

POLICY	High Performance
TITLE:	Supplement Policy
AREA:	High Performance
RESPONSIBILITY:	National Performance Director
RELATED POLICIES:	Disciplinary By-Law Medical and Medications Policy
DATE APPROVED:	May 2016
APPROVED BY:	Paddle Australia
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1. OVERVIEW

Integrity in sport is regarded by Paddle Australia (PA), and sport in the broader community, as paramount. There is a clear expectation of the Australian Sports Commission and a corresponding obligation by PA to ensure that as a sport, the athletes that participate in the sports for which PA has responsibility, its coaches and support personnel *“demonstrate the highest possible standards of integrity in sport, including anti-doping, that will enhance the reputation of Australia internationally and provide a positive example to all Australians.”*

As a starting position, PA 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).

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

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: (<http://www.ausport.gov.au/ais/nutrition/supplements/overview>).

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 NOTE:

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.

This Supplement Policy should not be considered as a substitute for any athlete seeking professional advice of an accredited practising dietician or doctor, who can provide that athlete with the latest information on the risks and benefits of using a particular supplement and if applicable, recommend to them an appropriate protocol for using the supplement.

2. PADDLE AUSTRALIA FOUNDATION PRINCIPLES

- **Athletes** should focus on a well-planned training program that develops good technique, skill and fitness, supported by performance focused nutrition practices.
- Focusing on sound dietary intake strategies to promote training, recovery and competition will give athletes a better platform for performance than the intake of supplements.
- As an athlete, you are more vulnerable to inadvertent anti-doping violations if you obtain supplements from your own sources.
- Before considering the use of supplements you should look to optimise your diet, lifestyle and training. Consulting an accredited sports dietitian, or sports physician within the preferred provider network can help you assess whether there is any need to, or benefit in, taking supplements. **The risk of doping through the use of supplements is real.** Prior to using any supplement, you should ask yourself:
 - Is it legal?
 - Is it safe?
 - Is it effective (in improving YOUR performance)?
 - Is it necessary?

If, as an athlete, you are in doubt about the first two questions, the supplement should not be used. The third and fourth questions are intended to help you consider what potential benefit, if any, the supplement may offer.

Despite the claims made by supplement manufacturers that their supplement are safe and free of substances prohibited in sport, it is not possible to offer an absolute guarantee to athletes. It is for this reason Australian Sports Anti-Doping Authority (ASADA) and WADA do not endorse supplements or offer advice to athletes about which supplements to take. There have been cases where Australian and international athletes have been sanctioned following use of supplements they thought were safe, but were actually contaminated with prohibited substances.

If, as an athlete, you choose to use supplements, you should weigh up the risks and make an informed decision.

3. ATHLETE AND STAFF RESPONSIBILITIES

PA categorised athletes **should document their entire supplement use** in the PA Supplement Register within the PA Athlete Management System (AMS). PA acknowledges that some supplements (i.e. electrolyte drinks) offer reduced risk of inadvertent doping and documenting all supplement use may not be practical at all times. Notwithstanding, in the case of inadvertent contamination of a supplement it's the athlete's responsibility to demonstrate due diligence about their supplement use.

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.' As such, athletes should only use supplements that offer low risk of contamination as well as keep a record of all supplements (including batch numbers) used within the PA supplement register. Treating medical officers, including the PA Chief Medical Officer (CMO) or Sports Dietitians within the PA preferred provider network, including the PA Lead Sports Dietitian, must **document any supplements prescribed or provided including sports foods and fluids** in the PA Supplement Register within the PA Athlete Management System.

The register may be monitored as and when required by the PA Supplement Panel. 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.

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

- **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.
- **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.
- **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.

5. SUPPLEMENT USE

The PA Supplement Policy is aligned with the AIS "Sports Supplement Framework" and has adopted their Group Classification System

(<http://www.ausport.gov.au/ais/nutrition/supplements/classification>)

Procedures outlined below are specific to the PA Supplement Policy:

Senior National Team PA athletes:

- Should not use supplements in **Group C** and **Group D** of the AIS Sports Supplement Framework.

- Required to have all **medical** supplements in **Group A** of the AIS Sports Supplement Framework approved for use by a Medical Officer or Sports Dietitian within the preferred provider network.
- Required to have all **performance** supplements in **Groups A and B** of the AIS Sports Supplement Framework approved for use by the athletes' Sports Dietitian within the preferred provider network.

Senior Non-National Team and National Team U23 PA athletes:

- Should not use supplements in **Group C and D** of the AIS Sports Supplement Framework.
- Required to have all **medical** supplements in **Group A** of the AIS Sports Supplement Framework approved for use by a Medical Officer or Sports Dietitian within the preferred provider network.
- Required to have all **performance** supplements in **Groups A, B** of the AIS Sports Supplement Framework approved for use by the athletes Sports Dietitian within the preferred provider network.

All U18 athletes and U23 Non-National Team athletes:

- Should not use supplements in **Groups C and D** of the AIS Sports Supplement Framework.
- Should not use **performance** supplements in **Groups A and B** of the AIS Sports Supplement Framework.
- Required to have all **medical** supplements in **Group A** of the AIS Sports Supplement Framework approved for use by a Medical Officer or Sports Dietitian within the preferred provider network.

6. PADDLE AUSTRALIA SUPPLEMENT CLASSIFICATION

Group A Supplements

Are supported for use in specific evidence based situations for athletes. This group of supplements:

- Provide a useful and timely source of energy and nutrients in the athlete's diet; or
- Are used to treat a known nutritional deficiency; or
- Have been shown in scientific trials to benefit exercise performance, health or recovery when used according to a specific situation in sport.

Supplements included in AIS Group A Supplements are:

Product
Sports Foods and Fluids
Sports drink (carbohydrate-electrolyte drinks)
Sports Gel (highly concentrated form of carbohydrate)
Sports Confectionary
Liquid Meal Supplement
Sports Bar
Whey Protein
Electrolyte Replacement
Medical Supplements
Multivitamin/Mineral
Calcium Supplement
Vitamin D Supplement
Iron Supplement
Probiotics
Sick Pack (Zinc and Vitamin C)
Performance Supplements
Creatine
Caffeine
Bicarbonate
Beta-alanine
Beetroot Juice

In determining a preferred supplier, the Lead PA Sports Dietitians will, where available, select supplements within Australia’s Regulatory Framework (e.g. the Australian Register of Therapeutic Goods) that are third party audited and are therefore deemed to provide low risk of inadvertent doping.

Group B Supplements

Are supported for use to athletes within research or clinical monitoring situations. This group of supplements has an emerging level of evidence to indicate that they enhance performance, aid recovery or maintain health. PA will:

- Supervise any study or trial involving its athletes and Group B supplements to ensure the best decisions can be made for the potential use of supplements in this group.
- Carefully consider PA athlete requests for Group B supplement use.
- Encourage the collection of scientific data to allow Group B supplements to be moved either in to Group A or Group C.

Product	Examples
Food polyphenols: Food chemicals which have purported bioactivity, including antioxidant and anti-inflammatory activity. May be consumed in food form or as an isolated chemical.	Quercetin Tart (Mont morency) cherry Exotic berries (acai, goji etc.) Curcumin
Other:	Anti-oxidants C and E Carnitine HMB Glutamine Fish Oils Glucosamine

Group C Supplements

Supplements that have little proof of beneficial effects. In the absence of proof of benefits, Group C supplements will not be provided to PA athletes from PA budgets or other sources funded by PA. If a PA National Team Athlete or their coach wishes to use a supplement from this category, they may do so at their own risk. The athlete is strongly advised to record the supplement and batch details within their Supplement Register.

- Payment of any Group C Supplement is the athlete's responsibility;
- Approval has should be provided by the PA Supplement Panel before use;
- The athlete should be fully aware that many of these supplements have been produced using unknown quality control measures and therefore have an unknown risk with regards to inadvertent doping;
- If a PA National Senior athlete chooses to use a Group C supplement, they are best advised to use supplements that have undergone third party testing.

Group C supplements include all supplements that are not listed in Groups A, B or D.

Group D Supplements

Should not be used by PA categorised athletes. These supplements are banned or are at high risk of being contaminated with substances that could lead to an anti-doping rule violation.

Product
STIMULANTS
Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants
PRO-HORMONES and HORMONE BOOSTERS
DHEA Androstenedione

19-norandrostenedione Other pro-hormones Tribulus terrestris and other testosterone boosters
GROWTH HORMONE RELEASERS AND “PEPTIDES”
OTHER
Glycerol Colostrum

7. VIOLATIONS OF THE PADDLE AUSTRALIA SUPPLEMENT POLICY

Failure to comply with the PA Supplement Policy may incur sanctions in accordance with the PA Disciplinary By-Law.

This Disciplinary By-Law sets out the procedures for dealing with disciplinary actions and matters under Rule 7 of 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 By-Law.

8. PRESCRIPTION MEDICATIONS AND INJECTIONS

The PA Supplement Policy does not include prescription medications. Such medications **MUST** be reported to the PA Chief Medical Officer.

There is no role for injection of athletes as part of a supplementation program unless it is discussed with the PA CMO in advance and approved in writing.

Refer to the PA Medical and Medications Policy.

9. INDIVIDUAL ATHLETE SUPPLEMENT SPONSORSHIPS

Athletes who already have an individual supplement sponsorship or intend to have an individual supplement sponsorship with a Supplement Company must provide the details of the sponsorship to the PA Supplement Panel. Information required should include:

- Company
- Supplements provided
- Length of contract
- Endorsement Requirements

There is no guarantee that the PA Supplement Panel will approve current sponsorships or intended sponsorships. The PA Supplement Panel will not approve a sponsorship with a company that does not have third party audited products and/or are considered low risk of causing an inadvertent doping offence.

10. SUPPLEMENT COMPANY AFFILIATIONS

- All PA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) working with PA categorised 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 support staff) working with PA categorised athletes must disclose any commercial affiliations with Supplement Companies.
- Any affiliations with Supplement Companies should be reported to the PA Supplement Panel.

11. PADDLE AUSTRALIA SUPPLEMENT PROVISION

Goals for the provision of supplements to PA funded athletes:

- Allow PA funded 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 PA funded athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice.
- Minimise the risk of supplement use by PA athletes that may lead to an inadvertent doping offence.

Medical and performance supplements categorised as **Category A and B supplements** within the AIS Supplement Framework are only to be provided to PA categorised athletes in the following ways:

11.1 INDIVIDUALISED NUTRITION PROGRAM

- PA supplement provision is based on individual athlete requirements. It is acknowledged that these requirements change over time based on many factors (training status, training load, competition schedule, body composition goals, injury status, blood markers, adequacy etc.), and as such supplement prescription will change accordingly.
- Prior to any PA supplement being prescribed or provided to a PA categorised athlete, the athlete must have undertaken an initial nutritional assessment to establish the reason for use with a PA preferred provider Sports Dietitian.
- PA categorised athletes are to be educated by the PA Lead Sports Dietitian or PA preferred provider Sports Dietitian regarding the appropriate use, potential benefits and any possible side effects of the PA supplement prior to provision.
- Any sports foods provided or prescribed to PA funded athletes by PA preferred provider Sports Dietitians for use in daily training must adhere to the PA Supplement Policy and

subsequently be entered into the PA Supplement Register within the PA Athlete Management System (AMS).

- PA financial support is available to purchase Group A and Group B supplements for Senior National Team athletes during overseas training camps and racing assuming these supplements have been scheduled within their annual training plan by their PA preferred provider Sports Dietitian.
- Provision of Group A and B Supplements to PA categorised athletes (as outlined in this document) within daily training is the responsibility of the State Institute or Academy or athlete.
- PA categorised U18 and Non-National Team U23 athletes, are not permitted to use performance supplements as defined above.

11.2 MEDICAL PLAN TO ADDRESS A DIAGNOSED NUTRIENT DEFICIENCY

- Prescription is based on results obtained via appropriate testing as directed by the PA CMO or appointed state based medical officers.
- Medical supplements can be prescribed by the treating medical officer and/or by the PA Lead Sports Dietitian or their respective PA preferred provider Sports Dietitian following consultation with the treating medical officer.

11.3 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 PA 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 Lead Sports Dietitian who will order these through the PA approved supplier.
- Any sports foods provided or prescribed to PA categorised athletes by PA preferred provider Sports Dietitians for use in daily training, must adhere to the PA Supplement Policy and subsequently be entered into the PA Supplement Register within the PA Athlete Management System (AMS).

12. EDUCATION ON PADDLE AUSTRALIA SUPPLEMENTS

All PA categorised athletes are to be educated on the PA Supplement Policy annually by either the PA Lead Sports Dietitian, PA preferred provider Sports Dietitians or the PA Chief Medical Officer.

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

- Education programs for emerging PA athletes will focus on the development of 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 performance on race day.
- Education programs for Podium, Podium Potential and Developing PA athletes will also focus on the development of knowledge and lifestyle skills needed to optimise their dietary intake to promote daily performance, recovery and well-being. Specific education will target the use of supplements in daily training and competition to further optimise performance.
- 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.

12.1 IMPORTANT POINTS FOR SUPPLEMENT USE

1. Not all contents are likely to be listed in the list of ingredients and the risk of this occurring is greater in supplements that are made overseas although Australian made supplements are not foolproof.
2. Athletes should store supplements safely and securely. Supplements should not be left in public areas unattended.
3. There are organisations that provide “third party checks” on the contents of supplements which can be a reassurance but is NOT a guarantee.
4. Supplements will not be considered for use by the PA Supplement Panel if not third party audited or the manufacturing processes undertaken by the company are deemed to provide low risk of contamination with WADA prohibited substances. This includes sports foods and fluids including sports drinks, sports gels, and selected liquid meal supplements and whey protein supplements.
5. Supplements should only be used from companies with well documented control processes and/or have third party auditing of their supplements. However due to poor regulation and rules in the supplement industry in Australia and overseas, NO supplement can be guaranteed as safe from an anti-doping perspective.
6. Pre work out energy type supplements, supplements that claim to boost testosterone and improve libido as well as weight loss supplements appear to be at increased risk of containing WADA prohibited substances.
7. Meat products from China and Mexico are at risk of contamination from Clenbuterol.

13. PADDLE AUSTRALIA SUPPLEMENT PANEL

The PA Supplement Policy is governed over 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

- Sport Science Sport Medicine Co-ordinator
- Lead Sports Dietitian
- Lead Exercise Physiologist

The independent member must have a history of working within elite sport, and have a strong knowledge of the WADA code and the efficacy of supplements use in sport. The PA Supplement Panel is to meet annually (in person or remotely) to review the PA Supplement Policy documentation and provision protocols. 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 in the implementation and continual review of its PA Supplement Policy to ensure PA categorised athletes use PA supplements to optimise performance and recovery in a safe and ethical manner.

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

14. FURTHER INFORMATION

AIS Sport Supplement Framework <http://www.ausport.gov.au/ais/nutrition/supplements>

ASADA education on supplements <http://www.asada.gov.au/education/>

ASADA Substances Check <http://www.globaldro.com/AU/search>

15. PADDLE AUSTRALIA SUPPLEMENT USE DIAGRAM

The aim of this diagram is to assist athletes and staff in determining the appropriate use of supplements under the PA Supplement Policy. It provides an overview on the provision and access PA athletes have to supplements within the PA Supplement Policy.

