

Title: Triathlon Australia Elite Supplement Policy
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Overview

The Triathlon Australia (TA) Supplement Policy uses the Australian Institute of Sport (AIS) Sports Supplement Framework as its foundation (<http://www.ausport.gov.au/ais/nutrition/supplements/overview>).

The TA Supplement Policy is based on the core principles of:

- athlete health and safety
- evidence-based science which supports the use of limited and specifically selected supplements to enhance performance or assist in maintaining health and well-being
- compliance with the World Anti-Doping Agency (WADA) Prohibited List.

The use of supplements is **NOT** an essential part of a triathlete's daily intake or performance plan. The majority of supplements have **NO** health or performance benefits and have potential health and inadvertent doping risks associated with their use. Supplements are not controlled in the same rigorous way as prescription or over the counter medicines.

As stated within the 2015 World Anti-Doping Code and the 2015 Triathlon Australia Anti-Doping Policy:

“It is each Athlete’s personal duty to ensure that no Prohibited Substance enters his or her body. Athletes are responsible for any Prohibited Substance or its metabolites or markers found to be present in their samples. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the Athlete’s part be demonstrated in order to establish an Anti-doping violation under Article 2.1”.

1) Triathlon Australia Foundation Principles

- (i) Triathletes should focus on a well-planned training program that develops good technique, skill and fitness, supported by performance focused nutrition practices.
- (ii) Focusing on sound dietary intake strategies to promote favourable training adaptations, facilitate recovery and maximise competition performance will give triathletes a foundation for performance, in comparison to heavy reliance on supplements.
- (iii) Before considering the use of supplements athletes should look to optimise diet, lifestyle and training. Consulting an accredited sports dietitian, or sports physician within the preferred provider network can help assess whether there is any need to, or benefit in, taking supplements. **The risk of doping through the use of supplements is real.** Prior to using any supplement, consider:
 - Is it legal?
 - Is it safe?
 - Is it effective (in improving YOUR performance)?
 - Is it necessary?

If an athlete is in doubt about the first two questions, the supplement should not be used. The third and fourth questions are intended to help an athlete consider what potential benefit, if any, the supplement may offer.

Despite the claims made by supplement manufacturers that their supplement are safe and free of substances prohibited in sport, it is not possible to offer an absolute guarantee to athletes. It is for this reason Australian Sports Anti-Doping Authority (ASADA) and WADA do not endorse supplements or offer advice to athletes about which supplements to take. There have been cases where Australian and international athletes have been sanctioned following use of supplements they thought were safe, but were actually contaminated with prohibited substances. If an athlete chooses to use supplements, they should weigh up the risks and make an informed decision.

- (iv) Triathletes should only use approved supplements (as articulated in this document) once they mitigate risk of inadvertent contamination with a prohibited substance as contained within the WADA Prohibited List (<https://www.wada-ama.org/en/what-we-do/prohibited-list>).

2) Athlete and Staff Responsibilities

- i) TA categorised triathletes **should document their entire supplement use including sports foods and fluids** in the TA Supplement Register within the TA Athlete Management System (AMS). TA acknowledges that some supplements (i.e. sports drinks) offer lower risk of inadvertent doping and documenting all supplement use may not be practical at all times. Notwithstanding, in the case of inadvertent contamination of a supplement it’s the athlete’s responsibility to demonstrate due diligence about their supplement use.
- ii) The 2015 World Anti-Doping Code, 10.5.1.2 – Contaminated Products states that: ‘In cases where the athlete or other person can establish no significant fault or negligence and that the detected

prohibited substance came from a contaminated product, then the period of ineligibility shall be, at a minimum, a reprimand and no period of ineligibility, and at a maximum, two years ineligibility, depending on the athlete's or other person's degree of fault.' As such, athletes should only use supplements that offer low risk of contamination as well as keep a record of all supplements (including batch numbers) used within the TA supplement register.

- iii) Treating medical officers, including the TA Chief Medical Officer (CMO) or Sports Dietitians within the TA preferred provider network, including the TA Lead Sports Dietitian, must **document any supplements prescribed or provided including sports foods and fluids** in the TA Supplement Register within the TA AMS.
- iv) The register may be monitored as and when required by the TA Supplement Panel. Athletes may be required to make a declaration at certain time points throughout the year that the supplements on their 'TA Supplement Register' reflect the supplements they're taking.

3) Definition of a Supplement

- i) A supplement is defined as any synthetic or natural chemical in the form of a formulated supplementary food, a tablet, capsule, gummy, liquid, or powder that is consumed orally for the purpose of enhancing health, recovery and function including athletic performance. Specifically, for the terms of this policy supplements are categorised as:
 - **Sports foods and fluids** - specialised products used to provide a practical source of nutrients when it's impractical to consume everyday foods and fluids. These include sports bars, sports drinks, sports gels, liquid meal supplements including protein concentrates and isolates, sports confectionary, electrolyte rehydration formulas and drinks.
 - **Medical supplements** - used to treat a known clinical issue including a nutrient deficiency. These include calcium supplements, iron supplements, vitamin D supplements, multivitamin and mineral supplements, and probiotics.
 - **Performance supplements** - promoted to improve performance; assist in health maintenance and recovery; and promote desirable changes in body composition. This category of supplements is broad ranging and includes a select group of products that warrant use within sport.

4) Supplement Use

The TA Supplement Policy is aligned with the AIS Sports Supplement Framework and has adopted their Group Classification System (<http://www.ausport.gov.au/ais/nutrition/supplements/classification>).

Procedures outlined below are specific to the TA Supplement Policy:

- i) **Podium, Podium Ready/Potential and Developing TA Categorised Athletes:**
 - **Should not** use supplements in **Group D** of the AIS Sports Supplement Framework.
 - **Should not** use supplements in **Group C** of the AIS Sports Supplement Framework with directly consulting the TA Lead sports dietitian.
 - **Should consult** a medical officer or sports dietitian within the preferred provider network before using any **medical** supplements in **Group A** of the AIS Sports Supplement Framework.
 - **Should consult** a sports dietitian within the preferred provider network before using any **performance** or health maintenance supplements in **Groups A, B** of the AIS Sports Supplement Framework.
- ii) **Emerging TA Categorised Athletes:**
 - **Should not** use supplements in **Groups C and D** of the AIS Sports Supplement Framework.

- **Should consult** a medical officer or sports dietitian within the preferred provider network before using any **medical** supplements in **Group A** of the AIS Sports Supplement Framework.
- **Should not** use **performance** supplements in **Groups A** and **B** of the AIS Sports Supplement Framework without the direct approval of a medical officer or sports dietitian within the preferred provider network.

TA strongly advises the athlete mitigate risk of inadvertent contamination with a prohibited substance as outlined on the WADA Prohibited List (<https://www.wada-ama.org/en/what-we-do/prohibited-list>)

5) Supplement Classification

i) **Group A Supplements:** are supported for use in specific evidence based situations for triathletes. This group of supplements:

- Provide a useful and timely source of energy and nutrients in the athlete's diet; or
- Are used to treat a known nutritional deficiency; or
- Have been shown in scientific trials to benefit exercise performance, health or recovery when used according to a specific situation in sport.
-

Products included in AIS Group A Supplements are:

Product	TA supplied Options
Sports Foods and Fluids	
Sports drink (carbohydrate-electrolyte drinks)	PowerBar, High Five, SIS
Sports Gel (highly concentrated form of carbohydrate)	PowerBar Gel, GU, Ettix, High Five, SIS
Sports Confectionary	PowerBar Blasts
Liquid Meal Supplement	Sustagen Sport
Sports Bar	PowerBar Performance Bar PowerBar Protein Plus
Whey Protein	PowerBar, SIS
Electrolyte Replacement	PowerBar, SIS
Medical Supplements	
Multivitamin/Mineral	Centrum
Calcium Supplement	Caltrate
Vitamin D Supplement	Swisse Ultiboost Vitamin D
Iron Supplement	FerroGrad C
Probiotics	Swisse
Sick Pack (Zinc and Vitamin C)	Swisse Immune
Performance Supplements	
Creatine	Inc, Purewarrior
Caffeine	PowerBar Caffeinated Gels, Revvies
Bicarbonate	Sodi Bic

Product	TA supplied Options
Beta-alanine	PowerBar, Ettix
Beetroot Juice	Beet it Sport Shots

- ii) **Group B Supplements:** are supported for use to athletes within research or clinical monitoring situations. This group of supplements has an emerging level of evidence to indicate that they enhance performance, aid recovery or maintain health. TA will:
- Supervise any study or trial involving its athletes and Group B supplements to ensure the best decisions can be made for the potential use of supplements in this group.
 - Carefully consider TA athlete requests for Group B supplement use.
 - Encourage the collection of scientific data to allow Group B supplements to be moved either in to Group A or Group C.

Product	Examples
Food polyphenols: Food chemicals which have purported bioactivity, including antioxidant and anti-inflammatory activity. May be consumed in food form or as an isolated chemical.	Quercetin Tart (Mont morency) cherry Exotic berries (acai, goji etc.) Curcumin
Other:	Anti-oxidants C and E Carnitine HMB Glutamine Fish Oils Glucosamine

- iii) **Group C Supplements:** have little proof of beneficial effects. Group C supplements will not be provided to TA categorised athletes from TA budgets or other sources funded by TA. If a **Podium or Podium Potential** categorised TA athlete or their coach wishes to use a supplement from this category, they may do so providing:
- Approval has been provided by the TA Lead Sports Dietitian;
 - They (athlete) are responsible for payment of this supplement;
 - They (athlete) have carefully considered the possible inadvertent doping risks.
- Group C Supplements** include all supplements that are not listed in Groups A, B or D.
- iv) **Group D Supplements:** should not be used by TA categorised athletes. These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test.

Product
STIMULANTS

Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants
PRO-HORMONES and HORMONE BOOSTERS
DHEA Androstenedione 19-norandrostenedione Other pro-hormones Tribulus terrestris and other testosterone boosters
GROWTH HORMONE RELEASERS AND "PEPTIDES"
OTHER
Glycerol Colostrum

6) **Violation of the Triathlon Australia Supplement Policy**

Failure to comply with the TA Supplement Policy is a breach of the TA Athlete Agreement and may incur a sanction at the discretion of the NPD.

7) **Prescription Medications and Injections**

The TA Supplement Policy does not include prescription medications. Such medications **MUST** be reported to the TA CMO.

There is no role for injection of athletes as part of a supplementation programme unless it is discussed with the TA CMO in advance and approved in writing.

Refer to the TA Medical and Medications Policy.

8) **Individual Athlete Supplement Sponsorships**

Athletes who already have an individual supplement sponsorship or intend to have an individual supplement sponsorship with a Supplement Company must provide the details of the sponsorship to the TA Supplement Panel (Email: greg.cox@ausport.gov.au). Information required should include:

- Company
- Supplements provided
- Length of contract
- Endorsement Requirements

There is no guarantee that the TA Supplement Panel will approve current sponsorships or intended sponsorships. The TA Supplement Panel will not approve a sponsorship with a company that does not have third party audited products and/or are considered low risk of causing an inadvertent doping offence.

9) Supplement Company Affiliations

- i) All TA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) working with the TA categorised athletes are not permitted to sell network marketed supplements or recommend their use.
- ii) All TA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) working with the TA categorised athletes must disclose any commercial affiliations with Supplement Companies.
- iii) Any affiliations with Supplement Companies should be reported to the TA Supplement Panel (Email: greg.cox@ausport.gov.au).

10) Supplement Provision

Goals for the provision of supplements to TA categorised triathletes:

- i) Ensure that supplements, including sports foods and fluids are used correctly and appropriately to optimise daily training and competition performance, promote desired adaptations to daily training, and deliver maximum benefits to the immune system and recovery.
- ii) Give TA categorised triathletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice from TA sports dietitians.
- iii) Minimise the risk of supplement use leading to an inadvertent doping offence.

11) Medical and performance supplements categorised as **Category A and B supplements** within the AIS Supplement Framework are only to be provided to TA categorised triathletes in the following ways:

i) Individualised nutrition program

- Supplement provision is based on individual athlete 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
- Prior to any supplement being prescribed or provided to a TA categorised triathlete, the athlete must have undertaken an initial nutritional assessment to establish the reason for use
- TA categorised triathletes are to be educated by the TA Lead Sports Dietitian or sports dietitians within the TA preferred provider network with regarding the appropriate use, potential benefits and any possible side effects of the supplement prior to provision.

ii) Medical plan to address a diagnosed nutrient deficiency

- Prescription is based on results obtained via appropriate testing as directed by the TA CMO or appointed state based medical officers
- Medical supplements can be prescribed by the treating medical officer and/or by the TA Lead Sports Dietitian or their respective Sports Dietitian following consultation with the treating medical officer.

12) Sports Foods and Fluids provided for Group Use

- i) Only **Group A Sports Foods and Fluids** are to be provided through Group Supplement Orders.
- ii) Approved sports foods and fluids (including sports drinks, liquid meal supplements, sports gels, sports bars and sports confectionary) may be available for use to TA categorised triathletes for daily training within their daily training environment, during TA supported camps (domestic and international), World Triathlon Series events including the Grand Final and selected World Cup competitions.

- iii) For overseas, group supplement orders (sports foods and fluids) are to be placed by the TA Lead Sports Dietitian who will order these through the approved suppliers in Europe (PowerBar Europe/SIS/High Five).
- iv) For use within Australia, group supplement orders (sports foods and fluids) are to be placed by the TA Lead Sports Dietitian.

13) Education on Supplements

- i) All TA categorised athletes are to be educated on the TA Supplement Policy annually by either the TA Lead Sports Dietitian, sports dietitians within the TA preferred provider network or the TA CMO.
- ii) The TA Supplement Policy is to be available on the TA website and provided in the IAPP/Contracts.
- iii) TA categorised athletes must sign a register to ensure they have sighted, read and fully understand the TA Supplement Policy.
- iv) Education programs for emerging TA athletes will focus on the development of knowledge and lifestyle skills needed to optimise their dietary intake to promote daily performance, recovery and well-being. Specific education will target competition nutrition strategies to optimise performance on race day.
- v) Education programs for Podium, Podium Ready/Potential and Developing TA athletes will also focus on the development of knowledge and lifestyle skills needed to optimise their dietary intake to promote daily performance, recovery and well-being. Specific education will target the use of supplements in daily training and competition to further optimise performance.
- vi) All TA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) must be educated on the TA Supplement Policy as part of their induction process.

14) Important points for supplement use:

- i) As a first preference, athletes should select supplements that are third party audited. These organisations provide a reassurance but is NOT a guarantee.
- ii) Athletes should check all listed contents of a supplement on the ASADA “check your substances” website as well as Aegis Shield.
- iii) Not all contents are likely to be listed in the list of ingredients. The risk of this occurring is greater in supplements that are made overseas, although Australian made supplements are not foolproof. Pre-workout and weight loss supplements as well as supplements that promote increases in muscle growth, libido and hormones are considered higher risk supplements.
- iv) Athletes should store supplements safely and securely. Supplements should not be left in public areas unattended.
- v) Supplements will not be considered for use by the TA Supplement Panel if not third party audited or the manufacturing processes undertaken by the company are deemed to provide low risk of inadvertent doping. This includes sports foods and fluids.
- vi) Supplements should only be used from companies with well documented control processes and/or have third party auditing. However due to poor regulation and rules in the supplement industry in Australia and overseas, NO supplement can be guaranteed as safe from an anti-doping perspective.
- vii) Meat products from China and Mexico are at risk of contamination from Clenbuterol and should be avoided.

15) Triathlon Australia Supplement Panel

The TA Supplement Policy is governed by the TA Supplement Panel. The Supplement Panel is to be comprised of appropriately qualified stakeholders, including an independent member, and the following Triathlon Australia staff and support personnel:

- National Performance Director
- Chief Medical Officer
- Sport Science Sport Medicine Co-ordinator
- Lead Sports Dietitian
- Lead Exercise Physiologist

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 supplements use in sport. The TA Supplement Panel is to meet annually (in person or remotely) to review the Supplement documentation and provision protocols. No alterations to the Supplement Provision Protocol are to be permitted except by agreement with the TA Supplement Panel.

The panel's purpose is to assist TA in the implementation and continual review of its Supplement Policy to ensure TA categorised triathletes use supplements to optimise performance and recovery in a safe and ethical manner.

Any questions (from an athlete or staff member) regarding a new supplement that falls outside of A or B Categories within the AIS Sports Supplement Framework should first be directed to the TA Lead Sports Dietitian who will disseminate information to the TA Supplement Panel for consideration.

16) Further information

AIS Sport Supplement Framework <http://www.ausport.gov.au/ais/nutrition/supplements>

ASADA education on supplements <http://www.asada.gov.au/education/>

ASADA Check Your Substances <http://checksubstances.asada.gov.au/>

Triathlon Australia Medical and Medications Policy

17) Supplement Use Diagram

Please advise if you want the diagram in here (I will need to redo to fit)