

# WAIS Supplements Policy



WESTERN AUSTRALIAN INSTITUTE *of* SPORT

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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 Australian 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 has developed, or is at risk of developing, a nutrient 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 the AMS Supplement Declaration Form 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** Only dietary and nutritional supplements that must first have been audited via an internationally recognised third party banned substance testing program including Informed Sport, HASTA (Human and Supplement Testing Australia) and NSF Certified for Sport will be recommended.
- The only exemption from the auditing process are vitamin and mineral products that are subject to Therapeutic Goods Administration (TGA) regulations and must:
    - a) Have an AUST R on the product label
    - b) Have been manufactured in Australia; and,
    - c) Contain no herbal additives.
- 4.7** Supplements or supplementation methods recommended must be compliant with the World Anti-Doping Agency (WADA) Prohibited list.
- 4.8** Supplement recommendations and use by athletes must be consistent with the permissions provided in the WAIS Supplement Group Classification System.
- 4.9** 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.
- 4.10** Supplements promoted by multi-level marketing companies and or herbal supplements will not be endorsed or recommended.

## **5. AUTHORITIES**

- 5.1** WAIS Sports Dietitians (SD) and the Chief Medical Officer (CMO) are the only persons approved to recommend and approve dietary or performance supplementation.
- 5.2** Supplementation, for medical reasons that involve blood markers (see 'Medical Supplements' in Supplement Classification A table below), can be recommended by a WAIS Dietitian but must be approved by the WAIS CMO or a WAIS endorsed Sports Physician.
- 5.3** Iron Supplementation for altitude exposure can be recommended by WAIS Dietitian and does not require further confirmation by the WAIS CMO or a WAIS endorsed Sports Physician.

## **6. SUPPLEMENT PANEL**

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

- 6.1** WAIS Chief Medical Officer (Chair)
- 6.2** WAIS Sports Dietitian
- 6.3** WAIS Physiologist.

The Supplementation 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 (accessed via <https://ais.gov.au/nutrition/supplements> ). The WAIS approved permissions and recommendations for each classification group are presented in the table below.

Classification	Subcategories	Permitted	Recommended
<b>A</b>	<ul style="list-style-type: none"> <li>• Sports Food (e.g., sports drinks, sports gels, protein, etc.)</li> <li>• Medical Supplements* (only Iron, Vitamin D, Calcium)</li> <li>• Performance Supplements (e.g.,</li> </ul>	Yes  Subject to specific product approval	Based on nutritional, medical and or performance assessment and recommended as per authorities.  <i>*By WAIS Medical approval only</i>
<b>B</b>	<ul style="list-style-type: none"> <li>• Food Polyphenols (e.g., cherry juice, Quercetin, etc.)</li> <li>• Other (e.g., fish oils, Collagen support products, etc.)</li> <li>• Sick Pack (Zinc Lozenges, Vitamin C)</li> <li>• Amino Acids (BCAA/ Leucine, Tyrosine)</li> <li>• Antioxidants (Vitamin C&amp;E, N-acetyl cysteine).</li> </ul>	Yes  Subject to specific product approval	Based on nutritional and or performance assessment and recommended as per authorities.
<b>C</b>		Yes  Subject to specific product approval	Based on nutritional and or performance assessment and recommended as per authorities.
<b>D</b>		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** It is the athlete's responsibility to electronically record details of supplementation on the Supplement Registry located in AMS.
- 8.4** Supplement Use Monitoring
  - 8.4.1** Every 6 months athletes are to complete a Supplement Declaration Form to update WAIS with the supplements currently being used, to ensure the AMS Supplement Registry is up to date.
- 8.5** Education
  - 8.5.1** All WAIS athletes are to be made aware of the WAIS Supplement Policy through the WAIS Induction Process. Other education includes the Building High Performance Athlete Program and the ASADA Anti-Doping Online Course.

## **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. RESPONSIBILITY FOR CATEGORY B AND C SUPPLEMENT USE

If, the dietitian and/or CMO identify an athlete is taking supplements from Category B or C;

- 12.1** Athlete to be advised in writing by CMO or WAIS Dietitian (cc PTD) within 24 hours with details of the supplement category, associated risk, and recommended athlete response.
- 12.2** Confirmation email from the athlete must be received within 48 hours acknowledging that they understand the advice provided to them and confirm whether they intend to continue taking the supplement.
- 12.3** If the athlete decides to not follow WAIS advice, a consult with the dietitian is arranged to discuss the advice provided within 5 days of written advice.
- 12.4** At the conclusion of this consultation, the athlete will sign the [Responsibility of Supplement Use](#) form acknowledging their intent.
- 12.5** Athletes overseas are to conduct a skype consult and provide email confirmation at the conclusion of the consult acknowledging their intent.
- 12.6** CMO or WAIS Dietitian to complete the [Responsibility of Supplement Use](#) form, and file accordingly.

## 13. CATEGORY D SUPPLEMENT USE

If, the dietitian and/or CMO identify an athlete is taking supplements from Category D

- 13.1** Athlete advised in writing by CMO or WAIS Dietitian (cc PTD) within 24 hours to cease use. The WAIS Performance Team Director will instigate an immediate investigation following the Code of Conduct Policy guidelines.

## 14. SANCTIONS

- 14.1** 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 relevant WAIS Athlete or Staff Code of Conduct.
- 14.2** Any breach that could lead to, or has led to, an unsafe or unethical practice may result in termination of the person/s formal relationship with WAIS.

## 15. REVIEW AND REVISION

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

Policy review will be undertaken by the Chief Medical Officer and any revisions approved by the Chief Executive Officer.

Revision History

Date	Version	Reviewed by	Changes made
21 November 2014	2.1	Chief Medical Officer	Policy Updated
9 December 2014	2.2	Chief Medical Officer	Policy Updated
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

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