

High Performance Network Supplements Policy



AusCycling High Performance Network

Supplements Policy

1. Who this Policy applies to

AusCycling (AC) High Performance Network (HPN) Supplements Policy (this Policy), applies to all Athletes and Athlete Performance Support Personnel as defined under the World Anti-Doping Code (the Code), who are employees, volunteers, contractors or categorised athletes who participate in AC HPN funded programs (i.e., AC Australian Cycling Team, State Institutes and Academies of Sport (SIS/SAS)), or are being supported by the AC HPN.

2. Purpose of this Policy

The AC HPN Supplements Policy aims to:

- 2.2. always maintain Athlete safety and well-being by providing supplement and/or protocol advice to the best of the AC Supplements Standards and Policy Committee's (SSPC) knowledge at that time. The advice will be based on whether a supplement and/or protocol is safe, legal, ethical, and based on sound scientific and/or medical evidence. The Committee does acknowledge that there is still a potential risk of contamination from any supplement. The Committee acknowledges that Sports Integrity Australia (SIA) and the World Anti-doping Authority (WADA) do not recommend use of supplement products or offer advice to athletes about which supplement to take, and it is not possible to check the status of supplements on Global Drug Reference Online (DRO). As per section 6.2 of the Policy, Athletes are ultimately responsible for what supplements they use and therefore, must ensure that the supplement does not lead to a doping violation;
- 2.3. ensure the correct and appropriate use of supplements to maximise performance, training and recovery processes;
- 2.4. give Athletes the confidence that they receive 'cutting edge' information and advice to achieve World's best practice nutrition services whilst minimising the risk of an inadvertent doping offence; and
- 2.5. be continually revised and updated as new supplements which are safe, legal, ethical, and evidence-based are considered for use.



3. AC Supplements Standards & Policy Committee (SSPC)

- 3.2. The AC Board shall appoint a Supplements Standards & Policy Committee (SSPC) to oversee the AC HPN Supplement Program and the delivery of the AC HPN Supplement Provision Protocol, including ongoing compliance with Australian Institute of Sport (AIS) Sports Science and Sports Medicine Best Practice Principles https://www.sportaus.gov.au/data/assets/pdf_file/0004/687559/SSSM_Best_Practice_Principles_October_2018.pdf.
- 3.3. The SSPC will consist of key members of the AC HPN Support Service team working with state, national and international cyclists and coaches on a day-to-day basis, and include (among others):
 - 3.3.1. Chief Medical Officer, Australian Cycling Team;
 - 3.3.2. Performance Support Nutrition, Australian Cycling Team;
 - 3.3.3. the Athlete Health Lead, Australian Cycling Team;
 - 3.3.4. Professor of Nutrition, Australian Catholic University
 - 3.3.5. a Board Member, AusCycling
 - 3.3.6. the Anti-Doping Manager, AusCycling; and
 - 3.3.7. a Committee Facilitator.
- 3.4. The purpose of the SSPC is to assist the AC HPN in the implementation and continual review of its Supplement Policy, Supplement Program and Supplement Provision Protocol.
- 3.5. The roles and responsibilities of the SSPC are to:
 - 3.5.1. provide recommendations to AC's Athletes and Athlete Performance Support Personnel on the safe, legal, ethical and evidence-based use of supplements for Australian Cycling Team athletes in the sport of Cycling (Road, Track, Mountain Bike, BMX and Para-Cycling);
 - 3.5.2. establish, review and amend, where appropriate, the AC HPN Supplements Program and Supplement Provision Protocol on a regular basis as new supplements, information and scientific research are conducted;
 - 3.5.3. consult with relevant authorities/experts, the AIS, SIA, WADA, AC Ethics and Integrity Committee, Athletes and Athlete Performance Support Personnel to review and amend, where appropriate, the AC HPN Supplements Program and Supplement Provision Protocol;
 - 3.5.4. ensure that the AC HPN Supplements Program and Supplement Provision Protocol is applied at the minimum standard consistently across AC HPN programs and Athletes, with due consideration given to the different levels of the athletes/programs (i.e. Olympic, Paralympic, National, State Institute/Academy programs; and junior and senior athletes);
 - 3.5.5. communicate to AC HPN program Athletes and Athlete Performance Support Personnel any updates on new products, identified unsafe products, Program



- and protocol updates/changes and new SIA and WADA rules/regulations;
- 3.5.6. ensure appropriate education is provided to Athletes and Athlete Performance Support Personnel on the area of Supplements;
 - 3.5.7. provide an appropriate “Approval of Use” process (AC Supplement Program and Supplement Provision Protocol) and outline this process to all Athletes and Athlete Performance Support Personnel;
 - 3.5.8. monitor the Supplements Registers for AC national programs, directly aligned to, and in accordance with, the professional standards set by the AIS for Olympic/Paralympic program sports;
 - 3.5.9. consider and decide on any alleged breaches of this Policy, including the AC Supplements Program and Supplement Provision Protocol; and
 - 3.5.10. address any requests for special consideration of the use of new supplements by Athletes, where products are not listed and provide evidence-based reasoning for the SSPC’s decision on such a request.
- 3.6. The AC SSPC will meet biannually to ensure the policy remains up to date and reflects current best practice, with the option of extra-ordinary meetings as required.

4. Programs and Personnel

- 4.2. The AC HPN Supplements Program and Supplement Provision Protocol, including all supplement approvals, ordering, provision of supplements and record-keeping for Australian Cycling Team Athletes, Athletes invited into Australian Cycling Team training and competition environments (Podium, Podium Ready, Podium Potential) and any HPN Developing or Emerging athletes requested by a National Coach/Technical Director will be conducted by Australian Cycling Team personnel (i.e. Performance Director, Chief Medical Officer, Performance Support Nutrition and Athlete Health Lead).
- 4.3. All supplement approvals, ordering, provision of supplements and record-keeping for HPN Emerging and Development athletes is conducted by HPN personnel in accordance with the AC HPN Supplements Policy, except any Athletes outlined in Section 4.1. (Note: Cycling Queensland implement the underpinning state program in Queensland).

5. Supplement classifications system and approval process

- 5.2. The AC HPN Supplements Program and Supplement Provision Protocol will be aligned with the AIS Sports Supplement Framework (<https://www.ais.gov.au/nutrition/supplements>) and should adopt their Group Classification System (Groups A, B, C and D: see table below) and procedures/protocols.
- 5.3. The term “supplements” include any synthetic or natural chemical in the form of a formulated food, a tablet/tab, capsule, gummy/gum, liquid, spray, herbal extract, or powder that is consumed orally for the purpose of enhancing health and function, including athletic performance. They also include Sports bars, Sports drinks, Sports gels, Sports spray, Liquid meal replacements and any other oral form of ergogenic aid. The supplement group DOES NOT include prescribed medications which are accessed from a registered



medical provider.

- 5.4. The Australian Cycling Team have a strict approval process for the use of any supplements and the process involves consultation with the following Australian Cycling Team personnel; Chief Medical Officer, Performance Support Nutrition, Performance Director and AC SSPC, for Australian Cycling Team categorised Athletes (Podium, Podium Ready, Podium Potential) and any HPN Developing or Emerging Athletes requested by a National Coach/Technical Director, and with HPN support staff for HPN athletes (not including those requested by a National Coach/Technical Director). Supplements provided to HPN athletes must be done in accordance with the AC HPN Supplements Policy.
- 5.5. At the commencement of each athlete membership period, Athletes will be required to provide a list of all sports foods and supplements in current use or being contemplated for use. This will be assessed by the AC Supplements Standards and Policy Committee and approval granted where appropriate.
- 5.6. A full list will be obtained from all Athletes to which this Policy applies bi-annually and recorded in the Supplements Registers for AC cycling programs.

<p>Group A</p> <ul style="list-style-type: none"> • 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 performance. Should be used in individualized protocols under the direction of an appropriate Sports Medicine/Science practitioner/Sports Dietitian. 	<p>Group B</p> <p>Are deserving of further research and considered for provision to AC cyclists. These may also be trialed on a case-by-case basis based on approval by the Australian Cycling Team Medical Officer and Performance Support Nutrition.</p>
<p>Group C</p> <p>Have little proof of beneficial effects. In the absence of proof of benefits, Group C supplements will not be provided to Australian Cycling Team cyclists from AC budgets or other sources funded by AC.</p>	<p>Group D</p> <p><u>Should not</u> be used by Australian Cycling Team cyclists.</p>

Multi-ingredient supplements (i.e. products that contain a large list of individual ingredients) are of concern to the AC HPN. Multi-ingredient supplements are not supported unless specifically developed or cleared by the AC Supplements Standards and Policy Committee.

6. Athletes and Athlete Support Personnel obligations

- 6.2. All Australian Cycling Team program Athletes (i.e. Podium, Podium Ready and Podium Potential) plus HPN Athletes (Developing and Emerging) are obligated under this Policy to:
 - 6.2.1. comply with all aspects of the AC HPN Supplements Policy, and the AC Supplements Program and Supplement Provision Protocol;
 - 6.2.2. where appropriate, have a thorough Nutrition assessment with Australian Cycling Team Performance Support Nutrition Provider or appropriate HPN nutrition provider



prior to the use of any supplements to ensure the supplement's appropriateness. This assessment is to ensure Athletes have the basic nutrition requirements met prior to using supplements;

6.2.3. gain approval for the use of any supplements;

6.2.4. undertake education sessions on nutrition and supplements; and

6.2.5. communicate openly with medical and sport science staff about supplements.

6.3. Athletes are ultimately responsible for what supplements they use and therefore, must ensure that the supplement does not lead to a doping violation. Australian Cycling Team staff, personnel and the SSPC will always provide information and advice based on whether a supplement and/or protocol are safe, legal, ethical and based on sound scientific and/or medical evidence which will maximise performance, training and recovery processes, but the SSPC and Australian Cycling Team staff and personnel acknowledge that there is still a potential risk of contamination for any supplement.

6.4. All Australian Cycling Team Athlete Performance Support Personnel and HPN Personnel, are obligated under this Policy to:

6.4.1. comply with all aspects of the AC HPN Supplements Policy, and the AC Supplements Program and Supplement Provision Protocol;

6.4.2. communicate openly with medical and sport science staff about supplements.

7. Breach of Policy

7.2. If the SSPC find that there is a failure to comply with the AC HPN Supplements Policy, AC Supplements Program or Supplement Provision Protocol, this will be treated as a breach of this Policy and the Australian Cycling Team – Athlete Member Agreement and/or AC National Team Agreement.

7.3. For athletes who are signatories to only the Australian Cycling Team – Athlete Member Agreement, refer to Section 13.3 of that Agreement for action in respect of breach.

7.4. For athletes who are signatories to the AC National Team Agreement or both the AC National Team Agreement and Australian Cycling Team – Athlete Member Agreement, refer to Section 15. of the AC National Team Agreement for action in respect of breach.

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Document History

Policy Version	Issue Date	Description of Change	Effective From
.0	21 Feb 2014	Document developed	1 May 2014
1.1-1.6		Minor grammatical revisions	
1.7	3 Feb 2015	Minor Revision	
2.0		Change to No Needles Policy and Minor Revision	
3.0	13 July 18 10 August 18 20 August 18 23 October 18	Update in terminology (HP to Australian Cycling Team) and positions	
3.1	19 June 2019	Review and Minor Amendments	
4.1		Update in terminology (Cycling Australia to AusCycling) and AIS supplement framework	