

WAIS Supplements Policy

Owner: Chief Medical Officer

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1. Policy

WAIS supports safe and ethical supplement use for WAIS athletes who have evidence based needs.

2. Purpose

The principal purposes of this Policy are to ensure that in relation to any use of supplements, under the jurisdiction and oversight of Western Australia Institute of Sport (WAIS);

- 2.1 There is no threat to human health or safety
- 2.2 The integrity of the athlete, WAIS and sport is protected
- 2.3 WAIS athletes and programs make informed decisions on the use of supplements as part of their nutrition plans.
- 2.4 Support the correct and appropriate use of supplements to deliver maximum benefits to health and performance.

3. Background

Sports nutrition should be founded on a well-balanced nutrition plan. Accordingly WAIS:

- 3.1 Encourages a food first approach to adequate nutrition
- 3.2 Believes that supplementation should be considered on a case by case basis and only when either;
 - 3.2.1 The diet is inadequate and an athlete is at risk of developing a deficiency or
 - 3.2.2 It is deemed that a supplement may be beneficial to performance *in addition* to an adequate diet.

This policy provides guidelines for the appropriate use of dietary and nutritional supplements and uses the Australian Institute of Sport (AIS) Sports Supplement framework as its foundation. This framework is an evolution of the AIS Sports Supplement Program that was originally developed in 2000 to assist athletes use supplements and sports foods safely and appropriately.

4. Standards

- 4.1 Athletes must seek guidance on supplement use before commencing any supplementation.
- 4.2 Athletes must complete a supplements register every six months.
- 4.3 Supplement recommendation will only occur if there is a recognised dietary deficiency and/or an identified performance improvements as a result of taking the supplement.
- 4.4 Performance supplements will not be recommended for athletes under 18 years of age unless competing at the open competition level in their sport.
- 4.5 Only dietary and nutritional supplements that are evidence based will be recommended.

- 4.6 Supplements or supplementation methods recommended must be compliant with the World Anti-Doping Agency (WADA) Prohibited list.
- 4.7 Supplement recommendations and use by athletes must be consistent with the permissions provided in the WAIS Supplement Group Classification System.
- 4.8 Supplementation recommendations from National Sporting Organisations with policy and process consistent with WAIS policy and process will be supported except in the case of an evidence based conflict being confirmed by the WAIS Supplement Panel.
- 4.9 Supplements promoted by multi-level marketing companies and or herbal supplements will not be endorsed or recommended.

5. Authorities

- 5.1 The supplements listed as permitted for use in the WAIS Supplement Policy are approved by the WAIS Supplement Panel.
- 5.2 WAIS Sports Dieticians (SD) and the Chief Medical Officer (CMO) are the only persons approved to recommend and approve dietary supplementation.
- 5.3 WAIS Sports Dieticians and Sports Physiologists are the only persons approved to recommend performance supplementation.
- 5.4 Performance supplementation can only be approved by the athlete's Performance Enhancement Team.
- 5.5 Supplementation for medical reasons can only be recommended by the WAIS CMO or a WAIS endorsed Sports Physician.

6. Supplement Panel

The WAIS Supplement Policy is governed by the WAIS Supplement Panel. The Supplement Panel is comprised of the following WAIS staff:

- 6.1 A WAIS Performance Team Director (Chair)
- 6.2 WAIS Chief Medical Officer
- 6.3 WAIS Lead Sports Dietician
- 6.4 WAIS Lead Physiologist

The Supplement Panel is to meet bi-annually (in person or electronically) or as required to review this policy and or to classify supplements.

7. Supplement Classification:

The WAIS Supplement Group Classification System is based upon the AIS Sports Supplement Framework (<http://www.ausport.gov.au/ais/nutrition/supplements/groupa>). The WAIS approved permissions and recommendations for each classification group are presented in the table below.

Classification	Permitted	Recommended
A <i>Excluding Iron and Vitamin D Supplementation</i>	Yes Subject to specific product approval	Based on nutritional, medical and or performance assessment
B	Yes Subject to specific product approval	Based on nutritional and or performance assessment
C	Yes Subject to specific product approval and under supervision	Based on nutritional and or performance assessment and as part of a staff monitored program Only on approval from the WAIS Supplement Panel
D	NO	NO

7.1 Group A Supplement:

This group of sports foods and supplements:

- 7.1.1** Provide a useful and timely source of energy and nutrients in the athlete's diet; or
- 7.1.2** Have been shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in sport.

7.2 Group B Supplements:

- 7.2.1** These sports foods and supplements have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance.

7.3 Group C Supplements:

- 7.3.1** Have little proof of beneficial effects and in some cases have been shown to impair performance. They are not normally recommended to WAIS athletes.

7.4 Group D Supplements:

- 7.4.1** These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test.

8. Supplement Protocols

Individualised Programs: Supplements are only to be recommended to athletes via 2 pathways:

- 8.1.** As part of an athlete's individualised nutrition program:
 - 8.1.1.** All supplement recommendations are to be communicated to the athlete Performance Enhancement Team (PET) at their next Athlete Performance Enhancement Team meeting.
 - 8.1.2.** Athletes are to be educated by the relevant PET SD regarding the appropriate use, potential benefits and any possible side effects of any product recommended.
 - 8.1.3.** Athlete requests for supplement use must be directed to their PET SD.
- 8.2.** As part of a medical plan to address a diagnosed nutrient deficiency:
 - 8.2.1.** Prescription is based on results obtained via appropriate testing as directed by WAIS Sport Physicians or recognised Medical Officers.
- 8.3.** Record Keeping:
 - 8.3.1.** Any supplement provided to an athlete must be electronically recorded in the on the Supplement tracking database and on their APEP.
 - 8.3.2.** The following information must be recorded in the database and their APEP:
 - 8.3.2.1.** supplement name,
 - 8.3.2.2.** brand ,
 - 8.3.2.3.** reason for use,
 - 8.3.2.4.** dose,
 - 8.3.2.5.** Date of commencement and anticipated finish date.
 - 8.3.2.6.** Recommending officer
- 8.4.** Supplement Use Monitoring
 - 8.4.1.** Every 6 months athletes are to complete a Supplement Usage Survey to update WAIS with the supplements currently being used, to ensure APEP is up to date.
- 8.5.** Education
 - 8.5.1.** All WAIS athletes are to be educated on the WAIS Supplement Policy through the Building High Performance Athlete Program and annual re-education process

9. Supplement Shortages on Tour

- 9.1** Where unexpected shortages of product occur on tour the WAIS SD must be contacted to gain permission for suitable replacements.

10. Supplement cautions

- 10.1** Poly-supplements:
 - WAIS does not recommend using poly-supplements (ie: those with numerous ingredients) where single ingredient supplements are available.
- 10.2** Pre-workout Supplements:

The use of pre-workout supplements is not recommended given the high risk of contamination leading to inadvertent doping offences.

11 Definitions

11.1 Dietary supplementation – supplementation for the purpose of optimising an athlete’s nutritional status.

11.2 Performance supplementation – supplementation for the purpose of providing a competition performance ergogenic aid and or supporting a specific training intervention or strategy.

12 Sanctions

12.1 Any identified breach of this policy by WAIS athletes, staff or contractors will be dealt with by the Process for Investigation of Complaints detailed in the WAIS Staff Code of Conduct

12.2 Any breach that could or has lead to an unsafe or unethical practice may result in termination of the person/s formal relationship with WAIS.