

SPORTS FOOD AND SUPPLEMENTS POLICY



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PURPOSE

The AusCycling (AC) Sports Food and Supplements Policy is based on the principle that athletes are best served by following a food first, periodised nutrition plan that promotes long term health and performance. This policy acknowledges the small, but potentially valuable role that sports food and supplements may play, as an addition to a “food first” nutrition plan, in meeting the special demands of training and competition, which should be established with the assistance of an Accredited Sports Dietitian (ASD).

These have been developed by AC with the objective of:

- Providing athletes (and others where relevant) with access to expert information on sports foods and supplements and allowing them to make informed decisions on supplement use.
- Minimising the risk of an anti-doping rule violation (ADRV), or the compromise of athlete health and/or performance, resulting from supplement use.
- Providing direction on appropriate governance of the policy, including appropriate membership of the body established (The Supplements Advisory Group) to oversee guidance and regulation of supplement use.
- Establishing and advocating a minimum standard of qualification and accreditation for those persons responsible for supplement advice (± provision).
- Providing leadership for the High-Performance Network to assist with making appropriate decisions regarding the safe and appropriate use of supplements for emerging and developing athletes.

AC prioritise the health and wellbeing of athletes and believe all role holders in our system have a part to play. AC aim to implement an evidence based, safe, effective, and legal approach to supplement use as part of a broader performance nutrition strategy. **However, athletes are reminded that they are responsible for all substances that enter their body under the ‘strict liability’ rules of the World Anti-Doping Code.**

AusCycling endorses the Australian Institute of Sport (AIS) Position Statement on Supplements and Sports Foods in High Performance Sport, which provides expert classification of supplements and is subject to ongoing research, continual review and change, in a form that is relevant to our organisation and athletes.

WHO DOES THIS POLICY APPLY TO?

This Policy applies to any Individual (athlete or staff member) who is part of the AC High Performance Environment, including:

- Athletes who have signed an AC National Team Agreement or Visiting Agreement;
- Categorised Athletes (Emerging, Developing, Podium Potential, Podium Ready, Podium);
 - For any other athletes (sports participants), the purpose of this policy is to provide direction and education in relation to best practice supplement use – refer Appendix 2.
- CEO and Board members;
- AC and High-Performance Network Staff;
- Contractors and Volunteers when participating in an AC Performance approved activity;
- any other Athlete Support Personnel to whom this policy applies.

AC recommends that all State Institutes/Academies of Sport adopt this policy.

Interaction with other policies

In the event of an inconsistency, the *AC Anti-Doping Policy* or the *AC Improper Use of Drugs and Medicine Policy* (refer clause 3.5), takes precedence as relevant.



INDIVIDUAL RESPONSIBILITIES

Individuals bound by this policy must:

- a. comply with this policy and only obtain and use any supplement in accordance with the conditions set out in this policy;
- b. not enter into any sponsorship or other arrangement in relation to supplements without prior approval from AC and an athlete will not enter or seek to enter into any such arrangement that will cause them to breach this guideline;
- c. promptly report to AC, any person's conduct (including their own conduct or an approach to engage in conduct) that they know, or reasonably suspect may be a breach of this policy;
- d. disclose, if requested, all details in their knowledge relating to information that indicates their apparent or suspected non-compliance with this policy;
- e. consent to the provision and recording of information about them in accordance with this policy;
- f. use their influence to support and reinforce the education messages regarding supplements that are promoted by AC, including in this policy;
- g. make themselves available for, and actively engage in, education programs in relation to this policy; and
- h. stay informed of any changes to this policy.

For more information on Individual responsibilities, refer to:

- Appendix 1: Athletes Responsibilities
- Appendix 2: Sport Participant Guidance
- Appendix 3: Supplement Advisory Group

ORGANISATIONAL RESPONSIBILITIES

AusCycling will:

- a. adopt, implement, and comply with this policy;
- b. ensure this policy is made available to those bound by this policy once it is in place;
- c. ensure that each athlete and employee receives, completes and/or attends appropriate education programs in relation to this policy (<https://www.sportintegrity.gov.au/education>);
- d. ensure that each athlete and employee is notified of any change to this policy;
- e. ensure that the information recorded on the centrally-documented system pursuant to this policy, is subject to strict and appropriate access controls in accordance with Australian privacy legislation;
- f. discharge the organisations obligations under this policy in a discreet and confidential manner;
- g. ensure that there are opportunities for key performance support practitioners/ managers to have their existing practices and procedures reviewed;
- h. remain committed to ongoing research and expert advice from recognised regulatory bodies in relation to sports foods and supplement use; and
- i. establish and maintain a SAG to oversee governance of this policy.



SUPPLEMENTS – WHAT CAN BE USED?

In this policy, Supplements are classified into four groups: Group A, Group B, Group C and Group D according to their effectiveness and safety, as set out in the [AIS Sports Supplement Framework](#) (adapted for) AC.

Athletes in the J19 Category

In view of the negative consequences of inappropriate supplement practices, AC promotes the general principle that athletes in the J19 category should not use **performance supplements** (as determined by the [AIS Sports Supplement Framework](#)), and will not provide J19 category athletes with performance supplements unless by a medical doctor for medical reasons. AC endorses the position of Sports Dietitians Australia that specifies 'nutrient needs should be met by core foods rather than supplements, as the recommendation of dietary supplements to developing athletes over-emphasizes their ability to manipulate performance in comparison with other training and dietary strategies'.

Use of Group A or Group B supplements

An athlete may use a Group A or B supplement on the following conditions:

- a. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the supplement;
- b. if a categorised athlete, they have received permission to do so and advice in relation to using that supplement from their NSO/NIN doctor or a practicing Accredited Sports Dietitian;
- c. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks focusing on whole foods; and
- d. they are educated about the appropriate use of the sports food and supplement and its place in an appropriate sports nutrition program.

Group C Supplements

Generally, all athletes are prohibited from using any Group C supplement. However, there may be some limited circumstances in which an athlete will receive permission to use a Group C supplement and its use will be adequately monitored by a doctor/ Accredited Sports Dietitian. All Group C supplements must undergo third-party batch testing by a provider deemed suitable by SAG.

If an athlete believes that their circumstances are exceptional and they wish to use a Group C Supplement, they must first receive written permission from their Accredited Sports Dietitian to use the supplement and this permission must have been approved by their doctor, and only use that supplement as directed by their Accredited Sports Dietitian;



Group D Supplements

All athletes are prohibited from using any Group D Supplement. Group D Supplements are banned by WADA or are at high risk of being contaminated with substances that could lead to a positive drug test or are at high risk of compromising an athlete's health and safety.

Considering use of a supplement?

Diagram 1: Examples of categorised supplements and the authorisation for sport practitioners, ASD and/or Doctors to provide to athletes

Group	ASD/ Doctor Approval ¹	Exemption from ASD/ Doctor approval ²	3rd Party Batch Tested	Exemption ³ from 3rd party Batch Testing	Specific products provided to athletes	Staff approved to provide to athletes
A – Sports Foods	NO	<i>e.g. Sports drinks, confectionary and bars, electrolyte supplements</i>	YES	<i>Sports drinks,</i>	<i>e.g. Gatorade</i>	<i>Provided by nominated AC / HPN performance support personnel</i>
A – Medical	YES	NIL	NO](unle ss specified by CMO)	<i>e.g. Therapeutic Goods Administrati on (TGA) Registered Medicine (AUST-R)</i>	<i>e.g. Maltofer</i>	<i>Provided by Doctor and/or ASD</i>
A – Performance	YES	NO	YES	<i>e.g. Therapeutic Goods Administrati on (TGA) Registered Medicine (AUST-R)</i>	<i>e.g. Performanc e Musashi creatine monohydra te</i>	<i>Provided by an ASD</i>
B	YES	NO	YES		NIL	NIL

¹This identifies if ASD and/or doctor approval is required prior to athletes consuming specific supplements. Irrespective, athletes are strongly encouraged to seek the expert advice of their ASD and/ or doctor prior to the use of any supplement, to assist the athlete in better understanding the potential value of the supplement in their specific circumstances and goals, as well as giving consideration to their current dietary intake and training. For some supplements, that guidance is considered mandatory and ASD and/ or doctor approval prior to use.

²Some supplements may be exempt from requiring ASD and/ or doctor approval prior to use. This is most likely within the sports food group., but is the responsibility of the SAG.

³Third party batch tested Group A and B supplements should only be sourced, except for those group A supplements exempted by the SAG, and/ or Group A – Medical supplements that are Registered Medicines.



AusCycling Performance Environment – Supplement Provision to Athletes

Storage and Supply

Any supplements provided by AC to Podium Ready or Podium categorised athletes, or national team athletes must be approved by the AC appointed sports dietitian. All supplements are to be stored securely (by way of locked storage in AC training environments) and nominated AC staff on tour are responsible for controlling access to supplements and storing them in a safe and secure environment.

AC staff are only permitted to access or supply athletes with supplements with approval from the AC Sports Dietitian or CMO.

Only sports foods (including sports drinks) may be stored in communal dispensers. No medical or performance supplements can be supplied or stored in a communal dispenser which athletes can access.

BREACH OF THIS POLICY

A breach of this policy will be managed in accordance with the procedures outlined in [AusCycling's Complaints, Disputes and Discipline Policy](#).

A person commits a breach of this policy when any of the following occurs:

- a. An athlete takes a prohibited sport supplement;
- b. An athlete fails to obtain the prior written approval before entering into an arrangement regarding supplement endorsement or use;
- c. A person provides or supplies supplements without authority;
- d. A person refuses or unreasonably fails to comply with a reasonable direction of AC made under this policy; and
- e. A person does or fails to do anything that is reasonably deemed by AC to be a breach of this policy.

NOTE: All AC Athletes (Podium Ready and Podium Categorised and/or National Team) and Athlete Support Personnel are bound by all applicable AC policies and procedures, including the following:

- World Anti-Doping Code
- AusCycling Anti-Doping Policy
- AusCycling Code of Conduct
- AusCycling Improper use of Drugs and Medicine Policy

Reporting non-compliance

If you know or reasonably suspect that any person has engaged in conduct, or has been approached to engage in conduct, that may be a breach of the policy (including yourself), you must promptly report this to AC. You must also promptly notify AC if you are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of the policy.

You must discharge your obligations under the policy in a discreet and confidential manner and must not disclose any information provided under the policy unless expressly required or authorised to do so.

Not complying with the policy may be a breach of your employment contract or team agreement.



FURTHER INFORMATION

<https://www.ais.gov.au/nutrition/supplements>

<https://www.sportintegrity.gov.au/what-we-do/anti-doping/supplements-sport>

<https://www.sportsdietitians.com.au/>

DEFINITIONS

SAG: Supplement Advisory Group

WADA: World-Anti Doping Agency

ASD: Accredited Sports Dietitian

AIS: Australian Institute of Sport

NSO: National Sporting Organisation

CMO: Chief Medical Officer

ADRV: Anti-Doping Rule Violation



APPENDIX 1 – ATHLETE RESPONSIBILITIES

Summary for Athletes

Some supplements may play a role in supporting health and/ or performance outcomes in specific circumstances, although this varies between individuals. However, there is no expectation or requirement for you to use Supplements and you are more likely to benefit from a 'food first' approach to achieving your unique health and performance nutrition needs, established with the assistance of your Sports Dietitian.

AusCycling Sports Food and Supplements Policy has been introduced because there are limitations to the regulation of the supplement industry and by taking Supplements, you may:

- risk committing a doping offence;
- compromise your health or performance;
- waste time and money on products that have no benefit to your performance; and
- set a poor example for the community.

Athletes are reminded that they are responsible for all substances that enter their body under the 'strict liability' rules of the World Anti-Doping Code. Some supplements are riskier than others.

The **Sport Integrity Australia (SIA) App** is a useful resource to help mitigate the risk of inadvertent doping by helping to identify supplements that have been batch-tested. The SIA App provides a list of more than 11,000 batch-tested products. We recommend that all athletes consult the educational resources of SIA regarding the risks associated with supplements and sports foods. While batch-tested products have the lowest risk of a product containing prohibited substances, they cannot offer you a guarantee that they are not contaminated www.sportintegrity.gov.au/what-we-do/supplements-sport.

Athlete obligations

You will:

- **Keep accurate records:** you are responsible for recording your supplement use. Ensure you include details such as batch number, brand, product name and batch testing agency. . For categorised athletes, you can record your supplement use in AMS (AIS Athlete Management System).
- **Limit sponsorship:** not enter into any sponsorship or other agreement in relation to supplements, without prior approval from AC and you will not enter or seek to enter into any such agreement that will cause you to not comply with the policy.
- **Report actual or suspected breach:** promptly report to AC any person's conduct (including your own conduct or someone being approached to engage in conduct) that you know, or reasonably suspect may be a breach of the policy.
- **Fully disclose:** disclose to AC, if requested, all details relating to publicly available information that indicates your apparent or suspected non-compliance with the policy.
- **Be an ambassador:** use your influence to support and reinforce the education messages regarding supplements that are promoted by AC.
- **Stay educated:** make yourself available for, and actively engage in, AC education programs in relation to supplements; and
- **Stay up to date:** stay informed of any changes to the policy (and AC will notify you of any changes to the policy).



Diagram 2: Key steps to consider before using a supplement.



AIS Supplement tree: https://www.ais.gov.au/_data/assets/pdf_file/0008/1082519/AIS-Supplement-Framework-Decision-tree_v6.pdf



APPENDIX 2 – SPORT PARTICIPANTS GUIDANCE

Advice for Sport Participants (at all levels)

Some supplements may play a role in supporting health and/ or performance outcomes in specific circumstances, although this varies between individuals. However, there is no expectation or requirement for athletes to use supplements and they are more likely to benefit from a ‘food first’ approach to achieving their unique health and performance nutrition needs, established with the assistance of a sports dietitian. *AusCycling Sports Food and Supplements Policy* has been introduced because there are limitations to the regulation of the Supplement industry and by taking supplements, athletes may:

- risk committing a Doping Offence;
- compromise their health or performance;
- waste time and money on products that have no benefit to their performance; and
- set a poor example for the community.

Sports participants are reminded that they are responsible for all substances that enter their body under the ‘strict liability’ rules of the World Anti-Doping Code. Some supplements are riskier than others.

The **Sport Integrity Australia (SIA) App** is a useful resource to help mitigate the risk of inadvertent doping by helping to identify supplements that have been batch-tested. The SIA App provides a list of more than 11,000 batch-tested products. We recommend that all athletes consult the educational resources of SIA regarding the risks associated with supplements and sports foods. While batch-tested products have the lowest risk of a product containing prohibited substances, they cannot offer a guarantee that they are not contaminated www.sportintegrity.gov.au/what-we-do/supplements-sport

General advice

Do:

- Follow a periodised nutrition plan that will allow you to adapt eating and drinking practices to maximise your health and performance.
- Remember that a good nutrition plan that emphasises appropriate timing, quantity and choice of meals and snacks focusing on whole foods, may replace the need for any particular supplement.
- Before using any supplement, check if it is listed in the [AIS Sports Supplement Framework](#)
- Before using any supplement, check if it has been batch tested via the SIA App
- Seek advice from an accredited practicing dietitian (preferably an advanced or accredited member of Sports Dietitians Australia, see <https://www.sportsdietitians.com.au/find-an-accredited-sports-dietitian/>) or doctor, before taking any supplement.
- Make sure that dietitian or doctor is familiar with the most current [WADA Prohibited List](#).

Do not:

- Do not take a supplement just because a teammate or a competitor is taking it or recommends it.
- Do not take any supplements that make claims that sound too good to be true. Always validate product claims through non-biased sources, such as an accredited member of Sports Dietitians Australia.
- Do not take any supplements made by a company which also manufactures substances which are on the [WADA Prohibited List](#) due to the risk of cross contamination.
- Do not take any supplements made by a company which in the past has been associated



with positive drugs tests.

- Do not exceed the recommended dose. Remember that more is not always better. Excessive use of a supplement can have a negative impact on health and on the availability or absorption of another supplement. The recommended daily allowances for a supplement should be used as a guide in determining nutritional needs.



APPENDIX 3 – SUPPLEMENT ADVISORY GROUP (SAG)

AC Ethics and Integrity Committee will establish and maintain a SAG for the purposes of:

- a. considering requests, updates or other evidence relating to classifying or reclassifying a supplement and if appropriate, consulting with the AIS sports supplement program in relation to the classification of that Supplement (Supplement Reclassification Form);
- b. SAG meetings should be held bi-annually at minimum;
- c. considering the suitability of batch testing providers;
- d. determining whether prospective sponsorship or other agreements comply with this policy;
- e. reviewing the information recorded on the AC Supplement Register;
- f. providing advice and recommendations on supplement use, including the population of Table 1, which addresses issues on specific supplement groups (and specific supplements, where appropriate) and their required approval prior to ingestion, requirement for third-party batch testing, plus supplements provided to athletes and by whom;
- g. reviewing the effectiveness of this guideline; and
- h. report to AC's Ethics and Integrity Committee on an annual basis in relation to the operation of, and the information provided under, this guideline.

AC Ethics and Integrity Committee will have the sole discretion to appoint and remove members of the SAG, including the Chair, and will always endeavour to have a member of the SAG that is external to AC. The members of the SAG should include as a minimum:

- a. a representative of the AusCycling Performance Health Team;
- b. the AusCycling Chief Medical Officer;
- c. a representative of the AusCycling Integrity Unit;
- d. an athlete representative of AusCycling;
- e. a representative from the AIS Sports Supplement Program or;
- f. an NSO or NIN accredited sports dietitian; and/or
- g. Other members, as deemed appropriate for AusCycling.

The SAG will be governed according to the following principles:

- a. the SAG will complete its obligations under this guideline in a discreet and confidential manner;
- b. if all the members of the SAG have received reasonable notice of a meeting and a quorum is present, the meeting is competent to exercise all or any of the authorities, powers or discretions vested in or exercisable by the SAG;
- c. the SAG will hold biannual meetings to discuss any issues arising out of this policy;
- d. a quorum of the SAG is three (3) and must include the Chair;
- e. questions arising at a meeting of the SAG are to be decided by a majority of votes cast and must include the vote of the Chair (appointed from membership group) and any such decision is for all purposes a determination of the SAG and must be minuted;
- f. a written resolution may be passed if all of the members of the SAG, other than a member on leave from the SAG or otherwise not entitled to vote, have had a reasonable opportunity to consider a proposed resolution, and if the members who assent in writing to the proposed resolution (including by electronic means) would have constituted a quorum at a meeting of the SAG, then that resolution is taken as having been passed by the SAG; and
- g. in the case of an equality of votes upon any proposed resolution, the Chief Medical Officer will have the casting vote.



The SAG may request that mandatory third-party batch testing of any supplement be conducted before its use by an athlete. Where the SAG notifies the Accredited Sports Dietitian or athlete, the athlete must not use the supplement until receipt of written notice from SAG (or its nominee) that SAG is satisfied with the result of the third-party batch testing.