

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 International Athlete” – Athlete with the capability to achieve at least International class athlete status within 1 - 3 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.

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

“Podium Potential Athlete” – Individual athlete or playing member of a team placed 4th to 8th at the most recent international benchmark event and considered capable of progressing to Podium.

“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” – Individual athlete or playing member of a team with a medal performance at the most recent international benchmark event and considered capable of a medal at the next benchmark event.

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/group_a

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/group_b

- 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/group_d

Some examples are provided below but SASI athletes and staff must refer to the 2014 WADA List of Prohibited Substances and Methods: <http://www.wada-ama.org/en/world-anti-doping-program/sports-and-anti-doping-organizations/international-standards/prohibited-list/> for 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
<p>PRO-HORMONES AND HORMONE BOOSTERS</p>
<p>EXAMPLES</p> <ul style="list-style-type: none"> DHEA Androstenedione 19-norandrostenedione Other pro-hormones Tribulus terrestris and other testosterone boosters
<p>GROWTH HORMONE RELEASERS AND “PEPTIDES”</p>
<p>OTHER</p>
<ul style="list-style-type: none"> Glycerol Colostrum

5.0 Additional Supplement Cautions

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. These distributors are taught how to use personal success

stories about improved health and performance or the substantial financial rewards achieved by using and selling the products. Typically, these supplements are more expensive than products sold through pharmacies, health-food shops or the internet, and do not have scientific evidence to support the many enthusiastic claims made about them. The expense, lack of evidence and marketing format associated with these supplements are often of substantial concern.

The SASI guideline is that:

- Network marketed supplements are not recommended for use.
- SASI athletes, coaches and other staff members should avoid contact with the distributors of these companies and their products.
- SASI will not accept network marketed products to test on our athletes.
- For further information also consult the AIS policy on Network Marketing Companies at:

http://www.ausport.gov.au/_data/assets/pdf_file/0008/197432/AIS_Statement_on_Supplements_Sold_by_Network_Marketing_Companies.pdf

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 Sports Nutrition Coordinator 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 (i.e. Musashi, Body Science, Nestle in line with SASI preferred choice products or companies who are able to provide a certificate of batch testing through Informed Sport.
- The SASI Head Coach to determine who pays for the sports product or performance supplements.

6.3. Education

- All SASI athletes are to receive education on the SASI Supplements Policy through the induction process by the SASI Sports Nutrition Coordinator, Program Sports Dietitian and/or SASI Medical Director.
- All SASI athletes are to be provided with the SASI Supplement Policy Fact Sheet (Appendix 3) within their Induction Pack 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 a SASI Athlete Supplement Register (Appendix 4) indicating all sports foods and supplements in current use or being contemplated for use. This will initially be assessed by the SASI Medical Director as part of the athlete's medical screening. The SASI Medical Director will liaise with SASI Sports Nutrition Coordinator, Head Coach and Performance Services Staff where appropriate.
- All approved and signed Performance Supplements Plan must be kept on file.
- All supplement orders placed by SASI must be kept on file.
- The SASI Sports Nutrition Coordinator is responsible for updating the NSO Sports 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. Evidence-based research will be provided by SASI Medical Director or SASI Sports Nutrition Coordinator for any request.

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 Sport 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

9.0 Sanctions

If there is a failure/non-compliance by a SASI athlete with the SASI Supplements Policy, & Programme, 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 and Supplement Policy Committee. The level of sanction will be determined from the severity of the breach.

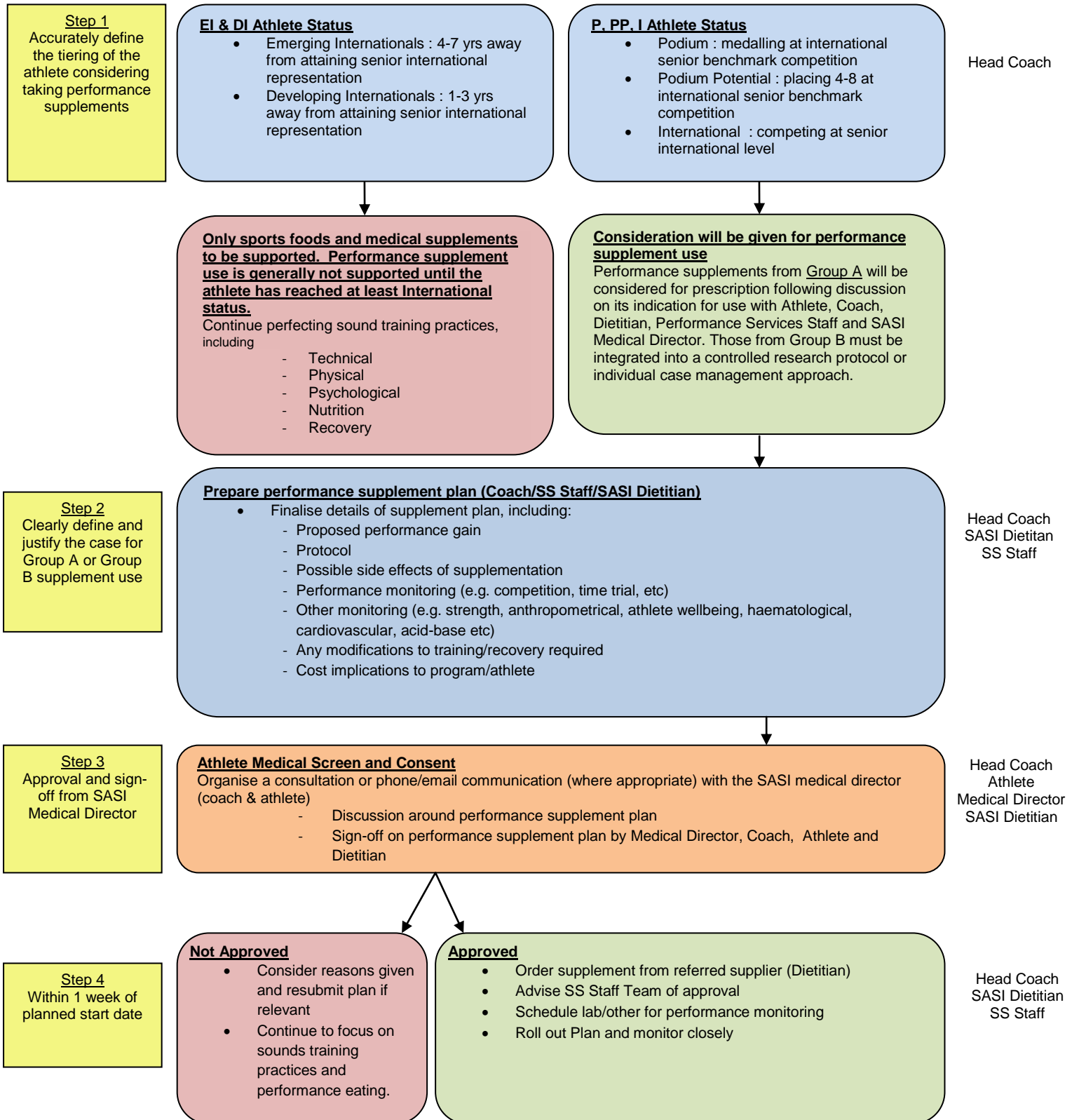
Endorsement by Director SASI / /

Approval by Executive Director Office of Recreation & Sport / /

Performance Supplements Protocol Flow Chart

TIMELINE

WHO



Performance Supplements Plan

Proposed performance supplements use by SASI Podium, Podium Potential and International 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 and Dietitian meet to discuss proposed ergogenic supplements plan
2	Performance Supplement	Product name, active ingredient
3	Group A or B Supplement	if supplement B, attach details of controlled research trial
4	Proposed Performance Gain	Include a justification for wanting to use the ergogenic supplement
5	Protocol	Detail of protocol (i.e. Acute or chronic loading, dosage, frequency etc)
6	Athlete History	i.e. has the athlete taken this supplement previously, any adverse effects?
7	Medical Status	i.e. any medical contraindications for supplement use, injuries?
8	Targeted Training Phase	Identify the targeted training phase for supplementation. Annual competition/training plan to be attached.
9	Performance Monitoring	Identify key performance monitoring options (i.e. competition, time trials etc)
10	Other Monitoring	Identify other monitoring options (i.e. strength, anthropometrical, athlete wellbeing, cardiovascular, acid-base etc)
11	Training Modifications	Does training/recovery need to be modified during the supplement period?
12	Supplier Details	Enter the details of the supplement supplier (i.e. name, address, phone, email). Dietitian to recommend a reputable supplier.
13	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.
- **Multi-ingredient supplements** (i.e. products that contain a large list of individual ingredients) and **network marketing supplements** (i.e. sold by network marketing companies who sell their products via a chain of ordinary people) are not supported unless approved 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 Potential and International Athletes for specific situations with <u>approval from the SASI Medical Director</u> . Developing International athletes will be reviewed on a case by case basis.

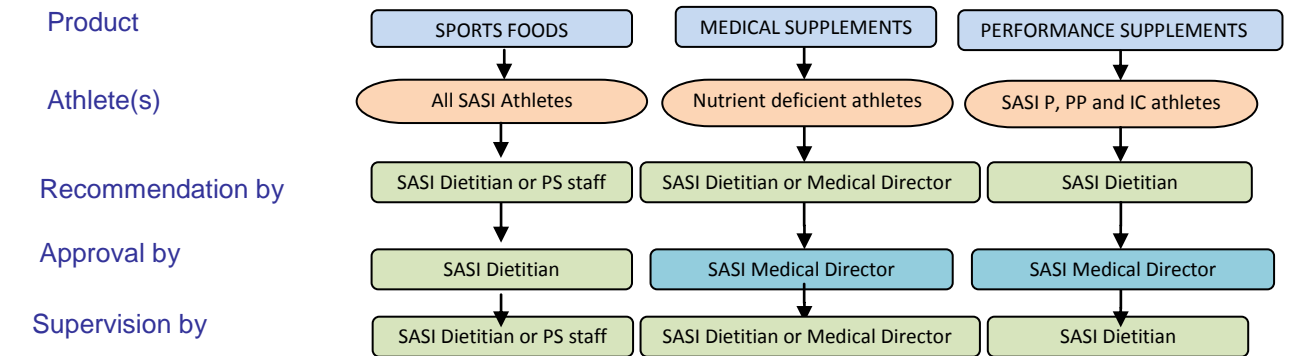
Athlete obligations

- 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.



South Australian Sports Institute

Process for Sports Supplements Use by SASI Athletes



SASI Athlete Supplement Register

Note: Any supplement use must be in accordance with the SASI Supplements Policy

DATE: _____

NAME: _____

SIGNATURE: _____

NAME OF SPORTS FOOD OR SUPPLEMENT	MANUFACTURER	DOSAGE (how many, how often)	WHY TAKE SUPPLEMENT (eg Recovery, muscle growth, etc)	HOW LONG TAKEN FOR (months, years?)	WHERE DO YOU GET IT FROM?	WHO RECOMMENDED IT TO YOU	TAKEN DURING TRAINING OR COMPETITION
EXAMPLE: Beta Alanine	Musashi	1 tab 2 x day (am/pm)	Strength	6 months	Health food store	Musashi	Training