

SUPPLEMENTS POLICY



WESTERN AUSTRALIAN INSTITUTE *of* SPORT

CONTENTS

| | |
|---------------------------------|---|
| Policy Purpose..... | 3 |
| Background | 3 |
| Policy Scope | 3 |
| Standards | 4 |
| Responsibilities | 4 |
| Breach of Policy | 5 |
| Reporting | 6 |
| Supplement Classifications..... | 6 |
| Review and Revision | 7 |

1. POLICY PURPOSE

To support WAIS athletes, make informed and evidence-based decisions on the use of dietary supplements for health and/or performance, while protecting their integrity and the integrity of WAIS.

2. BACKGROUND

Strict athlete liability: Under the World Anti-Doping Code's (WADA) strict liability principle, athletes are responsible for the substances found in their body. It is therefore essential that an athlete is responsible for all decisions regarding the use of supplements.

WAIS will support an athlete's decision making on supplement use but it is the athlete's responsibility to consult an authorised WAIS professional about their supplement use. Authorised WAIS professionals are WAIS Sports Physicians and WAIS Sports Dietitians.

Safety and ethics: Consistent with high performance sporting programs worldwide, WAIS recognises that athletes may seek to use dietary supplements to support their health and performance in high performance sport. However, as per Sport Integrity Australia advice, no supplement is 100% safe and most do not improve performance. Therefore, it is important that athletes are aware of the risks involved in taking supplements and are supported in making informed decisions regarding their use.

Evidence based: WAIS encourages a food first approach for optimising nutritional status and performance. However, as per the AIS Sports Supplement Framework, WAIS acknowledges that there is sufficient evidence to support the use of supplements for health and/or performance. WAIS is guided by the AIS Sports Supplement Framework (<https://ais.gov.au/nutrition/supplements>) for the categorisation of sports supplements (see section 8).

3. POLICY SCOPE

- 1) This policy applies to WAIS:
 - a. **Staff** – this includes Employees, Contractors, Volunteers and Board Members
 - b. **Athletes** – any athlete holding a WAIS Athlete Scholarship.
 - c. Any other individuals who have agreed to be bound by WAIS policies – such as Parents and Students.
- 2) This policy applies at all times during the person's engagement or agreement with WAIS.

4. STANDARDS

- 4.1 The use of supplements will only be supported by WAIS when an authorised service provider (4.2) recommends that its use is safe, ethical and evidenced based.
- 4.2 Only WAIS Sports Physician and WAIS Sports Dietitian are authorised service providers at WAIS and are permitted to recommend supplements to athletes.
- 4.3 All recommended products must meet one or more of the following risk minimisation criteria:
 - 4.3.1 Audited via an independent, internationally recognised third party testing program e.g. Informed Sport or HASTA (Human and Supplement Testing Australia).
 - 4.3.2 Carries an AUST R on the product label.
 - 4.3.3 Is prescribed by a WAIS Sports Physician for treatment of a clinical deficiency (e.g. calcium or vitamin D).

- 4.4 WAIS will administer this policy and manage education and compliance in line with the *WAIS Safe and Ethical Practice Policy Framework* and related policies.
- 4.5 Performance supplements will not be recommended to athletes under 18 years of age without parental consent.
- 4.6 Perceived conflicts of interest, e.g. secondary employment or sponsorship by a supplement company must be declared by all service providers and athletes.
- 4.7 Authorised Service providers (5.1.2) are to remain unbiased towards supplement providers and must provide athletes with a choice of product were available.
- 4.8 Supplementation, for medical reasons that involve blood markers including iron, calcium and vitamin D must be approved by a WAIS Sports Physician.

5. RESPONSIBILITIES

5.1 Athletes are:

- 5.1.1 Responsible for any substances found in their body, regardless of how they got there.
- 5.1.2 Responsible for seeking guidance from the Authorised Service Providers, being a WAIS Sports Physician or WAIS Sports Dietitian, before taking any supplements.
- 5.1.3 Responsible for completing and maintaining the WAIS Supplement Register upon commencement or modification (including change of batch) of any supplement.

5.2 Sports Physician and Sports Dietitians are:

- 5.2.1 Responsible for ensuring dietary and nutritional supplements they recommend are in accordance with the AIS supplement framework.
- 5.2.2 Responsible for ensuring dietary and nutritional supplements they recommend, or an athlete declares to them, meet AIS standards and are compliant with the World Anti-Doping Agency (WADA) Prohibited list.
- 5.2.3 Responsible for reporting supplement policy breaches according to the section 8 of this policy.

5.3 Coaches and other service providers are:

- 5.3.1 Responsible for consulting the authorised service providers (4.2) when they believe there is a case for supplementation in line with this policy.
- 5.3.2 Responsible for reporting suspected athlete, staff or contractor breaches of the supplement policy to an authorised service provider or WAIS grievance officer for investigation.

6. BREACH OF POLICY

- 6.1 A breach of policy occurs when:
- 6.1.1 An athlete takes, or a staff member prescribes, a Category C Supplement without the approval of the WAIS Supplementation Panel.
 - 6.1.2 An athlete takes, or a staff member prescribes, a Category D Supplement
 - 6.1.3 There is a failure to uphold the Policy Standards
 - 6.1.4 A person fails to uphold their responsibilities under this policy
 - 6.1.5 A person fails to declare supplement use or provides false or misleading information under this policy.
 - 6.1.6 There is a failure to report a breach of this policy.
- 6.2 If a person is found in breach of this policy:
- 6.2.1 The complaints process within the WAIS Staff Code of Conduct, Athlete Code of Conduct or Athlete Protection Policy applies as appropriate.
 - 6.2.2 Sanctions may be imposed according to the severity of the breach and may include termination of employment or scholarship.

7. REPORTING

Suspected breaches of this policy must be immediately reported to Authorised service provider and a WAIS Grievance Officer.

8. SUPPLEMENT CLASSIFICATIONS

| | |
|----------------|--|
| Group A | Sports foods, medical supplements, and performance supplements with strong scientific evidence for use in specific sport situations using evidence-based protocols. They are permitted for use by identified athletes according to best practice protocols. |
| Group B | Supplements with emerging scientific support, deserving further research, including food polyphenols, antioxidants, tastants, and other compounds with potential benefits to body function and/or metabolism. These can be considered for use by identified individual athletes under a research protocol or clinical monitoring situation. |
| GROUP C | Supplements with no research undertaken to guide an informed opinion, or the scientific evidence does not support benefits to athletes. WAIS will only support athlete use of these supplements with specific approval from the WAIS Supplementation Panel |
| GROUP D | Supplements that are banned or at high risk of contamination from substances that could lead to a positive doping test. These are not to be used by athletes. |

9. REVIEW AND REVISION

This policy, and all related appendices, will be reviewed as it is deemed appropriate.

Policy review will be undertaken by the WAIS Supplementation Panel, and any revisions approved by the CEO. The Supplementation Panel is comprised of the following WAIS staff:

- WAIS Chief Medical Officer (Chair)
- Nominated WAIS Sports Dietitian
- Nominated WAIS service provider with ESSA Sport Science Accreditation (ASpS)

Revision History

| Date | Version | Reviewed by | Changes made |
|-----------------|---------|-------------------------|----------------|
| 25 August 2016 | 2.3 | Chief Medical Officer | Policy Updated |
| 24 August 2018 | 2.4 | Chief Medical Officer | Policy Updated |
| 30 June 2020 | 2.5 | Chief Medical Officer | Policy Updated |
| 12 January 2022 | 3.0 | Chief Medical Officer | Policy Updated |
| 7 February 2022 | 3.1 | Chief Executive Officer | Policy Updated |
| 29 March 2022 | 3.2 | Chief Medical Officer | Policy Updated |

Printed copies of this document may not be up to date. Ensure you have the latest version before using this document.