



Supplements Policy

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Supplements Policy

IMPORTANT POINTS

- This Policy provides guidance and recommendations in relation to Supplement use in swimming.
- The majority of supplements have little or no health or performance benefits. In addition, there are potential health and contamination risks associated with their use.
- The key pillars for high performance swimming are consistent training, good sleep and well planned nutrition.
- **Swimming Australia recommends that Supplements only be used in conjunction with advice and recommendations from an Accredited Health Professional, checked through the SIA app and considered only as part of an overall sports nutrition program.**
- There is no guarantee that any particular Supplement is completely free from substances on the WADA Prohibited List or those that would classify the Supplement as a Prohibited Substance.
- If a Swimmer uses Supplements in an unregulated manner, they may risk registering an Adverse Analytical Finding potentially leading to an Anti-Doping Rules Violation.
- All Swimmers who are a party to a Swimmer Agreement are encouraged to document their entire supplement use in the Athlete Management System.

1. INTRODUCTION

- (a) This policy seeks to support Swimmers to manage the risks inherent supplement use and to provide general guidance to support their health and welfare.
- (b) Swimming Australia acknowledges that Supplements are used in swimming and is committed to establishing best practice procedures for the use of Supplements by Swimmers to ensure that such use is safe, legal and effective.
- (c) This Policy should not be considered as a substitute for seeking the professional advice of an Accredited Health Professional who can provide up to date information on the risks and benefits of using a particular Supplement and if applicable, recommend an appropriate protocol for using that Supplement.

2. PURPOSE

- (a) The purpose of this Policy is to provide guidance on the appropriate use of Supplements within swimming and to provide a framework for the provision and administration of Supplements.
- (b) In particular it aims to:
 - (i) encourage safe and effective practices for all Swimmers in their use of Supplements;
 - (ii) ensure that Supplements are used correctly and appropriately as part of an overall, evidence-based sports nutrition program to deliver maximum benefits to health and wellbeing, performance, and recovery;
 - (iii) protect the health and wellbeing of Swimmers in their use of Supplements; and
 - (iv) minimise the risk of Supplement use leading to an Adverse Analytical Finding (AAF) potentially leading to an Anti-Doping Rules Violation (ADRV).

3. APPLICATION

- (a) This Policy applies to Relevant Persons.
- (b) This Policy forms part of the Team Member Agreement and the Swimmer Agreement. Any breach of this Policy by a Relevant Person who is a party to either agreement constitutes a breach of the applicable agreement.
- (c) This Policy may be updated by Swimming Australia from time to time, with the amended Policy effective on the date and time it is published.

4. AIS FRAMEWORK

- (a) The Framework is a classification system which provides a simple education tool to rank sports foods and supplement ingredients according to the scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance.
- (b) Swimming Australia supports and endorses the Framework and, therefore, this Policy is to be read in conjunction with the Framework.
- (c) Swimming Australia emphasises that use of the Framework should be considered in conjunction with the expert guidance of an Accredited Health Professional, to integrate identified sports supplement protocols into a broader evidence-based sports nutrition program.
- (d) A link to the Framework is available at clause 11 of this Policy.

5. ANTI-DOPING BREACHES

- (a) There is no guarantee that any particular Supplement is completely free from substances on the WADA Prohibited List, or those that would classify the Supplement as a Prohibited Substance. If a Swimmer uses Supplements in an unregulated manner, they may risk committing an AAF including (but not limited to) an offence under the Swimming Australia Anti-Doping Policy.
- (b) Each Swimmer is solely responsible for any substances on the WADA Prohibited List (or traces of them), or those that constitute a Prohibited Substance, found to be present in their body and for their possession, use, attempted use, trafficking or attempted trafficking of the substances or methods on the WADA Prohibited List, or as referred to as Prohibited Substances.

6. GUIDELINES

- (a) Swimming Australia recommends that:
 - (i) Supplements only be used in conjunction with advice and recommendations from an Accredited Health Professional, and as part of an overall sports nutrition program;
 - (ii) Swimmers consider the following when contemplating the use of any Supplement:
 - A. is it safe;
 - B. is it permitted in sport; and

- C. is there evidence it will provide a meaningful benefit;
- (iii) Supplements should only be purchased from recognised brands with well documented control processes and which undertake third party batch testing by HASTA and Informed Sport (noting that there is no guarantee that they are safe from an anti-doping perspective);
 - (iv) Swimmers should always check the SIA app prior to using any Supplements. As described by SIA, the SIA app provides a list of supplements sold in Australia that have been screened for prohibited substances by an independent body;
 - (v) Swimmers should focus on implementing a well-planned training program that develops good technique, skill and fitness, supported by adequate nutrition and recovery practices which is likely to give Swimmers a better platform for performance than Supplements;
 - (vi) Swimmers under 18 years of age do not use Supplements unless there is a specific nutritional requirement identified by an Accredited Health Professional; and
 - (vii) Relevant Persons who have signed a Team Member Agreement including, but not limited to, Staff Members and Swimmer Support Personnel, may only recommend or provide Supplements to Swimmers under the direction and/or advice of an Accredited Health Professional and subject, at all times, to the recommendations set out in clause 6(a)(iii).

7. ATHLETE MANAGEMENT SYSTEM

- (a) All Swimmers who are party to a Swimmer Agreement are encouraged to document their entire supplement use in the AMS, which is in place as a risk management process for Swimmers.
- (b) Whenever a Swimmer changes their Supplement program, or even just the brand of Supplements used, they should register these changes within the AMS immediately.
- (c) Changes to a Supplement program should only be made after consultation with an Accredited Health Professional working collectively on a sound overall nutrition and training plan.

8. SUPPLEMENT DECLARATION

- (a) All Swimmers must complete and submit the Supplement Declaration in the prescribed manner twice yearly, within the periods notified by Swimming Australia from time to time, either:
 - (i) through completing the designated section of the AMS; or
 - (ii) by completing and submitting a Supplement Declaration Form.
- (b) Failure to complete the Supplement Declaration in accordance with sub-clause 8(a) may constitute a breach of this Policy.

9. PROVISION OF SUPPLEMENTS BY THIRD PARTIES

If a third party supplies Supplements to Swimming Australia or Relevant Persons in connection with an existing official sponsorship arrangement or other partnership with

Swimming Australia, the guidelines and recommendations set out in this Policy, including (without limitation) clauses 6 and 7 continue to apply, irrespective of which third party organisation supplies the Supplements and to whom they supply it to.

10. CONSEQUENCES

- (a) A Relevant Person who breaches this Policy may be responsible for any loss suffered by Swimming Australia or its Associated Parties.
- (b) If a breach of this Policy is substantiated, disciplinary action may result, and may be in addition to any disciplinary action or sanction under the Swimming Australia Anti-Doping Policy, or initiated or imposed by SIA, WADA or FINA.
- (c) Breaches of this Policy will be dealt with in accordance with the disciplinary provisions under Swimming Australia's Swimmer and Team Member Code of Conduct.
- (d) In addition to the sanctions which may be imposed by Swimming Australia and/or SIA, WADA or FINA, it is important to understand that there are various laws concerning the importation or acquisition of certain substances and any breach of such laws may result in investigation and action by the relevant authorities under that legislation.
- (e) If a Relevant Person becomes aware of any breach of this Policy, they should report the circumstances to the Contact Person.

11. ADDITIONAL RESOURCES

The AIS Sports Supplement Framework

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

SIA - Supplements in Sport

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

SIA Mobile App

<https://www.sportintegrity.gov.au/what-we-do/supplements-and-substances/supplements-sport/clean-sport-mobile-app>

HASTA

<https://hasta.org.au>

Informed Sport

<https://www.informed-sport.com>

12. DEFINITIONS

For the purpose of this Policy, the below definitions apply. Capitalised terms not defined in this Policy have the same meaning as that given to them in the Team Member Agreement:

Accredited Health Professional means an accredited practising sports dietitian and/or doctor.

AIS means the Australian Institute of Sport.

AMS means the AIS Athlete Management System.

Associated Parties mean Swimming Australia Members, Sponsors, stakeholders and other parties associated with Swimming Australia.

Competition means any swimming competition held anywhere in the world, whether or not affiliated with a Governing Body, in which a Swimmer is a participant, or in which a Swimmer is registered or has been registered as a participant, and includes part of a Competition.

Contact Person means the Head of Integrity and Risk, Swimming Australia.

Framework means the AIS Sports Supplement Framework 2019, or as amended from time to time, and available as a link at clause 11 of this Policy.

Governing Body includes Swimming Australia, the Australian Paralympic Committee, the Fédération Internationale de Natation (**FINA**) and World Para Swimming.

Global DRO means the Global Drug Reference Online website, which provides athletes and support personnel with information about the prohibited status of specific medications based on the current WADA Prohibited List and Prohibited Substances. A link to the Global DRO is available at clause 11 of this Policy.

HASTA means Human and Supplement Testing Australia which provides testing and certification of sports supplements for WADA banned substance contamination for professional athletes.

In-Competition means the period commencing twelve hours before a Competition in which the Swimmer is scheduled to participate through to the end of such Competition.

Informed Sport provides testing and certification of sports supplements for WADA banned substance contamination for professional athletes.

Member means a member of Swimming Australia under clause 14 of the Swimming Australia constitution (as amended from time to time).

Policy means this Supplements Policy as amended from time to time.

Prohibited Substance has the same meaning as that given to it in the WADA 'World Anti-Doping Code'.

Relevant Persons mean:

- (i) Swimmers; and
- (ii) Team Members.

SIA means Sport Integrity Australia.

SIA app means the SIA clean sport mobile application.

Sponsor means a sponsor of Swimming Australia, whether the sponsorship is cash or contra or a combination of both.

Staff Members mean all employees and contractors of Swimming Australia, including but not limited to permanent, casual and temporary staff and students on placement, as well as members of the Swimming Australia board.

Supplement means any natural or synthetic chemical/s or compound/s in the form of a formulated supplementary food, tablet, capsule, gummy, liquid, concentrate, solution, or powder that is consumed orally for the purpose of enhancing health, recovery and function (including athletic performance).

Supplement Declaration means the declaration required to be completed by Swimmers in relation to their Supplement use (if any), in accordance with clause 8.

Supplement Declaration Form means a form completed by a Swimmer at the request of Swimming Australia which contains the Supplement Declaration.

Swimmer means any individual who has signed, or is required to sign, a Swimmer Agreement.

Swimmer Support Personnel means any coach, trainer, manager, agent, team Staff Member, official, scientist, massage therapist, medical or para-medical, dietitian, naturopath, personal trainer or other personnel working with, treating or assisting a Swimmer preparing for or participating in sporting activities.

Team Member means an individual who has signed, or is required to sign, a 'Team Member Agreement' with Swimming Australia, including but not limited to the team manager, team doctors, physiotherapists, sports scientists and dietitians.

WADA means the World Anti-Doping Agency.

WADA Prohibited List means the WADA List of Prohibited Substances and Methods (as amended or replaced from time to time by the WADA).