

Australian Sailing Supplement Policy

Australian Sailing (AS) is the national sporting organisation for the sport of sailing. The Australian Sailing Team is its performance program in partnership with the Australian Institute of Sport (AIS).

The Australian Sailing (AS) Supplement Policy uses the AIS Sport Supplement Framework as its foundation. The AS Supplement Policy is based on the core principles of:

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

AS 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.

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1. Supplement Panel:

The AS Supplement Panel governs the AS Supplement Policy. The Supplement Panel is comprised of a number of appropriately qualified stakeholders, including the AS Performance Manager, 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 2019/20 are as follows:

- Caroline Brisebois. Performance Manager, Australian Sailing.
 - Benita Lalor. Sport Science and Sport Medicine Manger and Performance Dietitian, Australian Sailing.
 - Dr Kathy Yu. Medical Officer, Australian Sailing.
 - Ashley Merkur. Physiotherapist and Medical Coordinator, Australian Sailing.
 - Greg Shaw. Sports Dietitian, Nutrition lead, Swimming Australia.
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- 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 Supplementation Panel.
 - Any questions (from an athlete or staff member) regarding a new supplement or product should first be directed to the AS Performance Dietitian who will disseminate information to the supplement panel.

2. Supplement Provision Protocol:

2.1 Goals:

- Allow AST and ASS 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.
- Give athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice.
- Minimise the risk of supplement use leading to an inadvertent doping offence.
- Provide the foundation for State Sailing Performance Program's 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 Australian Sailing Performance Dietitian, 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 Performance Dietitian 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 and 3.2 below) 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.
- The only exemption from the auditing process are vitamin and mineral products prescribed in accordance with item 2.2 of this Policy that are subject to TGA regulations. These vitamin and mineral products must:
 - (a) have an AUST R on the product label
 - (b) have been manufactured in Australia; and
 - (c) contain no herbal additives.
- ASADA Clean Sport, an application developed by the Australian Sports Anti-Doping Authority, can be used by athletes and staff to check if a supplement has been third-party tested, including identifying the batch identification number of each tested product.

- Appendix A contains information about the Informed-Sport auditing program.

2.4 Record Keeping:

- Any supplement provided to an athlete must be recorded in the Supplement Register section of the Athlete Management System (AMS).
 - The register must record: supplement 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 Australian Sailing staff and coaches. These details must also be recorded within the Supplement Register.
- A record of any product taken from the locked supplement cupboard at the National Training Centre, Gold Coast Training Centre or at AS competition locations must also be detailed using the supplement log (hardcopy attached to the cupboard). These products must be signed for by the person dispensing the product.

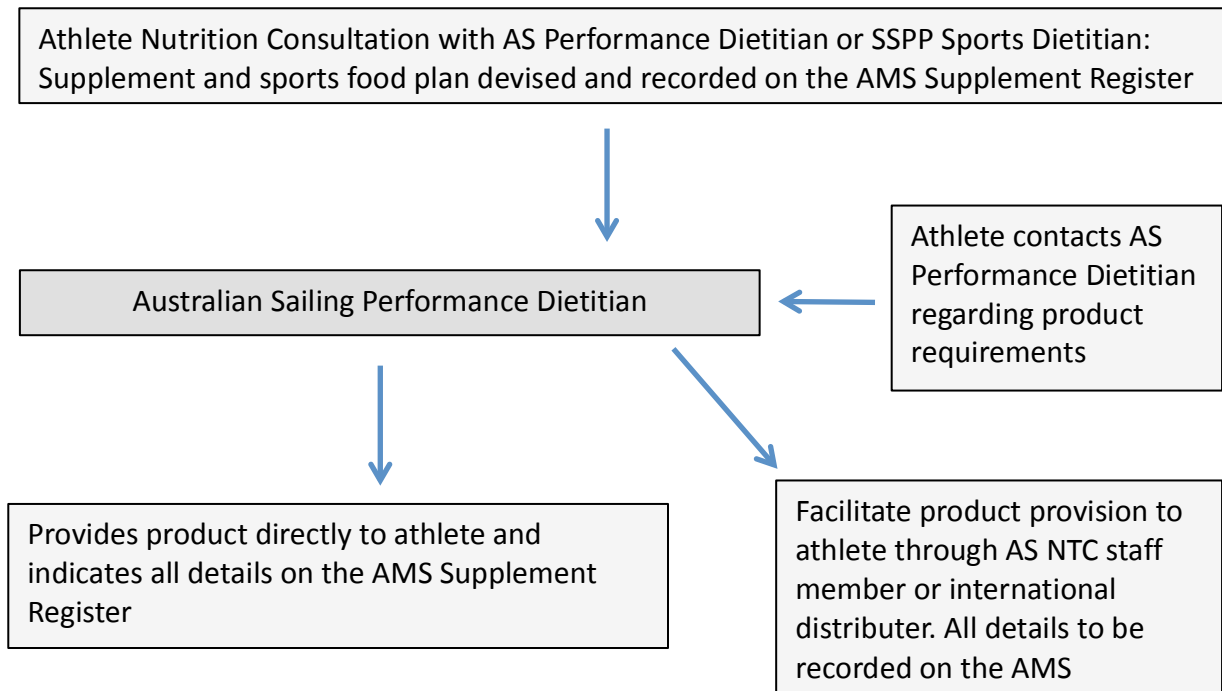
2.5 Priority Supplement Provision:

- The current supplement budget doesn't allow for unlimited athlete access to product.
- AST athletes are prioritised with regard to supplement provision.
- ASS athletes may be provided with product after a nutrition consultation when supplies allow. Provision will be prioritised according to gold, silver or bronze squad status. A small amount of product (recovery protein powder and carbohydrate-electrolyte powder) will be provided for use at both the NTC in Sydney and the GCTC on the Gold Coast. Powder dispensers will be installed in a lockable cupboard.

2.6 Supplement Ordering and Provision in Australia:

- Bulk supplement orders are to be placed by the AS Performance Dietitian from the approved supplement providers (see section 2.3) for companies compliant with third-party batch testing of products.
- These products are to be stored at the National Training Centre (NTC) in Sydney or at the Gold Coast Training Centre (GCTC) on the Gold Coast. Supplements and sports foods are to be kept in a locked storage area at all times.
- Products are to be sent from the NTC to athletes as directed by the AS Performance Dietitian.
- No athlete or staff member is permitted to take product for use without the prior approval of the AS Performance Dietitian.
- The procedure for supplement provision to AS athletes is outlined below in Figure 1.

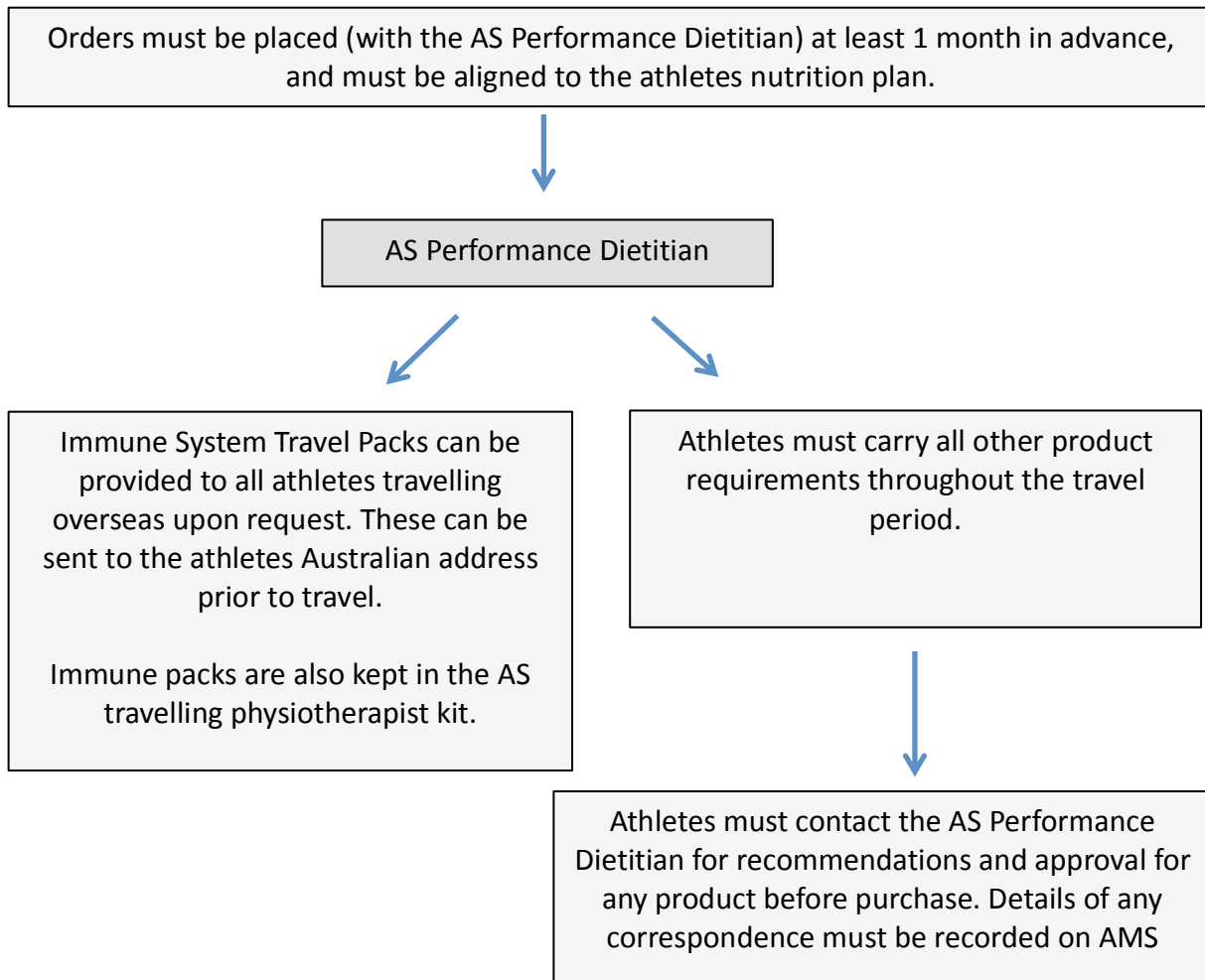
Figure 1: Supplement Provision Protocol



2.7 Supplement Ordering and Provision While Overseas:

- AST and ASS athletes are expected to plan ahead of time, and order any supplement requirements at least 1 month prior to departing Australia, via the AS Performance Dietitian.
- Athletes are expected to carry product with them from Australia, for the entire travel period.
- If an athlete requires additional product while overseas they must contact the AS Performance Dietitian to arrange or to seek advice on recommended products before purchase.
- Team based supplement supply will be shipped to and stored in a lockable area at the Tokyo Sailing Hub at the Olympic venue.
- The procedure for supplement provision to travelling AS athletes is outlined below in Figure 2.

Figure 2: Supplement Provision Protocol – Travelling Athletes



2.8 Education:

- All AST and ASS athletes and staff are to be educated on the AS Supplement Policy as part of their induction process, and at any planned athlete camps.
- All athletes must sign the AMS supplement declaration form on the AMS bi-annually (March and September).
- A current copy of the policy is to be kept on the AST TeamApp.

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 Performance Dietitian or AS Medical Officer.
- 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 Performance Dietitian or Medical Officer.

- AS only provides athletes with supplements that have been audited via an approved third-party auditing process (e.g. Informed-Sport, HASTA or NSF) as set out in item 2.3 of this Supplement Policy.

AS currently uses the following criteria:

3.1 Group A Supplements: are supported for use in specific situations in sport and provided to AS athletes for evidence-based uses. 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 Confectionery
	Sports Bar
	Electrolyte Supplement
	Isolated Protein Supplement
	Mixed Macronutrient supplement (bar, powder, liquid meal)
Medical Supplements	Iron Supplement
	Calcium Supplement
	Multivitamin Supplement
	Vitamin D Supplement
	Probiotics
Performance Supplement	Caffeine
	B-alanine
	Bicarbonate
	Beetroot Juice/Nitrate
	Creatine
	Glycerol

3.2 Group B Supplements: are deserving of further research and 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	Cherries, berries and blackcurrants
	Quercetin, ECGC, epicatechins & other
Other	Collagen support products
	Carnitine
	HMB
	Ketone supplements
	Fish Oils

	Phosphate
	Curcumin
Sick Pack	Zinc Lozenges
	Vitamin C
Amino Acids	BCAA/Leucine
	Tyrosine
Antioxidants	Vitamin C & E
	N-acetyl cysteine

3.3 Group C Supplements: have little proof of beneficial effects and are not provided to AS athletes. The AIS Supplement Framework no longer names Group C supplements or supplement ingredients in this category. This avoids the perception that these supplements are special. If the supplement cannot be found in either groups A, B or D then it probably deserves to be in Group C.

- If an individual athlete wishes to use a supplement from this category, they may do so provided:
 - Written permission has been provided by the AS Performance Dietitian or AS Medical Officer.
 - All supplements deemed appropriate must be third-party audited.
 - Supplement details must be recorded onto the Supplement Register on the AMS
 - The athlete is responsible for paying for the supplement
 - Any sponsorship arrangements are advised to the AS Performance Director and do not compromise AS sponsorship arrangements.

3.4 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, but rather a list that should be particularly noted based on potential for inadvertent doping. For the full list, please refer to the WADA Prohibited List..

Sub Categories	Product Examples
Stimulants	Ephedrine
	Strychnine
	Sibutramine
	Methylhexanamine (DMAA)
	1,3-dimethylbutylamine (DMBA)
	Other herbal stimulants* (also refer to section 5.4)
Pro-hormones and hormone boosters Consult WADA list for all examples: https://www.wada-ama.org/	DHEA
	Androstenedione
	19-norandrostenedione
	Other prohormones
	Tribulus terrestris and other testosterone boosters
	Maca root powder (high contaminant risk)

Sub Categories	Product Examples
GH releasers and 'Peptides' Consult WADA list for all examples: https://www.wada-ama.org/	Technically, while these are sometimes sold as supplements (or have been described as such) they are WADA banned drugs.
Beta-2 agonists Consult WADA list for all examples: https://www.wada-ama.org/	Higenamine
Other: Consult WADA list for all examples: https://www.wada-ama.org/	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.
- The provision of 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 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 (Amway, Herbalife) 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 athletes and 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 the 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 poly-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 (Viking Before Battle, Jack3dl, Hemo Rage) are 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 time. This may include the ingredients, the third-party testing status, and the evidence for use may change over time. It is therefore an athlete’s responsibility to continually check the product’s status before consuming, both independently and with the AS Performance Dietitian.
- Any ingredient (e.g. 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.
 - e.g. purchased smoothies and shakes. Athletes should be aware of the ingredients that are being added to store purchased smoothies (and similar). Protein powders and herbal ingredients in these products carry risk of contamination. Only ‘real food’ ingredients should be used.
- 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 additives are a high risk in terms of contamination and products containing these should be avoided.
- 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

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