



#### Squash Australia Ltd

Office 9, Sports House  
150 Caxton St, Milton QLD 4064  
P: (07) 3367 3200  
F: (07) 3367 3320  
squashoz@squash.org.au  
www.squash.org.au  
ABN: 73 072 625 935

#### Affiliations

World Squash Federation  
Australian Commonwealth Games Association  
Oceania Squash Federation  
Confederation of Australian Sport  
Australian Olympic Committee

## SUPPLEMENTS POLICY

*(Regulation 10 –Supplements Policy)*



### VERSION CONTROL

Version 1.0	June 2016
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#### Principal Partner



#### Official Ball



## DIETARY SUPPLEMENT POLICY

### Policy Overview

Squash Australia has implemented a Supplement Policy. This policy takes effect immediately.

You will need to review the Dietary Supplement Policy and make yourself familiar with the contents of the policy.

### What is a Dietary Supplement Policy?

The Dietary Supplement Policy sets out the expectations of Squash Australia with regards to all athletes, coaches and Squash Australia employees.

### Some important points to consider

The Dietary Supplement Policy sets out clear guidelines and boundaries regarding the athlete's health and safety.

### What do I need to do?

You need to read the Dietary Supplement Policy carefully and understand the expectations of Squash Australia.

## DIETARY SUPPLEMENT POLICY

### 1. Overview of Dietary Supplement Policy

The Squash Australia (SA) Dietary 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 SA Dietary Supplement Policy is based on the core principles of:

- athlete health and safety
- evidence-based science which supports the use of selected dietary 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 dietary supplements is **NOT** an essential part of a athletes daily dietary intake or performance plan. The majority of dietary supplements have **NO** health or performance benefits and have potential health and inadvertent doping risks associated with their use. Dietary 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 Squash 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".

## 2. Squash Australia Foundation Principles

- Athletes should focus on a well-planned training program that develops good technique, skill and fitness, supported by performance focused nutrition practices.
- Focusing on sound dietary intake strategies to promote training, recovery and competition will give triathletes a better platform for performance than the intake of dietary supplements.
- Athletes should only use approved dietary supplements (as articulated in this document) once they 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>).

## 3. Athlete and Staff Responsibilities

SA funded triathletes **must document their entire dietary supplement use including sports foods and fluids** in the SA Supplement Register within the SA Athlete Management System.

Treating medical officers, including the SA Chief Medical Officer (CMO) or sports dietitians, including the SA Lead Sports Dietitian, must **document any dietary supplements prescribed or provided including sports foods and fluids** in the Supplement Register within the SA Athlete Management System.

The register will be monitored regularly by the SA Dietary Supplement Panel. You will be required to make a declaration at certain time points throughout the year that the supplements on the register reflect the supplements you are currently taking at that time.

#### 4. Definition of a Dietary Supplement

A dietary 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 dietary 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 dietary supplements is broad ranging and includes a select group of products that warrant use within sport.

#### 5. Dietary Supplement Use

The SA Dietary 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 SA Dietary Supplement Policy:

##### Winning Edge Categorised Athletes are:

- Prohibited to use supplements in **Group D** of the AIS Sports Supplement Framework.
- Required to have all **medical** supplements in **Group A** of the AIS Sports Supplement Framework approved for use by the treating medical officer or SA CMO.
- Required to have all **performance** supplements in **Groups A, B and C** of the AIS Sports Supplement Framework approved for use by your sports dietitian or SA Lead sports dietitian.

\* SA strongly advises the athlete to 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>)

## 6. Dietary Supplement Classification

**Group A Supplements:** are supported for use in specific evidence based situations for athletes. 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	Option
<b>Sports Foods and Fluids</b>	
Sports drink (carbohydrate-electrolyte drinks)	Gatorade, PowerBar
Sports Gel (highly concentrated form of carbohydrate)	PowerBar Gel, GU, Shotz
Sports Confectionary	PowerBar Blasts
Liquid Meal Supplement	Sustagen Sport
Sports Bar	PowerBar Performance Bar PowerBar Protein Plus
Whey Protein	Musashi Recover, Musashi Lean
Electrolyte Replacement	Shotz
<b>Medical Supplements</b>	
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)	
<b>Performance Supplements</b>	
Creatine	Musashi Creatine Monohydrate
Caffeine	No Doz, Caffeinated Gels
Bicarbonate	Sodi Bic
Beta-alanine	Musashi Beta Alanine
Beetroot Juice	Beet it Sport Shots

**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. Triathlon Australia 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 SA 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
<b>Food polyphenols:</b> 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 (Montmorency) cherry Exotic berries (acai, goji etc.) Curcumin
<b>Other:</b>	Anti-oxidants C and E Carnitine HMB Glutamine Fish Oils Glucosamine

**Group C Supplements:** have little proof of beneficial effects. In the absence of proof of benefits, Group C supplements will not be provided to SA athletes from SA budgets or other sources funded by SA. If a **Podium or Podium Potential** categorised SA athlete or their coach wishes to use a supplement from this category, they may do so providing:

- Approval has been provided by the SA Dietary Supplement Panel;
- They (athlete) are responsible for payment of this supplement;
- They are fully aware that many of these products have been produced using unknown quality control measures;
- They have carefully considered the possible inadvertent doping risks.

**Group C Supplements** include all dietary supplements that are not listed in Groups A, B or D.

**Group D Supplements:** should not be used by SA 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
<b>STIMULANTS</b>
Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants
<b>PRO-HORMONES and HORMONE BOOSTERS</b>
DHEA Androstenedione 19-norandrostenedione Other pro-hormones Tribulus terrestris and other testosterone boosters
<b>GROWTH HORMONE RELEASERS AND “PEPTIDES”</b>
<b>OTHER</b>
Glycerol Colostrum

## 7. Violation of the Squash Australia Dietary Supplement Policy

Failure to comply with the SA Dietary Supplement Policy is a breach of the SA Athlete Agreement. The National Performance Manager will implement the following sanctions:

**First Offence:** Formal written warning from the National Performance Manager which clearly outlines consequences of a further breach of the policy.

**Second Offence:** The National Performance Manager may apply a range of sanctions which include withholding funding to domestic and international races and training camps; denying access to SA funded coaching staff, facilities and services; and, suspension from Continental Cups, World Cups or World Squash Federation events (including World Championships) for 1-6 months. The athlete will then be placed on official probation for 12- months, in which time if they re-offend, are no longer eligible for SA national team selection for a period of time determined by the National Performance Manager.

## 8. Prescription Medications and Injections

The SA Dietary Supplement Policy does not include prescription medications. Such medications **MUST** be reported to the SA Chief Medical Officer.

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

Refer to the SA Medical and Medications Policy.

## 9. 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 SA Dietary Supplement Panel (Email: [greg.cox@ausport.gov.au](mailto:greg.cox@ausport.gov.au)).

Information required should include:

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

There is no guarantee that the SA Dietary Supplement Panel will approve current sponsorships or intended sponsorships. The SA Dietary 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.

## 10. Supplement Company Affiliations

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

## 11. Dietary Supplement Provision

### Goals for the provision of dietary supplements to SA funded triathletes:

- Ensure that dietary 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.
- Give SA funded triathletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice from SA sports dietitians.
- Minimise the risk of dietary supplement use leading to an inadvertent doping offence.

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

#### 11.1 Individualised nutrition program

- Dietary 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 dietary supplement being prescribed or provided to a SA funded triathlete, the athlete must have undertaken an initial nutritional assessment to establish the reason for use
- SA funded triathletes are to be educated by the SA Lead Sports Dietitian or SIS/SAS Sports Dietitian regarding the appropriate use, potential benefits and any possible side effects of the dietary supplement prior to provision
- Any sports foods provided or prescribed to SA funded triathletes by SIS/SAS sports dietitians for use in daily training, must adhere to the SA Dietary Supplement Policy and subsequently be entered into the SA Supplement Register within the SA Athlete Management System (AMS).

#### 11.2 Medical plan to address a diagnosed nutrient deficiency

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

#### 11.3 Sports Foods and Fluids provided for Group Use

- Only **Group A** Sports Foods and Fluids are to be provided through Group Supplement Orders.
- Approved sports foods and fluids (including sports drinks, liquid meal supplements, sports gels, sports bars and sports confectionary) may be available for use to SA funded athletes for daily training within their daily training environment, during SA supported camps (domestic and international) and selected World Cup competitions.



- Any sports foods provided or prescribed to SA funded athletes by SIS/SAS sports dietitians for use in daily training, must adhere to the SA Dietary Supplement Policy and subsequently be entered into the SA Supplement Register within the SA Athlete Management System (AMS).

## **12. Education on Dietary Supplements**

- All SA categorised athletes are to be educated on the SA Supplement Policy annually by either the SA Lead Sports Dietitian, SIS/SAS Sports Dietitian or the SA Chief Medical Officer.
- The SA Dietary Supplement Policy is to be available on the SA website and provided in the Athlete Performance Plans/Contracts.
- SA funded athletes must sign a register to ensure they have sighted, read and fully understand the SA Dietary Supplement Policy.
- Education programs for emerging 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.
- Education programs for Podium, Podium Potential and Developing SA 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 dietary supplements in daily training and competition to further optimise performance.
- All SA High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) must be educated on the SA Dietary Supplement Policy as part of their induction process.

### **12.1 Important points for dietary supplement use:**

1. Athletes must check all listed contents of a dietary supplement on the ASADA “check your substances” website.
2. Not all contents are likely to be listed in the list of ingredients. The risk of this occurring is greater in products that are made overseas, although Australian made supplements are not foolproof.
3. Athletes should store dietary supplements safely and securely. Dietary supplements should not be left in public areas unattended.
4. There are organisations that provide “third party checks” on the contents of supplements which can be a reassurance but is NOT a guarantee.
5. Dietary supplements will not be considered for use by the TA Dietary 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 including sports drinks, sports gels, and selected liquid meal supplements and whey protein supplements.
6. Dietary 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.
  7. Meat products from China and Mexico are at risk of contamination from Clenbuterol.

### **13. Squash Australia Dietary Supplement Panel**

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

- National Performance Manager
- Chief Medical Officer
- 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 dietary supplements use in sport. The SA Dietary Supplement Panel is to meet annually (in person or remotely) to review the Dietary Supplement documentation and provision protocols. No alterations to the Dietary Supplement Provision Protocol are to be permitted except by agreement with the SA Dietary Supplement Panel.

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

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

### **14. 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/> [Squash Australia Medications and Injections Policy](#)

## 15. Dietary Supplement Use Diagram

The aim of this diagram is to assist athletes and staff in determining the appropriate use of dietary supplements under the Squash Australia Dietary Supplement Policy.

