HMB          Ketone supplements          Fish Oils          Phosphate          Curcumin</p>
	<p><b>Sick Pack</b></p>	<p>Zinc lozenges and Vitamin C</p>
	<p><b>Amino Acids</b></p>	<p>BCAA/Leucine          Tyrosine</p>
	<p><b>Anti-oxidants</b></p>	<p>Vitamin C &amp; E          N-acetyl cysteine</p>
<p><b>Group C Supplements</b>          The AIS Framework no longer names Group C supplements or supplement ingredients to avoid the perception that these supplements are special (2019 Update).</p> <p>Group C supplements include all supplements that are not listed in Groups A, B or D. This group of supplements:</p> <ul style="list-style-type: none"> <li>have little proof of beneficial effects</li> <li>pose a greater risk of contamination</li> </ul> <p><b>Athlete considerations:</b>  <b>Group C supplements</b> are <b>NOT</b> recommended for use.</p> <p>Athletes should be fully aware that many of these supplements have been produced using unknown quality control measures and therefore have an unknown risk.</p>		

<p><b>Group D Supplements</b> Group D supplements are banned or are at high risk of being contaminated with substances that may lead to an anti-doping rule violation. <b>Athlete considerations:</b> <b>Group D supplements should NOT be used.</b></p>	<p><b>Stimulants</b></p>	<p>Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) 1,3-dimethylbutylamine (DMBA) Other herbal stimulants</p>
	<p><b>Pro-hormones &amp; hormone boosters</b></p>	<p>DHEA Androstenedione 19-norandrostenedione/ol Other pro-hormones Tribulus terrestris and other testosterone boosters* Maca root powder*</p>
	<p><b>Growth Hormone releasers and 'peptides'</b></p>	<p>Consult WADA list for all examples: <a href="https://www.wada-ama.org">https://www.wada-ama.org</a></p>
	<p><b>Beta-2 agonists</b></p>	<p>Higenamine Consult WADA list for all examples: <a href="https://www.wada-ama.org">https://www.wada-ama.org</a></p>
	<p><b>Selective Androgen Receptor Modulators (SARMS)</b></p>	<p>Selective Androgen Receptor Modulators (SARMS)</p>
	<p><b>Metabolic Modulators</b></p>	<p>GW1516 (Cardarine)</p>
	<p><b>Other</b></p>	<p>Colostrum – not recommended due to the inclusion of growth factors within its composition</p>

## 9. PADDLE AUSTRALIA SUPPLEMENT PROVISION

### Goals for the provision of supplements to Categorised Athletes:

- Allow Athletes to focus on the sound use of supplements including sports foods and fluids as part of their daily nutrient intake.
- Ensure that supplements, including sports foods and fluids are used correctly and appropriately to optimise daily training and competition performance, promote desired adaptations to daily training, and deliver maximum benefits to the immune system and recovery.
- Give Athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice.
- Minimise the risk of anti-doping rule violations by Athletes when using supplements.

**Medical and performance supplements** categorised as **Group A and B supplements** within the AIS Supplement Framework may be provided or advised for use to **Categorised Athletes** in the following ways:

### 9.1 INDIVIDUALISED NUTRITION PROGRAM

- PA supplement provision is based on individual athlete requirements. It is acknowledged that these requirements change over time and as such supplement prescription will change accordingly.
- Before any supplement is prescribed or provided to a **Categorised Athlete**, the athlete must have undertaken an initial nutritional assessment to establish the reason for use with a Sports Dietitian. Athletes will be educated on the appropriate use, potential benefits and any possible side effects of the supplement prior to provision.
- Any sports foods provided or prescribed to a **Categorised Athlete** by a Sports Dietitian for use in daily training must adhere to the PA Supplement Policy and subsequently be entered into the PA Supplement Register within the Athlete Management System (AMS).
- PA financial support is available to purchase Group A and Group B supplements for Senior Athletes during overseas training camps and racing assuming these supplements have been scheduled within their annual training plan by their Sports Dietitian.
- Provision of Group A and B Supplements to a **Categorised Athlete** within daily training is the responsibility of the State Institute or Academy or athlete.

### 9.2 MEDICAL PLAN TO ADDRESS A DIAGNOSED NUTRITION DEFICENCY

- Prescription is based on results obtained via appropriate testing as directed by the CMO or treating Medical Officer.
- Medical supplements can be prescribed by the treating Medical Officer and/or by the PA Nutrition Lead or the athlete's respective Sports Dietitian following consultation with the treating Medical Officer.

### 9.3 SPORTS FOODS AND FLUIDS PROVIDED FOR GROUP USE

- Only **Group A** Sports Foods and Fluids are to be provided through Group Supplement Orders.
- Approved sports foods and fluids (including sports drinks, liquid meal supplements, sports gels, sports bars and sports confectionary) may be available for use to **Categorised Athletes** for daily training within their daily training environment, during PA supported camps (domestic and international), selected World Cup events and World Championships.
- For overseas, group supplement orders (sports foods and fluids) are to be placed by the PA Nutrition Lead who will order these through the PA approved supplier.

## 10. SUPPLEMENT EDUCATION

All **Categorised Athletes** are to be educated on the PA Supplement Policy annually by either the PA Nutrition Lead or Sports Dietitians.

- The PA Supplement Policy will be available on the PA website and provided in the Athlete Performance Plans/Contracts.
- **Categorised Athletes** must sign a register to ensure they have sighted, read and fully understand the PA Supplement Policy.

- Education programs for Developing and Emerging **Categorised Athletes** will focus on the development of nutrition knowledge and lifestyle skills needed to optimise their dietary intake to promote daily performance, recovery and well-being. Specific education will target competition nutrition strategies to optimise competition performance. For Senior Athletes, specific education will target the use of performance supplements in daily training and competition.
- All PA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) must be educated on the PA Supplement Policy as part of their induction process and annual national team orientation.
- All PA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) must complete ASADA Level 1 and 2 Anti-doping courses: [ASADA Anti-doping Courses](#)

## 11. VIOLATION OF THE PADDLE AUSTRALIA SUPPLEMENT POLICY

Failure to comply with the PA Supplement Policy may incur sanctions in accordance with the PA Disciplinary Bylaw.

This Disciplinary Bylaw sets out the procedures for dealing with disciplinary actions and matters under the Paddle Australia Constitution.

Depending on the nature of the breach, PA may apply a range of sanctions/penalties available for first or subsequent offences, as outlined in the PA Disciplinary Bylaw.

## 12. INDIVIDUAL SUPPLEMENT SPONSORSHIPS

**PA Athletes** that have individual supplement sponsors should not associate or promote Paddle Australia alongside their supplement sponsor. In the case the athlete wants to label PA purchased equipment or uniform with supplement sponsor logo's permission should be granted from the National Performance Director for Categorised Athletes and to the Chief Operating Officer for non-categorised Athletes.

## 13. SUPPLEMENT COMPANY AFFILIATIONS

- All PA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and performance staff) working with **PA Athletes** are not permitted to sell network marketed supplements or recommend their use.
- All PA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and performance staff) working with **PA Athletes** must disclose any commercial affiliations with Supplement Companies.
- Any affiliations with Supplement Companies should be reported to the PA Supplement Panel via the PA Nutrition Lead.

## 14. PADDLE AUSTRALIA SUPPLEMENT PANEL

The PA Supplement Policy is governed by the PA Supplement Panel. The PA Supplement Panel is to be comprised of appropriately qualified stakeholders, including an independent member, and the following PA staff and support personnel:

- National Performance Director
- Chief Medical Officer
- Nutrition Lead
- Sports Dietitian

– Performance Scientist

The PA Supplement Panel is to review the PA Supplement Policy documentation and provision protocols at least twice within an Olympic cycle. No alterations to the PA Supplement Provision Protocol are to be permitted except by agreement with the PA Supplement Panel.

The panel's purpose is to assist PA to ensure **PA Athletes** use supplements to optimise performance and recovery in a safe and ethical manner.

Any questions (from an Categorised Athlete or staff member) regarding a supplement that falls outside of Groups A or B within the AIS Sports Supplement Framework should first be directed to the PA Nutrition Lead who will disseminate information to the PA Supplement Panel for consideration.