

Subject/Title: SASI SUPPLEMENTS POLICY
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Responsible Officer: Paul Smith, Performance Services Manager
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SOUTH AUSTRALIAN SPORTS INSTITUTE (SASI) SUPPLEMENTS POLICY

1.0 Purpose

The South Australian Sports Institute (SASI) is committed to safeguarding the health, safety and welfare of its athletes and staff. This policy outlines the principles for the safe and best practice of supplementation to:

- educate athletes, coaches and support staff to understand the benefits, risks and limitations of supplementation
- support SASI athletes to use sports foods and ergogenic aids correctly as part of their nutrition plan
- minimise the risk of supplement use leading to an inadvertent doping offence.

2.0 Definitions

“Athlete” - athletes currently under a SASI scholarship.

“Contractor” – a person engaged by SASI through a contract for services.

“Developing International Class Athlete” – Athlete with the capability to achieve at least International class athlete status within 1 - 3 years

“Ergogenic aids” are dietary supplements that can enhance work output, particularly relating to athletic performance with the aim of improving performance beyond that associated with the typical balanced diet..

“International Class Athlete” – International senior competitor in an individual event or team at benchmark competitions and considered capable of retaining or progressing this level of performance

“Medical Director” – a Sports Physician contracted by SASI to lead and manage SASI medical policies and practices.

“Potential International Athlete” – Athlete with the capability to achieve at least International class athlete status in 4 – 7 years.

“Potential World Class Athlete” – Athletes that clearly demonstrate that they are on a performance trajectory to a achieve World Class status. Benchmark event rank 4 - 8.

“Sports Dietician” – a Dietician accredited in the field of sports nutrition contracted by SASI to provide specialist sports dietetics and nutrition advice for athletes.

“Sports Foods” are practical alternatives to food which are used to boost the nutritional content of the diet.

“Volunteer” means a person involved in defined SASI activities of their own free will, without payment (other than out of pocket expenses) and providing benefit to SASI.

“World Class Athlete” – International senior competitor in an individual or team event with a medal performance at benchmark competitions and considered capable of maintaining this level of performance.

3.0 Scope

This policy applies to all SASI staff, volunteers, contractors and athletes who are currently under scholarship.

4.0 Policy Statement

4.1. The market and demand for supplementation. A small proportion of supplements have been shown to improve health or athlete performance. However, due to the poor regulation of the supplement industry, the benefits to health and performance claimed by the majority of supplements are either grossly exaggerated or completely unfounded. In a highly competitive sporting environment, the use of supplements for many athletes is **not** based on applied science and their individual sporting nutritional needs, but from their concern that their competitors might be taking something extra which may be providing an additional performance edge.

Generally, the results of the present use of supplements in sport are:

- a small but real risk of a positive 'doping' outcome
- money being used on products that simply do not work
- distraction from the proven factors that enhance health, recovery and performance.

4.2. Categorising Supplementation. With new products frequently appearing on the market and to help minimise confusion, it is useful to divide supplements into two main categories:

- sports foods and dietary supplements
- nutritional ergogenic aids

Sports foods contain nutrients found in everyday food and can provide a practical and convenient alternative to food on busy days or around training sessions. **Dietary supplements** may be necessary to prevent or treat a dietary deficiency and should only be used under guidance of the Medical Director or Sports Dietician. Examples of Sports foods include:

- Sports drinks (e.g. Gatorade)
- Sports gels & bars (e.g. Powergel, GU, CarboShotz, PowerBar Performance bars)
- Liquid meal supplements (e.g. PowerBar Protein Plus powder)
- Carbohydrate loaders/high carbohydrate powders (e.g. Gatorlode, Maxim)
- Dietary vitamin or mineral supplements including iron, calcium, or multivitamin/mineral supplements

Nutritional Ergogenic aids contain certain nutrients in larger amounts than typically found in everyday food and are reported to enhance work output. They primarily serve to increase muscle mass, muscle energy supply and the rate of energy production in the muscle. Examples of Nutritional ergogenic aids include:

- Caffeine
- Creatine
- Bicarbonate

4.3. Athlete's Nutrition & Performance. Although supplements attract most of the hype and attention in sports nutrition, they should be considered as “icing on the cake” rather than the foundation of an athlete's nutritional plan. It should always be remembered that talent, hard work and recovery (including nutrition) are the three major ingredients for improving an athlete's development and performance.

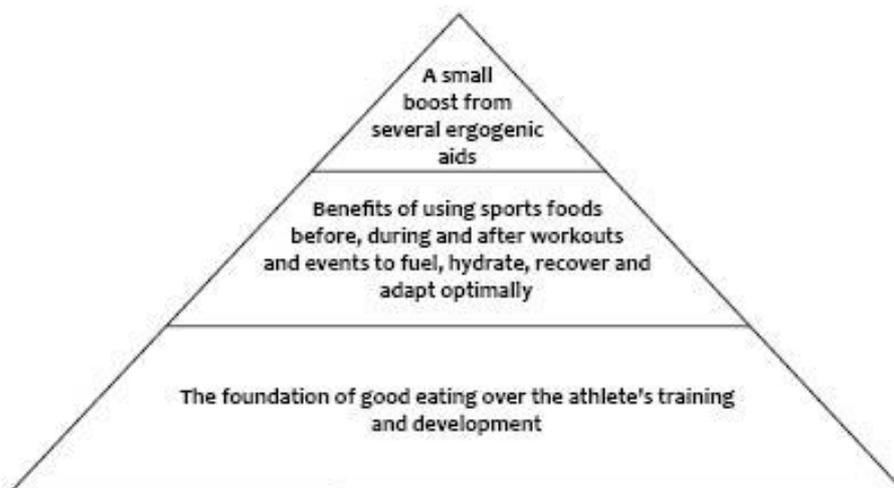


Figure 1. Components of an athlete's nutritional plan

Figure 1 outlines that, the process of eating well achieves the most important benefits for an athlete's nutritional plan. At the apex of the pyramid are the small benefits that are achieved by ergogenic aids – equating to approximately at best a 1 - 3% improvement in performance. However, until the foundation of sound training, recovery and nutrition are mastered, the benefits of ergogenic aids are most probably irrelevant and insignificant. Most young and developing athletes are not recommended to use ergogenic aids until they have made significant training and performance gains through the foundation layers. As they begin to reach their peak potential, specific ergogenic aids under supervision, may provide an additional gain.

4.4. How do sports foods and dietary supplements improve performance?

Special sports foods, when used to meet specific goals of workouts and competition can make an important impact. For example, refuelling and hydrating with a sports drink might achieve a significant benefit to performance in a prolonged event. Sports nutrition plans and guidelines provide specific individual goals for intake pre-event, during a prolonged session, or for post-exercise recovery. Products such as sports drinks provide a tailor-made way to support these nutritional needs. They are an alternative to everyday foods, which might need to be juggled to produce the same nutritional composition, or which might be too impractical to consume directly before or during intense exercise. Occasionally, when athletes are unable to meet all their nutrient needs from food, a vitamin and/or mineral supplement may need to be prescribed to treat or prevent a nutrient deficiency. However, for these supplement strategies to be effective, they need to be developed and reviewed by the Medical Director/Sports Dietician in consultation with an athlete with knowledge of their training plan.

4.5. SASI Sports Supplements Program. The SASI has adopted the Australian Institute of Sport (AIS) Sports Supplement Policy as the basis of their policy. The AIS Sports Supplement Program categorises sports foods, dietary supplements and ergogenic aids according to the level of scientific support that they currently receive. It should be noted that even Group A supplements are supported to enhance performance only for specific types of athletes in specific types of events. Additionally, for reasons that are not always understood, some athletes simply don't respond to these supplements, even when used according to directions. In other words, they are not for all athletes, but should be used in well-defined situations.

As per the AIS Sports Supplements Program, supplements are classified into four (4) groups according to their effectiveness and safety. The groupings listed below are current at May 2013. The most up to date listing can be viewed at: http://www.ausport.gov.au/ais/nutrition/supplements/classification_test

Category	Supplement	Category	Supplement
Group A Supported for use in specific situations in sport for evidence based uses.	Sports drink	Group B Deserving of further research and considered under an appropriate research protocol.	B-alanine
	Sports gel		Beetroot juice / Nitrate
	Sports confectionery		Anti-oxidants C and E
	Liquid meal		Carnitine
	Whey protein		HMB
	Sports bar		Fish oils
	Calcium supplement		Quercetin
	Iron supplement		Other polyphenols as anti-oxidants and anti-inflammatory
	Probiotics		
	Multivitamin/mineral		
	Vitamin D		
	Electrolyte replacement		

	Caffeine		
	Creatine		
	Bicarbonate		
Group C No meaningful proof of beneficial effects, not supported for use.	Ribose	Group D Banned or at high risk of contamination – should not be used.	Stimulants:
	Lactaway		Ephedrine
	Coenzyme Q10		Strychnine
	Vitamins (outside Group A)		Sibutramine
	Ginseng		Methylhexanamine
	Other herbals (cordyceps, rhodiola rosea)		Other herbal stimulants
	Glucosamine		Prohormones/hormone
	Chromium picolinate		DHEA
	Oxygenated waters		Androstenedione
	MCT oils		19-norandrostenedione/ol
	ZMA		Other prohormones
	Inosine		Tribulus terrestris and other testosterone boosters
	Pyruvate		Glycerol
	The rest – if not listed elsewhere probably fit here		Colostrum

4.6 Group A Supplements

These sports foods, dietary supplements and ergogenic supplements:

- provide a useful and timely source of energy and nutrients in the athlete's diet
- have been shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in sport.

Athletes and coaches will be educated about the appropriate use of Group A supplements in their sports nutrition plan and given the opportunity to investigate sports-specific protocols.

The sports foods from Group A (i.e. sports drinks, sports gels, sports confectionary, sports bars and liquid meals) **are supported for use by all SASI athletes under the guidance of SASI Performance Services staff.** The dietary supplements from Group A will be supported under the guidance of the Sports Dietician/Medical Director to treat or prevent a dietary deficiency.

The ergogenic supplements from Group A **are supported for use by SASI World Class, Potential World Class and International Athletes in specific situations in sport** with approval from the SASI Medical Director. Group A Supplementation for Developing International athletes will be reviewed on a case by case and/or a sport by sport basis. An overview of Group A Supplements is available at:

<http://www.ausport.gov.au/ais/nutrition/supplements/classification - test>

4.7 Group B Supplements are deserving of further research and **considered for provision to SASI World Class, Potential World Class and International Athletes only under a research protocol.** These supplements:

- have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance
- are of particular interest to athletes and coaches

A research protocol involves a supervised controlled trial with adequate monitoring of performance and/or health benefits, with approval and a clinical management plan overseen by the SASI Medical Director. An overview of Group B Supplements is available at:

http://www.ausport.gov.au/ais/nutrition/supplements/group_b

4.8 Group C Supplements have little proof of beneficial effects and these supplements **are not supported for use by any SASI athlete**. This category includes the majority of supplements and sports products which despite enjoying a cyclical pattern of popularity and widespread use, have not been proven to provide a worthwhile enhancement of sports performance. In fact, in some cases, these supplements have been shown to impair sports performance, with a clear mechanism to explain these results. An overview list of Group C Supplements is available at: http://www.ausport.gov.au/ais/nutrition/supplements/group_c

4.9. Group D supplements should not be used by SASI athletes. These supplements are either already banned under the current WADA (World AntiDoping Authority) code or are at high risk of being contaminated with substances that could lead to a positive drug test. An overview list of Group D Supplements is available:

http://www.ausport.gov.au/ais/nutrition/supplements/group_d

4.10. SASI Staff / coach and athlete obligations

Athlete declaration obligations

- **All athletes are obligated at the beginning of each scholarship period** (on an annual basis) **to disclose what sports food, dietary supplements, ergogenic supplements and medications they are currently using** or intending to use via the **supplements declaration form** enclosed in their scholarship application.
- **Any additional supplements or medications to be taken by athletes** during the scholarship **must be declared immediately to the SASI Medical Director.**
- Athletes that have or are contemplating engaging in sponsorship arrangements with supplement companies must declare the details of these sponsorships to the SASI Director for review.

All matters concerning the disclosure of personal information are to be treated as confidential.

SASI Staff (including volunteers & contractors) are responsible for:

- understanding the role supplementation has in an athlete's overall nutrition and training plan as outlined in this policy
- supporting the Supplement Policy by directing all athlete supplementation enquires to the Sport Dietician or Medical Director.
- raising concerns with their manager or supervisor, if they suspect or believe that an athlete's supplementation is not being undertaken appropriately.
 - Declare any affiliation with a supplement company via the ORS Conflict of Interest declaration

5. References.

1. Sports Dietitians Australia (SDA) is a professional organisation of dietitians specialising in the field of sports nutrition.
[Sports Dietitians Australia](#)
2. Sports Medicine Australia is a national multidisciplinary organisation committed to enhancing the health of all Australians through safe participation in sport and physical activity.
[Sports Medicine Australia](#)
3. Australian anti-doping organisations
[Australian Sports Anti-Doping Authority](#)
[Australian Sports Drug Medical Advisory Committee](#)
4. International anti-doping organisation
[World Anti-Doping Agency](#)

Endorsement by Director SASI / /

Approval by Executive Director Office of Recreation & Sport / /