

Subject/Title: SASI SUPPLEMENTS POLICY
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SOUTH AUSTRALIAN SPORTS INSTITUTE (SASI) SUPPLEMENTS POLICY

Philosophy

Sound eating practices and optimal recovery practices aligned with an athlete's training and competition program will produce far greater performance benefits than any one or combination of supplements. Once an athlete consistently demonstrates these core performance practices, performance supplements that are legal, safe and relevant to an athlete's specific sporting situation may then be considered for use.

1.0 Purpose

The South Australian Sports Institute (SASI) Supplement Policy will:

- 1.1 Ensure athletes, coaches and support staff understand their obligations and the benefits, risks and limitations of supplementation.
- 1.2 Align with the AIS Sports Supplement Framework and adopt their Group Classification System (Groups A, B, C and D).
- 1.3 Maintain athlete safety and well-being at all times by ensuring all supplements prescribed are legal, safe, ethical and their use is based on sound scientific and/or medical evidence.
- 1.4 Ensure the correct and appropriate use of supplements to maximise performance, training and recovery processes.
- 1.5 Give athletes the confidence that they receive 'cutting edge' information and advice to achieve World's best nutrition practices which minimise the risk of supplement use leading to an inadvertent doping offence.
- 1.6 Be periodically revised and updated as new knowledge and practices evolve.

2.0 Definitions

"Athlete" - Athletes currently under a SASI scholarship.

"Contractor" – A person engaged by SASI through a contract for services.

"Developing Athlete" – Athlete who is considered capable of progressing to at least Podium Potential in the next two years.

“Performance Supplements” - Used to directly contribute to optimal performance. These should be used in individualized protocols under the direction of Sports Medicine/Sports Dietitian/Performance Services Staff.

“Commonwealth Gold Athlete” – Athlete who does not fit into the Podium categories but is considered capable of a gold medal at the 2018 Commonwealth Games.

“Medical Supplements” - Used to treat clinical issues including diagnosed nutrient deficiencies.

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

“Emerging Athlete” – Athlete who is considered capable of progressing to at least Developing in the next two years.

“Podium Potential Athlete” – Athlete who is considered capable of progressing to at least Podium Ready in the next two years.

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

“Sports Foods” - Provide a practical source of nutrients when it is impractical to consume everyday foods.

“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.

“Podium Athlete” – Athlete who had a medal performance at a world championship (or equivalent) event in the previous 24 months and is considered capable of a medal at the next world championship (or equivalent) event.

“Podium Ready” – Athlete who placed fourth to eighth at the most recent world championship (or equivalent) event and is considered capable of progressing to Podium in the next two years.

3.0 Scope

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

SASI athletes, coaches and support personnel will also need to comply with Supplement Policies developed by their Nationals Sports Organisations.

4.0 Supplement Group Classification System

The ABCD 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 based on scientific evidence and other practical considerations that determine whether a product is safe, legal 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.

4.1 Group A: Are supported for use in specific situations in sport and could be recommended to SASI athletes for evidence-based applications.

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

Group A supplements are categorized as:

- **Sports foods** – specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods.
- **Medical supplements** – used to treat clinical issues including diagnosed nutrient deficiencies.
- **Performance supplements** – used to directly contribute to optimal sporting performance.

Sports foods (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 Dietitian.

Medical supplements will only be supported under the guidance of the SASI Medical Director to treat or prevent a nutrient deficiency.

Performance supplements are supported for use by SASI Podium, Podium Potential and International Athletes in specific situations in sport with approval from the SASI Medical Director. These supplements should be used in individualised protocol under the guidance of the SASI Medical Director, Performance Services Staff and the Dietitian. Group A Supplementation for Developing International athletes will be reviewed on a case by case basis. An overview of Group A Supplements is available at:

<http://www.ausport.gov.au/ais/nutrition/supplements/groupa>

GROUP A

PRODUCT
SPORTS FOODS
Sports Drink (carbohydrate-electrolyte drinks)
Sports Gel (highly concentrated form of carbohydrate)
Sports Confectionary

Liquid Meal Supplement (carbohydrate-rich, moderate protein, low-fat product, fortified with a range of vitamins and minerals.)
Sports Bar (compact source of carbohydrate with variable amounts of protein and micronutrients)
Whey Protein
Electrolyte Replacement (powders, tablets or ready to drink products containing, in particular, sodium & potassium)
MEDICAL SUPPLEMENTS
Multivitamin/Mineral
Calcium supplement
Vitamin D supplement
Iron Supplement
Probiotics (live microbial food supplements)
PERFORMANCE SUPPLEMENTS
Creatine
Caffeine
Bicarbonate
Beta-Alanine
Beetroot Juice

4.2 Group B: Require further research and consideration but maybe considered for provision to SASI Podium, Podium Potential and International Athletes only under a research protocol or an individual case management approach.

These supplements have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance

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/groupb>

- Group B are categorised as:
 - **Food polyphenols** – food chemicals which have purported bioactivity including antioxidant and anti-inflammatory activity. May be consumed in food form or as isolated chemical.
 - **Other** – refer to supplements listed in Group B table below.
 - **Sick Pack** - Purpose-built multi-supplement pack used to address specific health or well-being issues. Requires individual dispensing and supervision by the SASI Medical Director.
 - **Rehabilitation Pack** - Purpose-built multi-supplement pack used to address issues of recovery from injury and surgery (e.g. wound healing, preservation of muscle mass, tissue repair). Requires individualized prescription and supervision by SASI Medical Director/SASI Dietitian/Performance Services Staff.
 - **Sleep Pack** - Purpose-built multi-supplement pack used to assist with good sleep practices. Requires individual dispensing and supervision by SASI Medical Director/SASI Dietitian/Performance Services Staff.

GROUP B

PRODUCT
FOOD POLYPHENOLS
Quercetin
Tart Cherry Juice
Exotic Berries (acai, goji, etc.)
Curcumin
OTHER
Carnitine
Fish oils
Branched Chain Amino Acids (BCAA)
L-Glutamine
Antioxidants C and E

HMB (β -Hydroxy- β -methylbutyrate)
Glucosamine
PACKS
Sick Pack (Zinc Lozenge, Vitamin C)
Rehabilitation Pack
Sleep Pack

4.3 Group C: Have little proof of beneficial effects. These supplements are not supported for use by any SASI athlete.

This category includes the majority of supplements and sports products promoted to athletes. These supplements despite enjoying a cyclical pattern of popularity and widespread use have not been proven to provide a worthwhile enhancement of 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. In some cases, these supplements have been shown to impair sports performance, with a clear mechanism to explain these results.

The AIS Supplement Framework will no longer name Group C supplements or supplement ingredients. If a product is not listed in Group A, B or D it would fall into this category. 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 SASI Medical Director;
- Athlete and coach are fully aware that many of these products have been produced using unknown quality control measures;
- Athlete and coach have carefully considered the possible inadvertent doping risks.

4.4 Group D Should not be used by SASI athletes. These supplements are either already banned under the current WADA (World Anti-Doping 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 from the AIS Supplement Framework is available:

<http://www.ausport.gov.au/ais/nutrition/supplements/groupd>

Some examples are provided below but SASI athletes and staff must refer to the current WADA List of Prohibited Substances and Methods: <http://list.wada-ama.org/> or all **stimulants, pro-hormones/hormone boosters, growth hormone releasers and “peptides”** included on the Prohibited List.

GROUP D

PRODUCT
STIMULANTS
<p>EXAMPLES</p> <ul style="list-style-type: none"> Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants
PRO-HORMONES AND HORMONE BOOSTERS
<p>EXAMPLES</p> <ul style="list-style-type: none"> DHEA Androstenedione 19-norandrostenedione Other pro-hormones Tribulus terrestris and other testosterone boosters
GROWTH HORMONE RELEASERS AND “PEPTIDES”
OTHER
<ul style="list-style-type: none"> Glycerol Colostrum

5.0 Additional Supplement Cautions

Whilst SASI will support the use of sports foods and Group A supplements, as per the approval process outlined above (4.1 and 4.2), under the World Anti-Doping Code’s principle of strict liability, athletes are 100% responsible for any substance found in their body.

Regardless of whether their ingredients come from Groups A, B, C or D, there are several types of commercial supplements that deserve special concern and comments.

5.1 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 the excuse that it is a “proprietary blend” over which the manufacturer has special ownership. Unless these products are approved by the SASI Medical Director they are not considered safe or effective:

- 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.
- The greater the number of ingredients in a supplement, the higher likelihood of inadvertent contamination (due to sourcing of ingredients from various locations).

The SASI guideline is that single-ingredient supplements provide a more effective way of ensuring that the desired dose of evidence-based substances is achieved in a given supplement protocol. Therefore, unless a product has been cleared by the SASI Medical Director, SASI will identify single or simple ingredient formulas as their preferred supplement choice.

5.2 Network Marketed supplements

Network marketing companies sell their products via a chain of ordinary people who are recruited to become independent distributors and use their friends, family and social networks as a target market. Athletes must seek approval as per 7.0 Individual Athlete Supplement Sponsorships prior to ordering and use of product from Network Marketing Companies. Athletes are not permitted to promote, market or distribute products from Network Marketing Companies to other athletes.

5.3 Testing Programs

Some sports foods and supplements, including those in Group A and B outlined above 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 SASI athletes should be sourced from companies that utilise approved auditing/testing programs i.e. Informed Sport (www.informed-sport.com). The same will be expected of any Group C product or products recommended to SASI athletes from external sources before they can be approved for use by the SASI Medical Director.

6.0 Supplement Provision Protocols

Sports foods and supplements are only supported or approved for use by SASI athletes in the following ways:

Sports Foods:

- SASI 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. Education on sports foods use can be delivered by the following means; individual consults or group workshops.

Medical Supplements as part of a medical plan to address a diagnosed nutrient deficiency:

- Prescription is based on results obtained via appropriate testing as directed by the SASI Medical Director.

Performance Supplements as part of an athletes individualised nutrition program:

- After consideration of each step in the SASI Performance Supplements Protocol Flow Chart (Appendix 1) to determine the appropriateness of supplement use.
- After completion of a SASI Performance Supplements Plan (Appendix 2) and sign off of this plan by the Athlete, Coach, Sports Dietitian, and SASI Medical Director.

6.1 SASI Performance Supplement Protocol Flow Chart

- The aim of the Performance Supplements Protocol Flow Chart (Appendix 1) is to assist in determining the appropriate use and users of supplements under the SASI Supplements Policy.
- In the case where the National Sports Organisations (NSO) has a Supplements Policy in place; athletes, coaches and support personnel must comply with the NSO policy. If there is inconsistency between the two policies this will be reviewed by SASI Medical Director and Sports Dietitian in consultation with the NSO.

6.2 Supplement Ordering

- Sports foods and performance supplement orders are to be placed by SASI Dietitian or Performance Services Staff only after the SASI Performance Supplements Plan has been approved.
- These are to be ordered through companies SASI have an account with or companies who batch test their products for banned substances under the WADA code.
- The SASI Head Coach determines who pays for the sports product or performance supplements.

6.3. Education

- All SASI athletes are to receive education on the SASI Supplements Policy following the induction process by the SASI Dietitian and/or SASI Medical Director.
- All SASI athletes are to be provided with the SASI Supplement Policy Athlete Fact Sheet (Appendix 3) at the education session and be provided access to the full policy on request.
- Nutrition Education programs for SASI athletes will focus on the development of the knowledge and lifestyle skills needed to achieve sound eating patterns and an understanding of the role of nutrition within a high performance training and competition environment.
- All SASI Staff must be provided the SASI Supplements Policy as part of their induction process and again as updates become available.

6.4 Record Management

- At the commencement of each scholarship period, SASI athletes will be required to complete the Supplement Register on AMS indicating all sports foods and supplements in current use or being contemplated for use. This will initially be assessed by the SASI Medical Director and Dietitian. The SASI Medical Director and Dietitian will liaise with Head Coach and Performance Services Staff where appropriate.
- All approved and signed Performance Supplement Plans must be kept on file.
- All supplement orders placed by SASI must be kept on file.
- The SASI Dietitian is responsible for updating the NSO Dietitian on any SASI athlete supplement changes and vice versa.
- All matters concerning the disclosure of personal information are to be treated as confidential.

7.0 Individual Athlete Supplement Sponsorships

Athletes seeking to obtain or who already have individual supplement sponsorships must provide the details of the sponsorships (Company, supplements provided, length of contract, endorsement requirements, other) to the SASI Medical Director for endorsement followed by referral to the SASI Director for approval. There is no guarantee that the SASI Director will approve current sponsorship contracts.

8.0 SASI Staff (including volunteers & contractors) Obligations

- 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 Dietitian 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



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9.0 Sanctions

If there is a failure/non-compliance by a SASI athlete with the SASI Supplements Policy, & Program, this will be treated as a potential breach of this Policy and the SASI Athlete agreement and formally investigated.

From a formal review of the case, if the athlete is found to be in breach of the policy, SASI may enact one or more of the following sanctions:

- a formal written warning;
- a requirement for the athlete to undertake additional nutrition / supplements compliance education / training;
- restriction of athlete's access to selected SASI services and support;
- suspension or termination of scholarship.

All cases will be managed by the SASI Director, guided with information from the SASI Medical Director. The level of sanction will be determined from the severity of the breach.

Endorsement by Director SASI / /

Approval by Executive Director Office of Recreation & Sport / /



Performance Supplements Protocol Flow Chart

TIMELINE

Step 1
Accurately define the tier of the athlete considering taking performance supplements

E & D Athlete Status

- Emerging: Capable of progressing to Developing in 2 years
- Developing: Capable of progressing to at least Podium Potential in 2 years.

P, PR, PP, CG Athlete Status

- Podium: medal performance at world championship in previous 24 months or capable at next world championship.
- Podium Ready: Placed 4-8th at most recent world championships. Capable of Podium in 2 years.
- Podium Potential: Capable of at least Podium Ready in 2 years.
- Commonwealth Gold: Capable of gold medal in 2018. :competing at senior international level

WHO

Head Coach

Only sports foods and medical supplements to be supported. Performance supplement use is generally not supported until the athlete has reached at least International status.
Continue perfecting sound training practices, including

- Technical
- Physical
- Psychological
- Nutrition
- Recovery

Consideration will be given for performance supplement use
Performance supplements from Group A will be considered for prescription following discussion on its indication for use with Athlete, Coach, Dietitian, Performance Services Staff and SASI Medical Director. Those from Group B must be integrated into a controlled research protocol or individual case management approach.

Step 2
Clearly define and justify the case for Group A or Group B supplement use

Prepare performance supplement plan (Coach/SS Staff/SASI Dietitian)

- Finalise details of supplement plan, including:
 - Proposed performance gain
 - Protocol
 - Possible side effects of supplementation
 - Performance monitoring (e.g. competition, time trial, etc)
 - Other monitoring (e.g. strength, anthropometrical, athlete wellbeing, haematological, cardiovascular, acid-base etc)
 - Any modifications to training/recovery required
 - Cost implications to program/athlete

Head Coach
SASI Dietitian
SS Staff

Step 3
Approval and sign-off from SASI Medical Director

Athlete Medical Screen and Consent
Organise a consultation or phone/email communication (where appropriate) with the SASI medical director (coach & athlete)

- Discussion around performance supplement plan
- Sign-off on performance supplement plan by Medical Director, Coach, Athlete and Dietitian

Head Coach
Athlete
Medical Director
SASI Dietitian

Step 4
Within 1 week of planned start date

Not Approved

- Consider reasons given and resubmit plan if relevant
- Continue to focus on sound training practices and performance eating.

Approved

- Provide supplement from referred supplier (Dietitian)
- Advise SS Staff Team of approval
- Schedule lab/other for performance monitoring
- Roll out Plan and monitor closely

Head Coach
SASI Dietitian
SS Staff



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Performance Supplements Plan

Proposed performance supplements use by SASI Podium, Podium Ready, Podium Potential and Commonwealth Gold athletes, as approved by the SASI Director, must be reviewed and approved by the SASI Medical Director. This document must be completed prior to the implementation of any supplement program for SASI athletes.

Athlete:	Sport:
Coach:	Dietitian:

Checklist (attach all required documents)

	Item	Comments/Details
1	Initial Planning Meeting	Coach, SSSM staff and Dietitian meet to discuss proposed ergogenic supplements plan
2	Performance Supplement	Product name, active ingredient
3	Group A or B Supplement	
5	Current Sports Foods & Supplements Use	Product name and manufacturer
6	Proposed Performance Gain	Include a justification for wanting to use the ergogenic supplement
7	Protocol	Detail of protocol (i.e. Acute or chronic loading, dosage, frequency etc)
8	Athlete History	i.e. has the athlete taken this supplement previously, any adverse effects?
9	Medical Status	i.e. any medical contraindications for supplement use, injuries?
10	Targeted Training Phase	Identify the targeted training phase for supplementation. Annual competition/training plan to be attached.
11	Performance Monitoring	Identify key performance monitoring options (i.e. competition, time trials etc)
12	Other Monitoring	Identify other monitoring options (i.e. strength, anthropometrical, athlete wellbeing, cardiovascular, acid-base etc)
13	Training Modifications	Does training/recovery need to be modified during the supplement period?
14	Supplier Details	Enter the details of the supplement supplier (i.e. name, address, phone, email). Dietitian to recommend a reputable supplier.
15	Cost Implications	Who is covering these costs (i.e. Program or Athlete?)

Approval (All to sign)

<u>Coach</u>	<u>Athlete</u>	<u>Dietitian</u>	<u>Medical Director</u>
Date	Date	Date	Date

SASI Supplements Policy – Athlete Fact Sheet

Summary of key points from SASI Supplements Policy

- Sound eating practices and optimal recovery practices aligned with an athlete's training and competition program will produce far greater performance benefits than any one or combination of supplements. Once an athlete consistently demonstrates these core performance practices, performance supplements that are legal, safe and relevant to an athlete's specific sporting situation may then be considered for use.
- The SASI Supplements Policy is aligned with the AIS Sports Supplement Group Classification System (Groups A, B, C and D) (www.ausport.gov.au/ais/nutrition/supplements).
- Indications for use of performance supplements must first be discussed with the athlete, coach, dietitian and relevant performance services staff. Prior to starting any performance supplement protocol, a performance supplements plan must be completed and signed by the athlete, coach, dietitian with final approval by the SASI Medical Director.

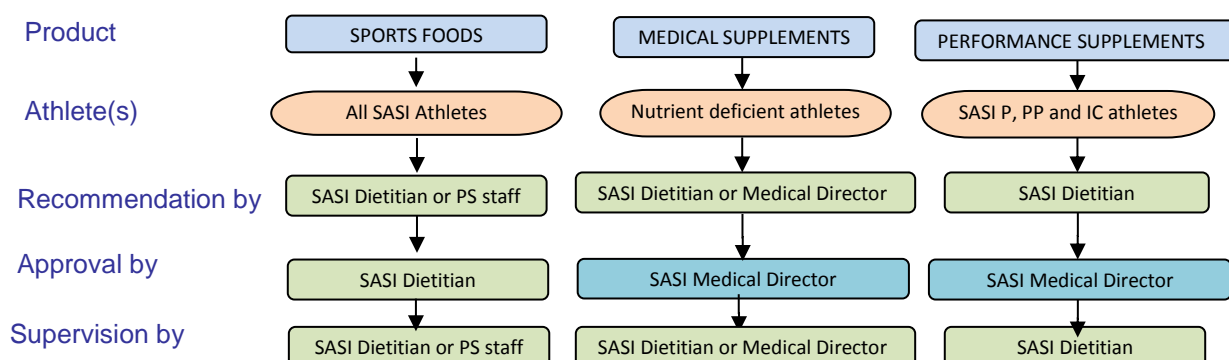
Summary of products under the SASI Supplements Policy

Category	Purpose	Supported Products	Who can use
Sports foods	Can provide a practical source of nutrients when it is impractical to consume everyday foods.	Sports drinks, sports gels and bars, liquid meals, whey protein, and electrolyte replacements.	Sports foods are supported for use by all SASI athletes under the guidance of the SASI Sports Dietitian and Performance Services staff.
Medical Supplements	Used to treat clinical issues including diagnosed nutrient deficiencies.	Group A: Examples include calcium, iron, vitamin D, multivitamin/mineral supplements and probiotics	If required, should be part of a total management plan and be prescribed by the SASI Medical Director in conjunction with the Sports Dietitian
Performance Supplements	Used to directly contribute to optimal performance. A few of these products have good scientific evidence to support their use in well-trained, fully developed athletes.	Group A: Examples include caffeine, creatine, sodium bicarbonate, beta alanine, beetroot juice Group B: Only considered under a research protocol or individual case management approach.	SASI Podium, Podium Ready, Podium Potential and Commonwealth Gold Athletes for specific situations with approval from the SASI Medical Director. Developing International athletes will be reviewed on a case by case basis.

Athlete obligations

- To declare all **sports food, medical supplements, performance supplements and medications** I am currently using or intending to use via the [supplement register form](#) enclosed in my scholarship application.
- To notify the SASI Medical Director of **any additional supplements or medications** I plan to take during the scholarship period that were not initially listed on the supplement register form at the start of my scholarship
- To declare any **sponsorship arrangements I have** with supplement companies to the SASI Director for review and approval.

Process for Sports Supplements Use by SASI Athletes





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