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# Australian Canoeing Ltd. Supplement Policy

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## 1. OVERVIEW OF AUSTRALIAN CANOEING SUPPLEMENT POLICY

Integrity in sport is regarded by Australian Canoeing (AC), and sport in the broader community, as paramount. There is a clear expectation of the Australian Sports Commission and a corresponding obligation by Australian Canoeing to ensure that as a sport, the athletes that participate in the sports for which Australian Canoeing has responsibility, its coaches and support personnel *“demonstrate the highest possible standards of integrity in sport, including anti-doping, that will enhance the reputation of Australia internationally and provide a positive example to all Australians.”*

As a starting position, Australian Canoeing has no expectation or requirement that any athlete has a need for use of supplements in any form. For the avoidance of any doubt, any risk and/or liability that arises from an athlete’s use of any supplements whether documented in this policy or not remains with the athlete. The World Anti-Doping Agency (WADA) applies a strict liability approach when it comes to the use of any supplement (i.e. **you** are solely responsible for any banned substance you use, attempt to use, or is found in your system, regardless of how it got there and whether there was an intention to cheat or not).

Australian Canoeing nevertheless acknowledges that athletes use supplements and therefore AC endeavours to establish best practice processes for the use of supplements in the sports for which AC has responsibility for overseeing. The AC Supplement Policy is based on the core principles of:

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

The AC Supplement Policy uses the Australian Institute of Sport (AIS), “Sports Supplement Framework” as its foundation which can be found at the following website: (<http://www.ausport.gov.au/ais/nutrition/supplements/overview>).

The use of supplements is **NOT** an essential part of an athlete’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.

### **IMPORTANT NOTE:**

Each athlete is solely responsible for any substance on the World Anti-Doping Code Prohibited List (or traces of them) found to be present in their body or possession and for their use, attempted use, trafficking or attempted trafficking of the substances or methods on the World Anti-Doping Code Prohibited List.

This Supplements Policy should not be considered as a substitute for any athlete seeking professional advice of an accredited practising dietician or doctor, who can provide that athlete with the latest information on the risks and benefits of using a particular supplement and if applicable, recommend to them an appropriate protocol for using the supplement.

## 2. AUSTRALIAN CANOEING 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 athletes a better platform for performance than the intake of supplements.
- As an athlete, you are more vulnerable to inadvertent anti-doping violations if you obtain supplements from your own sources.
- Before considering the use of supplements you should look to optimise your diet, lifestyle and training. Consulting an accredited sports dietitian, or sports physician within the preferred provider network can help you 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, you should ask yourself:
  - Is it legal?
  - Is it safe?
  - Is it effective (in improving YOUR performance)?
  - Is it necessary?

If, as an athlete, you are in doubt about the first two questions, the supplement should not be used. The third and fourth questions are intended to help you 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, as an athlete, you choose to use supplements, you should weigh up the risks and make an informed decision.

## 3. ATHLETE AND STAFF RESPONSIBILITIES

AC categorised athletes **should document their entire supplement use** in the AC Supplement Register within the AC Athlete Management System (AMS). AC acknowledges that some supplements (i.e. electrolyte drinks) offer reduced 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.

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 AC supplement register. Treating medical officers, including the AC Chief Medical Officer (CMO) or Sports Dietitians within the AC preferred provider network, including the AC Lead Sports Dietitian, must **document any supplements prescribed or provided including sports foods and fluids** in the AC Supplement Register within the AC Athlete Management System.

The register may be monitored as and when required by the AC Supplement Panel. Athletes may be required to make a declaration at certain time points throughout the year that the supplements on their 'AC Supplement Register' reflect the supplements they're taking.

#### 4. DEFINITION OF A SUPPLEMENT

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 supplements 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**

These supplements are 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 supplements that warrant use within sport.

#### 5. SUPPLEMENT USE

The AC 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 AC Supplement Policy:

**Senior National Team Australian Canoeing athletes:**

- Should not use supplements in **Group C** and **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 a Medical Officer or Sports Dietitian within the preferred provider network.
- Required to have all **performance** supplements in **Groups A and B** of the AIS Sports Supplement Framework approved for use by the athletes' Sports Dietitian within the preferred provider network.

**Senior Non-National Team and National Team U23 Australian Canoeing athletes:**

- Should not use supplements in **Group C and 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 a Medical Officer or Sports Dietitian within the preferred provider network.
- Required to have all **performance** supplements in **Groups A, B** of the AIS Sports Supplement Framework approved for use by the athletes Sports Dietitian within the preferred provider network.

**All U18 athletes and U23 Non-National Team athletes:**

- Should not use supplements in **Groups C and D** of the AIS Sports Supplement Framework.
- Should not use **performance** supplements in **Groups A and B** 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 a Medical Officer or Sports Dietitian within the preferred provider network.

**6. AUSTRALIAN CANOEING 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.

**Supplements included in AIS Group A Supplements are:**

<b>Product</b>
<b>Sports Foods and Fluids</b>
Sports drink (carbohydrate-electrolyte drinks)
Sports Gel (highly concentrated form of carbohydrate)
Sports Confectionary
Liquid Meal Supplement
Sports Bar
Whey Protein
Electrolyte Replacement
<b>Medical Supplements</b>
Multivitamin/Mineral
Calcium Supplement
Vitamin D Supplement
Iron Supplement
Probiotics
Sick Pack (Zinc and Vitamin C)

Product
<b>Performance Supplements</b>
Creatine
Caffeine
Bicarbonate
Beta-alanine
Beetroot Juice

In determining a preferred supplier, the Lead AC Sports Dietitians will, where available, select supplements within Australia’s Regulatory Framework (e.g. the Australian Register of Therapeutic Goods) that are third party audited and are therefore deemed to provide low risk of inadvertent doping.

### 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. AC 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 AC 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 (Mont morency) cherry Exotic berries (acai, goji etc.) Curcumin
<b>Other:</b>	Anti-oxidants C and E Carnitine HMB Glutamine Fish Oils Glucosamine

### Group C Supplements

Supplements that have little proof of beneficial effects. In the absence of proof of benefits, Group C supplements will not be provided to AC athletes from AC budgets or other sources funded by AC. If an AC National Team Athlete or their coach wishes to use a supplement from this category, they may do so at their own risk. The athlete is strongly advised to record the supplement and batch details within their Supplement Register.

- Payment of any Group C Supplement is the athlete’s responsibility;
- Approval has should be provided by the AC Supplement Panel before use;
- The athlete should be fully aware that many of these supplements have been produced using unknown quality control measures and therefore have an unknown risk with regards to inadvertent doping;

- If an AC National Senior athlete chooses to use a Group C supplement, they are best advised to use supplements that have undergone third party testing.

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

### Group D Supplements

Should not be used by AC categorised athletes. These supplements are banned or are at high risk of being contaminated with substances that could lead to an anti-doping rule violation.

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 AUSTRALIAN CANOEING SUPPLEMENT POLICY

Failure to comply with the AC Supplement Policy may incur sanctions in accordance with the AC Disciplinary By-law.

This Disciplinary By-Law sets out the procedures for dealing with disciplinary actions and matters under Rule 7 of the Australian Canoeing Constitution.

Depending on the nature of the breach, AC may apply a range of sanctions/penalties available for first or subsequent offences, as outlined in the AC Disciplinary Bylaw.

## 8. PRESCRIPTION MEDICATIONS AND INJECTIONS

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

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

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

## 11. AUSTRALIAN CANOEING SUPPLEMENT PROVISION

### Goals for the provision of supplements to AC funded athletes:

- Allow AC funded athletes to focus on the sound use of supplements including sports foods and fluids as part of their daily nutrient intake.
- 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.
- Give AC funded athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice.
- Minimise the risk of supplement use by AC athletes that may lead 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 AC categorised athletes in the following ways:

### 11.1 Individualised nutrition program

- AC 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, adequacy etc.), and as such supplement prescription will change accordingly.

- Prior to any AC supplement being prescribed or provided to an AC categorised athlete, the athlete must have undertaken an initial nutritional assessment to establish the reason for use with an AC preferred provider Sports Dietitian.
- AC categorised athletes are to be educated by the AC Lead Sports Dietitian or AC preferred provider Sports Dietitian regarding the appropriate use, potential benefits and any possible side effects of the AC supplement prior to provision.
- Any sports foods provided or prescribed to AC funded athletes by AC preferred provider Sports Dietitians for use in daily training must adhere to the AC Supplement Policy and subsequently be entered into the AC Supplement Register within the AC Athlete Management System (AMS).
- AC financial support is available to purchase Group A and Group B supplements for Senior National Team athletes during overseas training camps and racing assuming these supplements have been scheduled within their annual training plan by their AC preferred provider Sports Dietitian.
- Provision of Group A and B Supplements to AC categorised athletes (as outlined in this document) within daily training is the responsibility of the State Institute or Academy or athlete.
- AC categorised U18 and Non-National Team U23 athletes, are not permitted to use performance supplements as defined above.

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

- Prescription is based on results obtained via appropriate testing as directed by the AC CMO or appointed state based medical officers.
- Medical supplements can be prescribed by the treating medical officer and/or by the AC Lead Sports Dietitian or their respective AC preferred provider 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 AC categorised athletes for daily training within their daily training environment, during AC supported camps (domestic and international), selected World Cup events and World Championships.
- For overseas, group supplement orders (sports foods and fluids) are to be placed by the AC Lead Sports Dietitian who will order these through the AC approved supplier.
- Any sports foods provided or prescribed to AC categorised athletes by AC preferred provider Sports Dietitians for use in daily training, must adhere to the AC Supplement Policy and subsequently be entered into the AC Supplement Register within the AC Athlete Management System (AMS).

## 12. EDUCATION ON AUSTRALIAN CANOEING SUPPLEMENTS

All AC categorised athletes are to be educated on the AC Supplement Policy annually by either the AC Lead Sports Dietitian, AC preferred provider Sports Dietitians or the AC Chief Medical Officer.

- The AC Supplement Policy is to be available on the AC website and provided in the Athlete Performance Plans/Contracts.
- AC funded athletes must sign a register to ensure they have sighted, read and fully understand the AC Supplement Policy.
- Education programs for emerging AC 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 AC 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.
- All AC High Performance Employees, Contracted Staff and State Institute and Academy staff (coaches and support staff) must be educated on the AC Supplement Policy as part of their induction process and annual national team orientation.

### 12.1 Important points for supplement use:

1. Not all contents are likely to be listed in the list of ingredients and the risk of this occurring is greater in supplements that are made overseas although Australian made supplements are not foolproof.
2. Athletes should store supplements safely and securely. Supplements should not be left in public areas unattended.
3. There are organisations that provide “third party checks” on the contents of supplements which can be a reassurance but is **NOT** a guarantee.
4. Supplements will not be considered for use by the AC Supplement Panel if not third party audited or the manufacturing processes undertaken by the company are deemed to provide low risk of contamination with WADA prohibited substances. This includes sports foods and fluids including sports drinks, sports gels, and selected liquid meal supplements and whey protein supplements.
5. Supplements should only be used from companies with well documented control processes and/or have third party auditing of their supplements. 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.
6. Pre work out energy type supplements, supplements that claim to boost testosterone and improve libido as well as weight loss supplements appear to be at increased risk of containing WADA prohibited substances.
7. Meat products from China and Mexico are at risk of contamination from Clenbuterol.

### 13. AUSTRALIAN CANOEING SUPPLEMENT PANEL

The AC Supplement Policy is governed over by the AC Supplement Panel. The AC Supplement Panel is to be comprised of appropriately qualified stakeholders, including an independent member, and the following Australian Canoeing 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 AC Supplement Panel is to meet annually (in person or remotely) to review the AC Supplement Policy documentation and provision protocols. No alterations to the AC Supplement Provision Protocol are to be permitted except by agreement with the AC Supplement Panel.

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

Any questions (from an athlete or staff member) regarding a new AC supplement that falls outside of A or B Categories within the AIS Sports Supplement Framework should first be directed to the AC Lead Sports Dietitian who will disseminate information to the AC 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 Substances Check <http://www.globaldro.com/AU/search>

Australian Canoeing Medical and Medications Policy

<http://canoe.org.au/wp-content/uploads/2015/10/AC-Medical-Medications-Policy.pdf>

## 15. AUSTRALIAN CANOEING SUPPLEMENT USE DIAGRAM

The aim of this diagram is to assist athletes and staff in determining the appropriate use of supplements under the Australian Canoeing Supplement Policy. It provides an overview on the provision and access AC athletes have to supplements within the AC Supplement Policy.

