

SUPPLEMENTS PROCEDURE

PREAMBLE

The Office for Recreation, Sport and Racing (ORSR) is an agency of the Government of South Australia. The South Australian Sports Institute (SASI) is a Division of ORSR.

Whilst all SASI staff are bound by all of ORSR's policies, this policy relates only to the operations of SASI and must be complied with by all SASI staff in addition to ORSR policies. SASI's contracted service providers and ORSR staff must carefully check whether they are captured by this policy at the section headed 'Scope'.

PURPOSE

The South Australian Sports Institute (SASI) recognises that the nutritional intake of our athletes should support and align with an athlete's health and performance needs and goals. Sports foods and supplements can play a small, but important, role in the sports nutrition plans of high performance athletes. A food-first approach is the foundation goal of an evidence-based sports nutrition plan.

This Procedure should be read in conjunction with the *SASI Improper Use of Drugs and Medicines Policy*.

This Procedure is intended to meet part of SASI's requirements under the National Integrity Framework.

SCOPE

This Procedure applies to:

- All athletes; and
- All staff (SASI and ORSR), contractors and volunteers interacting with athletes.

All persons within the scope of this Procedure must also be aware that **other policies or procedures** dealing with the use of supplements may be applicable to them.

*For example: The relevant National Sporting Organisation, State Sporting Organisation and/or Club may have policies or procedures that apply **at the same time**.*

POLICY PRINCIPLES

This Procedure will:

- Ensure athletes, coaches and support staff understand their obligations and the benefits, risks and limitations of supplementation.
- Give athletes the confidence that they receive evidence-based information and advice to achieve world's best nutrition practices which minimise the risk of supplement use leading to an anti-doping rule violation (ADRV).
- Align with the AIS' Sports Supplement Framework.
 - Adopt the AIS' *ABCD Group Classification System* * which ranks sports foods and supplement ingredients into four groups according to scientific evidence and other practical considerations that determine whether a product is safe, permitted and effective in improving sports performance.

* Available on AIS website at <https://www.ais.gov.au/nutrition/supplements>

- Maintain athlete safety and well-being at all times by ensuring all supplements prescribed are permitted, safe, ethical and their use is based on sound scientific and/or medical evidence.
- Ensure the correct and appropriate use of supplements to maximise health, performance, training and recovery processes.
- Be periodically revised and updated as new knowledge and practices evolve.

SUPPLEMENT GROUP CLASSIFICATION SYSTEM

The ABCD Group Classification System is a specific component of the AIS Sport Supplement Framework. The ABCD Classification system ranks sports foods and supplement ingredients into four groups according to scientific evidence and other practical considerations that determine whether a product is safe, permitted and effective in improving sports performance. The classification is made via the consensus of an expert group and can evolve based on new knowledge and practical issues.

Group A

There is strong scientific evidence for use of these supplements in specific situations in sport. **Permitted for use by SASI athletes** according to best practice protocols.

Group A supplement categorisation and provision for SASI athlete is as follows:



| Type | Description | Use / Limitations of Use |
|--------------------------------|---|--|
| Sports foods | Specialised products used to provide a convenient source of nutrients when it is impractical to consume everyday foods. | Supported for use by all athletes under the guidance and education provided by the Sports Dietitian. |
| Medical supplements | Products used to prevent or treat clinical issues including diagnosed nutrient deficiencies. | Supported for use by all athletes . Should be used within a larger plan under the guidance of the Medical Director or Sports Dietitian. |
| Performance supplements | Supplements/ingredients that can support or enhance sports performance. | Podium, Podium Potential and Podium Ready Athletes - supported for use with approval from the Medical Director in specific situations for sport and / or to support an individual performance goal. These supplements should be used with an individualised and event-specific protocol under the guidance of the Medical Director, Dietitian and Performance Services Staff. Developing Athletes - Use will be reviewed by the Medical Director or Sports Dietician on a case-by-case basis. |

An overview of Group A Supplements is available at:
https://www.ais.gov.au/nutrition/supplements/group_a

Group B

These supplements have emerging scientific support, deserving of further research. Considered for use by **Podium, Podium Potential and Podium Ready Athletes** under a research protocol or individually case managed.

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 Medical Director.

Group B supplements include:



| Type | Description |
|-------------------------|---|
| Food polyphenols | Food compounds which may have bioactivity including antioxidant and anti-inflammatory properties. May be consumed in food form or as isolated extracts. |
| Antioxidants | Compounds often found in foods which protect against oxidative damage from free-radical chemicals. |
| Tastants | Food derived compounds that interact with receptors in the mouth/gut to activate the central nervous system. |
| Other | Compounds which attract interest for potential benefits to body function, integrity and/or metabolism. |

An overview of Group B Supplements within the above categories is available at:

https://www.ais.gov.au/nutrition/supplements/group_b

Group C

This category includes most supplements and sports products promoted to athletes. Any specific substance has not been classified as Group A, B or D it should be considered as a Group C substance.

These supplements despite enjoying a cyclical pattern of popularity and widespread use have not been demonstrated to provide a worthwhile enhancement of health or sports performance. Current scientific evidence shows that either the likelihood of benefits is very small or that any benefits that occur are too small to be useful.

The scientific evidence is not supportive of benefits amongst athletes or no research has been undertaken to guide an informed opinion. **These supplements are not supported for use by athletes.**

If an individual SASI scholarship athlete or coach wishes to use a supplement in this category the following processes must occur before a decision is made on its use:

- Written permission has been provided and final approval given by the Medical Director;
- Athlete and coach are fully aware of the lack of scientific evidence supporting the benefits of a Group C categorised supplement; and
- Athlete and coach have carefully considered the possible inadvertent doping risks.



An overview of Group C Supplements which had previously been classified as Group B is Available at: https://www.ais.gov.au/nutrition/supplements/group_c

Group D

These supplements are either already banned under the World Anti-Doping Code or are at high risk of being contaminated with substances that could lead to a positive doping violation. **Group D supplements should not be used by athletes.**

The WADA Prohibited List is updated on an annual basis and should therefore be used as the first point of call for confirmation of the current list of banned substances and practices.

An overview list of Group D Supplements from the AIS Sports Supplement Framework is available: https://www.ais.gov.au/nutrition/supplements/group_d

ADDITIONAL SUPPLEMENT CONSIDERATIONS

Whilst SASI will support the use of supplements, as per the approval processes outlined above, under the World Anti-Doping Code's principle of strict liability, athletes are 100% responsible for any substance found in their body.

Irrespective of which Group the supplement is categorised as, there are important considerations outlined below that should be taken into account prior to use.

Multi-ingredient Supplements

Multi-ingredient supplements are products that contain a large list of individual ingredients. Sometimes the doses of these ingredients are not stated on the label with commercial sensitivity about protecting "proprietary blends" over which the manufacturer has special ownership.

Unless these products are approved by the Medical Director, they are **not considered safe or effective** for the following reasons:

- In many cases, the amount of the 'active ingredient' provided in multi-ingredient products is less than the dose needed to provide a true benefit;
- In some cases, the ingredients in multi-ingredient products are not evenly dispersed making it difficult to guarantee that the desired dose of an ingredient is achieved; and/or
- The greater the number of ingredients in a supplement, the higher likelihood of inadvertent contamination (due to sourcing of ingredients from various locations).

Single-ingredient supplements provide a more effective way of ensuring that the desired dose of an evidence-based substance is achieved in a given supplement protocol. Therefore, unless a



product has been cleared by the Medical Director, SASI will identify single or simple ingredient formulas as their preferred supplement choice.

Third Party Testing Programs

Supplements, including those in Group A and B, that have evidence-based uses in sport provide a small, but real, risk of causing a doping violation due to contamination with substances on the WADA Prohibited List.

To minimise this risk, where possible, products provided to or purchased by athletes should be sourced from supplement companies that utilise approved testing programs. There are two companies that 'batch test' supplements sold in Australia:

- Informed Sport (<https://sport.wetestyourtrust.com>); and
- HASTA (<https://hasta.org.au/>).

These are independent organisations who test supplements in their laboratories for over 200 WADA prohibited substances.

Batch testing is not a guarantee that a supplement is 100% safe, however, it does greatly lower the risk of a positive test and of it containing possible unsafe ingredients.

The same requirement for sourcing from companies with an approved testing program will be expected of any Group C product, before it can be considered for use by the Medical Director. Batch tested products sold in Australia can be located in the Sport Integrity Australia App under the 'Supplement Checker' tool. All athletes and staff are strongly encouraged to download the App. (<https://apps.apple.com/au/app/sport-integrity-australia/id1360121308>).

Protein Fortified Foods

Protein fortified foods (PFFs) are foods developed by food manufacturers fortified with isolated protein ingredients similar to those used in sports and protein supplements. While the Australia New Zealand Food Standards Code (FSC) provides a legislated standard on the manufacturing of 'Formulated Supplementary Sports Foods', the contamination risk associated with PFFs and subsequent management of risk is unclear.

With the ever-increasing number of PFFs available, a project was conducted in 2021 by a number of stakeholders within Australia to determine their risk. The key findings and recommendations for use by athletes is as follows:

- PFFs that are commercially manufactured within Australia under FSC present no additional risk of containing WADA prohibited substances than other processed foods with mixed ingredients. Therefore, SASI have **approved their use by all athletes**. These PFFs



include (but are not limited to) breakfast cereals, cereal/nut bars, dairy/dairy free products, drinks, frozen meals.

- PFFs store-prepared by cafes and food outlets that contain unidentified protein ingredients or added botanicals ingredients (eg maca powder) provide unknown risk. **PFFs that fit these criteria are not supported for consumption by athletes.**
- Hemp protein has a risk of containing traces of THC and other cannabinoids inherent in the raw plant source. Currently, there is insufficient scientific evidence regarding the contamination profile of hemp protein and as such hemp protein containing PFFs and supplements **should be avoided by athletes.**

SUPPLEMENT PROVISION PROCEDURE

Supplements are supported or approved for use by SASI athletes in the following ways:

Sports Foods

- Athletes are to be educated by the Sports Dietitian regarding the appropriate use, potential benefits and any possible side effects of the product prior to provision. This may be delivered by any of the following means; individual consultations, information sheets/infographics or group workshops.

Medical Supplements

(as part of an athlete's medical/nutrition plan to address a nutrient deficiency)

- Prescription of medical supplements will be based on results obtained via appropriate testing as directed by the Medical Director (e.g. iron)
- Insufficient dietary intake and athlete unable to achieve recommended requirements as directed by Sports Dietitian (e.g. calcium).

Performance Supplements

(as part of an athlete's individualised nutrition program)

- After consideration of each step in the *Performance Supplements Protocol Flowchart [Appendix 1]* to determine the appropriateness of supplement use.
 - The aim of the *Performance Supplements Protocol Flowchart* is to assist in determining the appropriate use and users of supplements under this Procedure.
 - In the case where the National Sports Organisations (NSO) has a Supplements Policy in place; athletes, coaches and support personnel must also comply with the NSO policy. If there is inconsistency between the policy and this Procedure, this will be reviewed by Medical Director and Sports Dietitian in consultation with the NSO.

- After approval granted by Medical Director, the performance supplement can then be trialled and / or integrated into an athlete's performance nutrition plan. Approval from the Medical Director can be granted in-person, via email or telephone, however, any verbal approval must be documented in writing and recorded in the athlete's file.

SASI staff, contractors and volunteers should direct all athlete supplementation enquires to the Sports Dietitian or Medical Director.

Supplement Sponsorships

Athletes seeking to obtain, or who already have, individual supplement sponsorship must disclose the details of the sponsorship arrangement (company, supplements provided, length of contract, endorsement requirements, other).

The Medical Director and/or Dietician will give consideration to whether the proposed supplements, in their view:

- a) Are in the athlete's best interests or not; or
- b) Present risks to the athlete or SASI that are unacceptable.

Where the supplements are considered not in the athlete's best interests, these concerns must be shared with the athlete (and their parent or guardian, if a minor).

Where the sponsorship or supplement presents an unacceptable risk, the athlete may be asked to decline or amend the sponsorship agreement. Where agreement cannot be reached or the remaining risk remains unacceptable, the SASI Director may seek to terminate SASI support for the athlete.

Staff, volunteers and contractors within the scope of this Procedure are required to declare any affiliation with a supplement company at least annually in the Declaration of Interests process outlined in the Office for Recreation, Sport and Racing's *Interests Management Policy*.

Supplement Ordering

Supplement (purchasing) orders are to be placed by the Sports Dietitian on approval from management.

Supplements are ordered through companies that:

- Batch test their products via a third-party organisation; and
- SASI have an account with.

TRAINING AND AWARENESS

SASI is committed to providing training and awareness to all persons within the scope of this Procedure to assist in promoting the values of clean sport and to help preventing athletes and other persons from doping.

All persons within the scope of this Procedure are to receive:

- On entering the program (ie at induction);
- Whenever the Procedure is amended; and
- At any time directed by Sport Integrity Australia.

All SASI staff and contractors will be required to understand the role supplementation has in an athlete's overall nutrition and training plan as outlined in this Procedure.

RECORDS MANAGEMENT

At the commencement of each scholarship period, athletes will be required to complete the Supplement Register on the AIS' Athlete Management System (AMS) indicating all supplements in current use or being contemplated for use.

Athletes are required to update the Supplement Register on AMS as new supplements are commenced and existing supplements are ceased.

Subject to the athlete having provided the relevant consent to share this information, the information is intended to be used in the following ways:

- This will initially be assessed by the Sports Dietitian, who will liaise with the Medical Director when indicated. The Medical Director and Sports Dietitian will liaise with the Head Coach and Performance Services Staff where appropriate.
- The Sports Dietitian will update the athlete's AMS Supplement Register for all supplements prescribed and provided by SASI to the athlete.
- The Sports Dietitian is responsible for updating the NSO Dietitian on any SASI-initiated supplement changes affecting the athlete and vice versa.

The Medical Director and Sports Dietician are responsible for ensuring that the athlete has consented to their access to this information and for this information to be shared with others as described above. Staff with whom this information is shared are responsible for treating the information as confidential.

All supplement orders placed by SASI must be kept on file.



MONITORING AND REPORTING

All persons within the scope of this Procedure have an obligation to raise concerns with a trusted SASI staff member (or their manager if a staff member) if they suspect or believe that there has been a breach of this Procedure or they have concerns an athlete's supplementation is not being undertaken appropriately.

Where an athlete is a minor, reporting of breaches or other issues may be provided by an athlete's parent or guardian.

Any suspected breach of this Procedure must be notified to the SASI Director, as soon as reasonably practical and within 48 hours. The SASI Director must notify the Chief Executive of the Office for Recreation, Sport and Racing (ORSR).

BREACHES OF POLICY

Athletes

If there is a failure/non-compliance by an athlete with their Program or this Procedure, this will be treated as a potential breach of this Procedure and the SASI Athlete Agreement.

Breaches will be formally investigated at the direction of the SASI Director or the ORSR Chief Executive depending on the seriousness of the matter and taking guidance from relevant sources.

If the athlete is found to be in breach of the Procedure, SASI may provide one or more of the following sanctions depending on the circumstances:

- a formal written warning;
- a requirement for the athlete to undertake additional nutrition / supplements education;
- restriction of the athlete's access to SASI services and support (in whole or part);
- suspension or termination of the Athlete Agreement.

Other Persons

If there is a failure/non-compliance by a staff member, contractor or volunteer with this Procedure, this will be treated as a potential breach of this Procedure and potentially the Code of Ethics.

All breaches will be referred to the ORSR Chief Executive for formal investigation. Sanctions, up to and including termination of employment / contract /volunteer agreement, may be applied depending on the circumstances.



DEFINITIONS

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|--|---|
| ABCD Group Classification System | Refers to the supplement classification scheme in the Sports Supplement Framework. |
| Anti-Doping Rule Violation (ADRV) | Means when an athlete or support person commits a doping offence. Under the World Anti-Doping Code there are eleven (11) possible ADRV's resulting in certain consequences or sanctions. |
| Antioxidants | Means compounds often found in foods which protect against oxidative damage from free-radical chemicals. |
| Athlete | Means those athletes currently under a SASI scholarship or SASI training agreement. |
| Cannabinoids | Means any of a group of closely related compounds which include cannabiniol and the active constituents of cannabis. Cannabinoids are an S8 class of prohibited substances on the WADA Prohibited List. |
| Contractor | Means a person engaged by SASI through a contract for services. Examples of these may be doctors, physiotherapists, dieticians, equipment technicians, etc. |
| Developing Athlete | Means an athlete who is deemed capable of progressing to at least Podium Potential within the next two (2) years. |
| Emerging Athlete | Means an athlete who is deemed capable of progressing to at least Developing Athlete in the next two (2) years. |
| Food Polyphenols | Means food compounds which may have bioactivity including antioxidant and anti-inflammatory properties. May be consumed in food form or as isolated extracts. |
| Medical Supplements | Means those supplements used to treat clinical issues; including diagnosed nutrient deficiencies. |
| Medical Director | Means the medical practitioner who has been appointed by SASI to advise and lead medical services for SASI. |
| Medical Practitioner | Means a person registered in the medical doctor category by the Australian Health Practitioner Regulation Agency with no restrictions on practice. |
| National Sports Organisations (NSO) | Means the national peak body for a given sport (eg swimming = Swimming Australia). |
| Performance Supplements | Means those supplements used to directly contribute to optimal performance or enhance training adaptations. |

| | |
|---------------------------------------|---|
| Podium Athlete | Means that athlete who had a medal performance at a world championship (or equivalent) event in the previous 24 months and who is deemed capable of a medal at the next world championship (or equivalent) event. |
| Podium Potential Athlete | Means that athlete who is deemed capable of progressing to at least Podium Ready in the next two (2) years. |
| Podium Ready Athlete | Means that athlete who placed fourth to eighth at the most recent world championship (or equivalent) event and is deemed capable of progressing to Podium in the next two (2) years. |
| Prohibited List | Means the list of prohibited substances and methods which indicates what substances and methods are prohibited in sport and when. It forms one of the mandatory international standards under the World Anti-Doping Code. |
| Protein Fortified Foods (PFFs) | Means foods developed by food manufacturers fortified with isolated protein ingredients similar to those used in sports and protein supplements. |
| Research Protocol | Means a supervised controlled trial with monitoring of the performance and/or health benefits. Research protocols are approved and oversighted by the Medical Director using a clinical management plan. |
| Sports Dietitian | Means a dietician registered by the Australian Health Practitioner Regulation Agency who is accredited in the field of sports nutrition and appointed by SASI to provide specialist sports nutrition services. |
| Sports Foods | Means a category of supplements that provide a practical source of nutrients when it is impractical to consume everyday foods. |
| Sports Supplement Framework | Means the Australian Institute of Sport's guidance document on the use of sports foods and supplements in sport. |
| Supplement | Means a manufactured product intended to supplement one's diet by taking a pill, capsule, tablet, powder or liquid. The term "supplement" encompasses sports foods and supplements. |
| Supplement Register | Means the record of supplements in current use, being contemplated for use or previously used for each athlete. The Register is maintained within the AIS' Athlete Management System. Each athlete's Register entry is updated by the athlete and relevant clinical staff (eg. medical or sports dieticians). |
| Supplement Sponsorship | Means any agreement, whether written or verbal, between an athlete and another party which agrees to payment for and/or the supply of sports foods or supplement; whether or not this forms a part or the whole of the agreement terms and conditions. |

| | |
|-----------------------------------|--|
| Tastants | Means food derived compounds that interact with receptors in the mouth/gut to activate the central nervous system. |
| Tetrahydrocannabinol (THC) | Means the chemical responsible for most of marijuana's psychological effects – including affects to memory, pleasure, movements, thinking, concentration, coordination and sensory & time perception. |
| 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 Anti-Doping Code | Means the international standard that harmonises anti-doping policies, rules and regulations within sport organisations and among public authorities around the world. It works in conjunction with eight (8) mandatory international standards and twelve (12) non-mandatory standards. |

RELATED LEGISLATION AND DOCUMENTS

Legislation

- World Anti-Doping Agency
 - [World Anti-Doping Code](#) including the 8 mandatory international standards:
 - [Code Compliance by Signatories](#)
 - [Education](#)
 - [Prohibited List](#)
 - [Therapeutic Use Exemptions \(TUEs\)](#)
 - [Testing and Investigations](#)
 - [Laboratories](#)
 - [Results Management](#)
 - [Protection of Privacy and Personal Information](#)
- Australia New Zealand Food Standards Code (under the *Legislation Act 2003* [Cth])

Policies, Procedures, Forms, Templates

- SASI
 - Improper Use of Drugs and Medicines Policy
 - Athlete Agreement
 - Supplement Procedure - Athlete Information Sheet
- ORSR
 - Interests Management Policy
 - Declaration of Interests Form
- Government of South Australia



- Code of Ethics
- [PC012 Information Privacy Principles Instruction](#)
- [Information Sharing Guidelines](#)

Other Documents

- AIS
 - Sports Supplement Framework
 - Athlete Management System (including Supplement Register)
- Sport Integrity Australia
 - App under the 'Supplement Checker' tool.

REVIEW

This Procedure is to be reviewed annually, as soon as practical after the 1 January revision of the WADA Code and the Prohibited List.

POLICY APPROVAL AND HISTORY DETAILS

| Approval and Review | Details |
|---|----------------------|
| Policy Administrator | Sports Dietician |
| Date of approval by Executive Leadership Team | 13 April 2024 |
| Next Review Date | After 1 January 2024 |

| Document History | Details |
|----------------------------|-------------------|
| Original Approval Date | 16 September 2014 |
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| Notes | |



APPENDIX 1

Performance Supplements Protocol Flow Chart

