

Australian Sailing Supplement Policy

Australian Sailing (AS) is the national sporting organisation recognised as the pre-eminent body for the development of sailing in Australia. The Australian Sailing Team is its performance program that works in close partnership with the Australian Institute of Sport (AIS).

The AS Supplement Policy uses the AIS Sport Supplement Framework as its foundation and is based on the core principles of:

- Athlete safety
- Evidence-based science
- Compliance with the World Anti-Doping Agency (WADA) Prohibited List.

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1. Supplement Panel:

The AS Supplement Panel governs the AS Supplement Policy. The Supplement Panel is comprised of qualified stakeholders, including the AS Performance Support Manager, the AS Chief Medical Officer (CMO), AS High Performance Director, an independent member, and representatives from AS disciplines. The independent member must have a history of working within elite sport and have a strong knowledge of the WADA code and the efficacy of supplement use in sport. The Supplement Policy Panel members for 2023/2024 are as follows:

- | | |
|------------------|--------------------------------------------------------|
| - Iain Brambell | AS High Performance Director; |
| - Ashley Wolff | AS Performance Support Manager & Lead Physiotherapist; |
| - Dr Kathy Yu | AS Chief Medical Officer; |
| - Samantha Lewis | AS National Nutrition Lead; & |
| - Greg Shaw | GM Performance Support, Swimming Australia. |

- The Supplement Panel is to meet annually (in person or electronically) to review the Supplement Provision Protocol. No alterations to the Supplement Provision Protocol are to be permitted except by agreement with the AS Supplement Panel.
- Any questions (from an athlete or staff member) regarding a new supplement or product should first be directed to the AS Nutrition Lead who will disseminate information to the AS Supplement Panel. Details of any request will be recorded on the athlete consultation notes (medical or nutrition) on the Athlete Monitoring System (AMS).
- Any breaches of the AS Supplement Policy will be reviewed by the AS Supplement Panel and may incur consequences as per the AS Athlete Agreement.

2. Supplement Provision Protocol:

2.1 Goals:

- Allow Australian Sailing Team (AST) and AS Pathways Team (ASPT) athletes to focus on the sound use of supplements and special sports foods as part of their specific nutrition plans.
- Ensure that supplements and sports foods are used correctly and appropriately to deliver maximum benefits to the immune system, recovery, and performance.
- Support individualised nutrition practices, guided by current, evidence-based practice.
- Minimise the risk of supplement use leading to an inadvertent doping offence.
- Provide the foundation for State Sailing Performance Program's (SSPP) to adopt a consistent supplement policy.

The Supplement Provision Protocol is to be applied consistently, regardless of personnel changes within the coaching, nutrition, science, medical or strength and conditioning staff.

2.2 Individualised Programs:

- Supplements and sports foods are only to be prescribed or provided to athletes as part of their individualised nutrition programs.
 - Prescription is based on individual requirements. It is acknowledged that these requirements change over time based on many factors (training status, training load, competition schedule, body composition goals, injury status, blood markers, dietary adequacy etc.), and as such supplement prescription will change accordingly.
 - Both the prescription and provision of supplements must be recorded onto the AMS Supplement register.
- Athletes are to be educated by the AS Nutrition Lead, or State Sailing Sports Dietitian regarding the appropriate use, potential benefits and any possible side effects of the product prior to provision.
- Athlete requests for supplements must be directed to the AS Nutrition Lead before being provided.

2.3 Third Party Auditing Programs for Supplements and Sports Foods Used or Provided to Athletes:

- Supplements and Sports Foods listed as being an "Australian Sailing" choice (see items 3.1.1 and 3.1.2 below) must first have been batch tested via an internationally recognised third party banned substance testing program for supplements and sports foods. This may include

Informed Sport, Human and Supplement Testing Australia (HASTA) and National Sanitation Foundation (NSF) Certified for Sport, which are deemed suitable programs for third party batch testing.

- Where possible, vitamin and mineral supplements prescribed in accordance with item 2.2 of this policy should be third party batch tested. In some cases, the ideal choice of product for an athlete may not be batch tested, and an exemption from the batch testing process may be necessary. In this instance, vitamin and mineral supplements will be subject to Therapeutic Goods Administration (TGA) regulations and must:
 - (a) have a AUST R on the product label;
 - (b) have been manufactured in Australia; &
 - (c) contain no herbal additives.
- [Appendix A](#) contains information about the third-party testing programs.

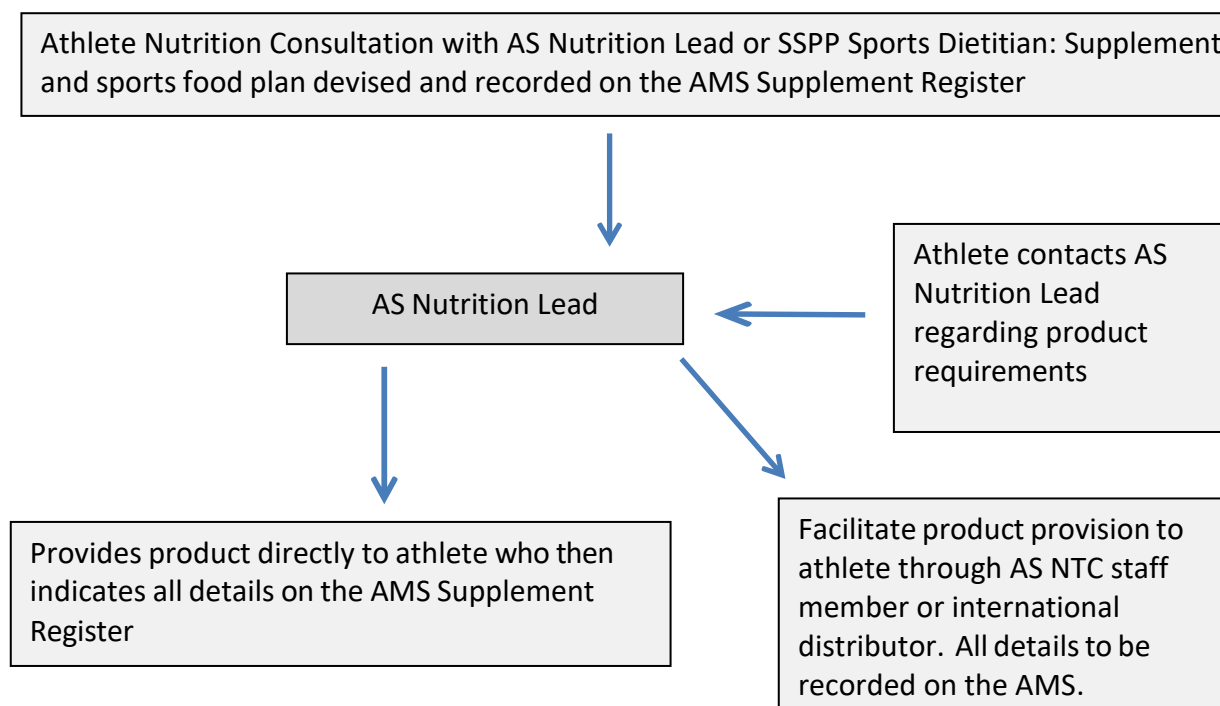
2.4 Record Keeping:

- Any supplement provided to an athlete must be recorded in the Supplement Register section of the AMS.
 - The register must record: the supplement's name, brand, reason for use, dose, third-party auditing program status, batch number, size of packaging, date of commencement and anticipated finish date.
- On occasion supplements may be prescribed to AS staff and coaches. These details must also be recorded within the AMS Supplement Register.
- A record of any product taken from the locked supplement cupboard at the National Training Centre (NTC) or at AS competition locations must also be detailed using the AMS Supplement Register. The AS Nutrition Lead is the only person authorised to dispense these products.
- Any product sent directly to an athlete following consultation with the AS Nutrition Lead, inclusive of those that bypass the Nutrition Lead, should be recorded in AMS by the athlete on receipt.
- Prior to competing in a regatta, athletes must complete the Nutrition Pre-event supplement and medication declaration on the AMS.

2.5 Supplement Ordering and Provision in Australia:

- Bulk supplement orders are to be placed by the AS Nutrition Lead from the approved supplement providers (see section 2.3).
- These products are to be stored at the NTC in Sydney or at the Australian Olympic Sailing *Performance HUB* in Marseille (FRA). Supplements and sports foods are to be always kept in a locked storage area.
- Products are to be sent from the NTC to athletes as directed by the AS Nutrition Lead.
- If an athlete requires supplements for use in their home state (or in an Australian Daily Training Environment outside of the NTC), supplies may be sent by the AS Nutrition lead directly to the athlete.
- No athlete or staff member is permitted to take product for use without the prior approval of the AS Nutrition Lead.
- The procedure for supplement provision to AS athletes is outlined below in Figure 1.

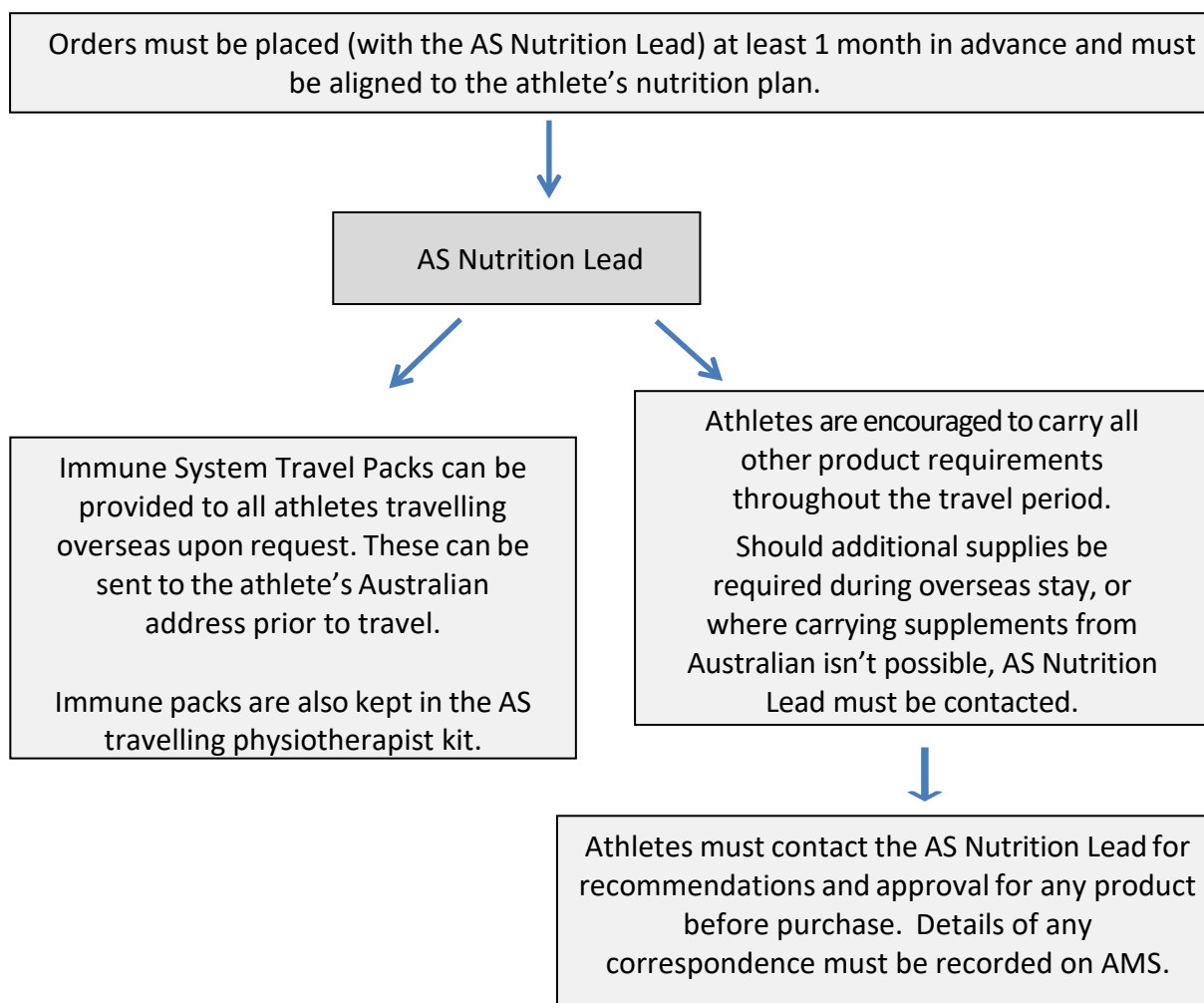
Figure 1: Supplement Provision Protocol



2.6 Supplement Ordering and Provision While Overseas:

- Athletes are expected to plan ahead of time and order any supplement requirements at least 1 month prior to departing Australia, via the AS Nutrition Lead.
- It is a preference for athletes to carry product with them from Australia, for the entire travel period, however where this is not possible, the athlete may request that their supplements be delivered to their overseas destination. An address must be received by the AS Nutrition Lead in writing.
- If an athlete requires additional product while overseas they must contact the AS Nutrition Lead to arrange on their behalf.
- Team based supplement supply will be shipped to and stored in a lockable area at the Australian Olympic Sailing *Performance HUB*.
- In the absence of access to an Olympic Performance HUB (for example a non-Olympic year), some supplements may be stored in a locked location overseas (for example at AS staff accommodation). Should an athlete request additional supplements while overseas, these supplies can be accessed following consultation with the AS Nutrition Lead.
- The procedure for supplement provision to travelling AS athletes is outlined below in Figure 2.

Figure 2: Supplement Provision Protocol Travelling Athlete



2.7 Priority Supplement Provision:

- The current supplement budget doesn't allow for unlimited athlete access to product.
- AST athletes are prioritised with regard to supplement provision.
- ASPT – Supplements may be recommended and provided to an athlete, with the respective costs being deducted from Athlete Funding.
- A small amount of product (recovery protein powder and carbohydrate-electrolyte powder) will be provided for use at the NTC in Sydney. Powder dispensers have been installed in a lockable cupboard.
- The use of supplements with categorised *Developing* and *Emerging* athletes will be considered on an individual basis, and in compliance with relevant state-based supplement policies. Supplements should only be used following consultation with an appropriately qualified sports dietitian from the National Institute Network (NIN) and/or an appropriately qualified medical professional.

2.8 Education:

- All AST and ASPT – Podium Potential athletes and staff are to be educated on the AS Supplement Policy as part of their induction process, and at the bi-annual athlete camps.
- All athletes must sign the AMS supplement declaration form on the AMS bi-annually (March and September).
- Prior to domestic and international regattas, all athletes must complete the Nutrition Pre-Event Supplement and Medication Declaration on the AMS.
- A current copy of the policy is to be kept on the AST Website:
www.australiansailingteam.com.au

3 Supplement Classification:

AS will utilise the AIS Supplement Framework Classification System, which:

- Permits the use of all supplements in Group A and Group B of the AIS Supplement Framework Classification System.
- Permits use of supplements in Group C of the AIS Supplement Framework Classification System only where there is specific written approval by the AS Nutrition Lead or AS CMO.
- Prohibits the use of all supplements in Group D of the AIS Supplement Framework Classification System
- Prohibits athletes from obtaining supplements from sources external to AS, without first receiving written permission to do so from the AS Nutrition Lead or AS CMO.
- AS only provides athletes with supplements that have been batch tested via an approved third-party batch testing process (eg: Informed Sport, NSF or HASTA) as set out at item 2.3 of this Supplement Policy.

3.1 AS currently uses the following criteria:

3.1.1 Group A Supplements: are supported for use in specific situations in sport and where indicated, may be provided to AS athletes for evidence-based use. This group of sports foods and supplements:

- Have strong scientific evidence for use in specific situations in sport using evidence-based protocols.
- Provide a useful and timely source of energy and nutrients in the athlete's diet, or
- Have been shown in scientific trials to benefit health and/or performance, when used according to a specific protocol in a specific situation in sport.

Sub- Categories	Product Examples
Sports Foods	Sports drink
	Sports Gel
	Sports Confectionary
	Sports Bar
	Electrolyte Supplement
	Isolated Protein Supplement
	Mixed Macronutrient supplement (bar, powder, liquid meal)
Medical Supplements	Iron
	Calcium

Performance Supplement	Multivitamin
	Zinc
	Vitamin D
	Probiotics
	Caffeine
	B-alanine
	Sodium Bicarbonate
	Dietary Nitrate/ Beetroot Juice
	Creatine
	Glycerol

3.1.2 Group B Supplements: are deserving of further research and may be considered for provision to AS athletes. 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.

Sub-Categories	Product Examples
Food Polyphenols	Fruit Derived Polyphenols (e.g. Cherries, Berries, Blackcurrant and Pomegranate)
Antioxidants	Vitamin C
Tastants	Menthol
	Transient receptor potential channel agonists
	Quinine
Other	Collagen Support
	Carnitine
	Ketone Supplements
	Curcumin
	Fish Oils
	N-Acetyl Cysteine

3.1.3 Group C Supplements: have little proof of beneficial effects and are not recommended to AS athletes.

Sub-Categories	Product Examples
Supplements	Magnesium
	Alpha Lipoic Acid
	HMB (b-Hydroxy b-methylbutyrate)
	BCAA (Branched Chain Amino Acids)/Leucine
	Phosphate
	Prebiotics
	Vitamin E
	Tyrosine

If an individual athlete wishes to use a supplement from this category, they may do so provided:

- Written permission has been given by the AS Nutrition Lead or AS CMO.

- All supplements deemed appropriate must be third party batch tested.
- Supplement details are recorded on the AMS Supplement Register.
- Responsibility of payment for the supplement and third-party testing is accepted by the individual.
- Any sponsorship arrangements are advised to AS High Performance Director and do not compromise AS sponsorship arrangements.

3.1.4 Group D Supplements: shall not be used by AS athletes.

- These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test.
- This is not a comprehensive list. Please refer to the WADA prohibited list for a complete list.

Sub-Categories	Product
Stimulants	<ul style="list-style-type: none"> • Ephedrine • Strychnine • Sibutramine • Methylhexanamine (DMAA) • 1,3-dimethylbutylamine (DMBA) • Other herbal stimulants* (also refer to section 5.4 Miscellaneous Cautions)
Pro-hormones and hormone boosters Consult WADA list for all examples: https://www.wada-ama.org/	<ul style="list-style-type: none"> • DHEA (Dehydroepiandrosterone) • Androstenedione • 19-norandrostenedione • Other prohormones • Tribulus terrestris and other testosterone boosters • Maca root powder (high contaminant risk)
GH releasers and 'Peptides'	<ul style="list-style-type: none"> • GHRP-1 & GHRP-2 • CJC-1293 & CJC-1295 • Technically, while these are sometimes sold as supplements (or have been described as such) they are WADA banned drugs.
Beta-2 agonists	<ul style="list-style-type: none"> • Higenamine
Selective Androgen Receptor Modulators (SARMS)	<ul style="list-style-type: none"> • Andarine • Ostarine • Ligandrol • Others not specifically named here
Metabolic Modulators	<ul style="list-style-type: none"> • GW1516 (Cardarine)
Other	<ul style="list-style-type: none"> • Colostrum. Not recommended by WADA due to the inclusion of growth factors within its composition.

4 Development Athletes:

- Adolescents may be uniquely vulnerable to the lure of supplements.
- Recommendations for sports foods and supplements are only made to athletes under 18 years of age if 'real food' options cannot be used to meet their specific nutrient or energy needs at specific times.
- Development age athletes will only be offered use of sports foods and supplements as per section 2.2 if:
 - they have shown diligence in following a nutritious meal plan (meals, snacks and fluids) suitable for development, performance and health; or
 - specific supplementation is necessary to treat a medically diagnosed nutrient deficiency.

5 Supplement Cautions:

5.1 Network Marketing Companies:

- Network marketed supplements are not recommended for use.
- It is our recommendation that AS, its coaches, athletes and other staff members avoid contact with the distributors of these companies and their products.
- AS athlete or staff members are not permitted to sell or provide supplements via a network marketing company.
- All members of the AS Supplement Panel must not be affiliated with a network marketing supplement company.
- AS will not accept products to test on our athletes.

5.2 Multi Ingredient Performance Supplements:

- AS should avoid using 'multi ingredient supplements' (i.e. those with numerous ingredients) where single ingredient supplements are available.
- It is acknowledged that these supplements usually do not contain the required amounts of the stated 'active ingredients' per serve to provide a true benefit.
- The greater the number of ingredients in a supplement, the higher likelihood of inadvertent contamination due to ingredients being sourced from various locations.
- Single ingredient supplements are a more effective way of ensuring athletes are obtaining specific amounts of the desired element. Ingredients in multi-supplements are not always evenly dispersed throughout the product, thereby resulting in the actual quantity of an ingredient per serve not guaranteed.

5.3 Pre-workout Supplements:

The use of pre-workout supplements is not advised given the high risk of contamination leading to inadvertent doping offences.

5.4 Miscellaneous Cautions:

- The attributes that deem a supplement safe and effective under the above policy may change at any a time. This may include the ingredients, the third-party testing status, and the evidence for use changing over time. It is therefore an athlete's responsibility to continually check the product's status before consuming, both independently and with the AS Nutrition Lead.

- Any ingredient (eg. protein powder, herbal or plant extract) added to a whole or processed food carries a risk of cross contamination, especially if that ingredient is sourced internationally from suppliers with low quality control processes. Although the risk is likely small, athletes should be diligent in ensuring their diet is well planned, consisting mostly of whole foods, and avoid the use of unnecessary high-risk products.
 - Commercially manufactured packaged protein fortified foods (PFF) have no additional risk for containing WADA prohibited substances than other processed foods with mixed ingredients. As such, athletes should be suitably informed that PFFs commercially manufactured within Australia under Food Standards Australia and New Zealand (FSANZ) offer no additional risk than other processed foods.
 - PFF's store-prepared by cafes and foodservice outlets (such as bliss balls, protein balls or bars and/or supplemental protein added to smoothies) can contain unidentified protein ingredients which should be considered high risk. This holds true for foods with added botanical ingredients as well (e.g. Maca Powder). Athletes should undertake similar risk management strategies to protein containing supplements when considering using these retail PFF's.
 - Hemp protein has a risk of containing traces of THC and other cannabinoids inherent to the raw plant source. Currently, there is insufficient scientific evidence regarding the contamination profile of hemp protein and as such hemp protein containing PFF's and supplements should be avoided.
- Packaging of products: Athletes should be aware that packaging style and health or performance claims on labels are not reflective of the product's risk of contamination.
- Herbal or botanical additives present an unknown risk in terms of contamination and products containing these should be avoided and considered high risk.
- Proprietary ingredients/blends: If products contain proprietary blends the individual ingredient list must also be assessed before it will be considered for use by athletes.
- Supplement recommendations should not be based on brand or marketing, but should be assessed on the product ingredient list, third party auditing, origin of manufacture, and alignment to individual athlete goals and assessments.

APPENDIX A TO SUPPLEMENT POLICY

LGC

LGC is an international life sciences measurement and testing company <http://www.lgcgroup.com/>.

LGC acquired HFL Sport Science in December 2010 and all services offered by HFL now form part of the LGC Group. LGC has world class drug surveillance laboratories, providing internationally trusted expertise in all aspects of doping control for sports.

LGC is an internationally recognised and accredited laboratory providing high quality testing for athlete healthcare and nutritional supplements. LGC's aim is to give athletes, coaches and governing bodies confidence in supplement manufacturers and suppliers, and to provide analytical services relating to biomarkers of fitness and nutritional health.

LGC provides the Informed Sport and Informed Choice Auditing programs.

Informed Sport

Informed Sport are quality assurance programs for sports nutrition products, suppliers to the sports nutrition industry, and supplement manufacturing facilities. The program certifies that all nutritional supplements and/or ingredients that bear the Informed-Sport logo have been tested for banned substances by the world class sports anti-doping lab, LGC. <http://informed-sport.com/>.

- Informed Sport:
 - o Quality assurance audit conducted on the manufacturing facility
 - o All raw materials are tested for traces of over 200 banned substances
 - o 4 blind sample tests on products are also conducted
- Batch Testing:
 - o Can be conducted for a fee on any sport food product or supplement. Testing facilities are available within Australia.

Human and Supplement Testing Australia (HASTA)

HASTA is an Australian sports supplement drug testing company, a division of Racing Analytical Services Limited (RASL), Australia's largest independent sports drug testing laboratory. HASTA is Australia's first commercial product testing organisation that checks over 200 WADA prohibited substances. HASTA certified products indicate that every batch has been tested and verifies that manufacturing quality controls have also been assessed.

<http://hasta.org.au>