

OWIA SUPPLEMENT POLICY

POLICY OBJECTIVES

The Policy aims to provide guidance in keeping with the [AIS Supplement Framework](#) to:

- Reduce the risk of a [WADA breach](#) for any OWIA/SA contracted athlete
- Minimise the risks to health (acute and long term) and performance associated with supplement use
- Educate OWIA/SA athletes on the risk and evidence assessment required prior to use of any supplement
- Define OWIA's commitment to evidence-based practice
- Demonstrate OWIA's commitment and care for athlete wellbeing

THE POLICY APPLIES TO

The OWIA Supplement Policy applies to all Olympic Winter Institute of Australia (OWIA) and Snow Australia (SA) contracted/scholarship athletes, coaches and support team personnel (employees and contractors). It also provides a framework for developing and emerging winter athletes and their National Sporting Federations, to help guide them with the required assessment of evidence for use and risk prior to use of any Sports Foods or Supplements.

POLICY STATEMENT

The philosophy of the OWIA and SA is to place emphasis on real foods and promote the importance of eating a well-planned performance-focused diet to support training and competition, as well as the long-term health of the athlete. This Policy acknowledges the minor role that supplements may play, as an addition to a well-planned whole food diet, in meeting the increased demands of training and sporting performance.

This Policy aims to educate winter sport athletes and support personnel about supplements and the assessment of risks associated with use. It defines the OWIA's commitment to evidence-based practice and obligation to upholding the values of clean sport and the wellbeing of OWIA/SA athletes.

ATHLETE RESPONSIBILITY & STRICT LIABILITY

In accordance with the World Anti-Doping Agency (WADA) and Sport Integrity Australia (SIA), all OWIA/SA contracted athletes are responsible for any prohibited substance (or markers of) found in a bodily specimen or in their possession and will be held strictly liable for the anti-doping violation, whether the substance was intentionally ingested or otherwise.

SUPPLEMENT DEFINITIONS

Supplements include any synthetic or natural chemical in the form of a formulated food, tablet, capsule, gummy, liquid, tincture, or powder that is ingested for the intended purpose of enhancing health and function, including athletic performance. Supplements can be defined within the following categories:



- a) **A formulated Sports Food or Beverage** designed to provide specific nutrients often found in food in a conveniently packaged form that can be consumed before, during or after exercise for the intended purpose of enhancing exercise capability, promoting recovery / adaptations, and / or performance (e.g., sports drink, carbohydrate bars, protein powders, protein bars and sports gels).
- b) **A Medical Supplement** designed to reverse a known nutrient deficiency, such as iron or vitamin D; or to reduce the risk of illness during periods of travel (e.g., probiotics); or to assist in the treatment of injury and rehabilitation (e.g. fish oils).
- c) **A Performance Supplement** covers all products that claim to provide a direct enhancement of sports performance by mechanisms other than meeting the goals of everyday nutrition (e.g., creatine, caffeine and sodium bicarbonate).

AUSTRALIAN INSTITUTE OF SPORT (AIS) SUPPLEMENT FRAMEWORK

The OWIA supplement policy adopts the [AIS Supplement Framework](#) to guide its practice. The goal of the AIS Supplement Framework is to implement clear guidelines for athletes under its governance to ensure that their use of supplements and sports foods is safe, effective and legal.

The Framework provides:

- A classification system, ranking Sports Foods and supplement ingredients into four categories based on scientific evidence for use, level of risk and legality of use (A, B, C and D).
- An ever evolving, evidence-based resource convened by the AIS Sports Supplement Panel and key stakeholders
- A practice guide that aims to minimise the risk of an [anti-doping rule violation](#) arising through the use of supplements and sports foods.

SUPPLEMENT INDUSTRY

The supplement industry is poorly regulated; products available on the market may not be scientifically proven to provide benefit in sport, may vary in quality, may contain substances not listed on the ingredient panel which may lead to doping and / or potential risks to health and performance.

As part of their supplement risk minimisation strategy, OWIA encourages batch testing of supplements for WADA banned substances by an independent ISO 17025 accredited laboratory such as HASTA and Informed Sport. OWIA strongly supports batch testing by the aforementioned ISO accredited labs for supplements including formulated Sports Foods that contain manipulated ingredients (e.g. protein powders, bars containing protein powders, or added herbal ingredients), performance supplements and any medical supplement not produced under pharmaceutical grade practices. Although batch testing does not remove the risk completely, it decreases risk associated with ingestion of these supplements.

SUPPLEMENT PROVISION

Supplements and Sports Foods deemed low risk, with peer-reviewed scientific evidence to support their efficacy, may be provided to OWIA/SA athletes by the OWIA Sports Dietitian or OWIA CMO. With the provision of lower risk,

evidence-based supplements, OWIA respects and endorses the rights of the athlete to make their own decision as to whether they choose to use an OWIA provided supplement. In cases where supplement provision is not possible, and athletes decide to purchase these items, specific brands and / or specific batch tested products may be suggested by an OWIA Sports Dietitian or OWIA CMO with the aim of minimising the risk of inadvertent doping. Extreme caution must be taken when purchasing supplements both within and outside of Australia (including internet purchases).

ATHLETE RESPONSIBILITY & SUPPLEMENT RECORDING

It is the responsibility of each individual OWIA/SA athlete to keep an up-to-date record of batch numbers of all supplements used, together with product brand names, frequency and dose. Note all athletes are strongly encouraged to store this information on the Athlete Management System (AMS). This is so that a clear and descriptive record of all supplement use is readily available to athletes in the event of being tested.

SUPPLEMENTS & JUNIOR / DEVELOPING ATHLETES

It is OWIA's philosophy that junior (18 and under) and developing athletes should focus on whole foods to meet their nutrition and training demands and in turn, facilitate gains in sports performance. In general, the OWIA does not recommend supplement use for junior and / or developing athletes.

The use of Sports Foods and beverages *may* be suitable for OWIA/SA junior and development athletes, but only under the strict guidance of an OWIA Sports Dietitian or the OWIA CMO. Only in exceptional cases, will the OWIA CMO or Sports Dietitian recommend the use of performance supplements for junior and developing athletes.

A Medical Supplement prescribed to reverse a clinically demonstrated deficiency, to optimise immune function, or to assist in the treatment of injury or illness, is exempt from this statement, but this must only be administered under the guidance of a medical practitioner with the approval of the OWIA CMO.

ATHLETE RESPONSIBILITY & SUPPLEMENT SPONSORSHIP

Any OWIA/SA contracted athlete seeking or offered supplement or sports food sponsorship (for product or financial gain) must first gain the approval of the OWIA Supplement Advisory Panel. Please note the OWIA Supplement Advisory Panel will only consider approval of evidence-based supplements that are in keeping with this policy and the batch testing requirements.

SANCTIONS

- Any OWIA contracted athlete or personnel (employees and contractors) found to breach this Policy (including, without limitation, Appendix A) may face disciplinary action by the OWIA Board. The OWIA Board may recommend the following sanctions:
 - A warning;
 - Suspension from OWIA-organised training;
 - Suspension from competition for a specified period;
 - Suspension or termination of contract.

Note: an assembled OWIA disciplinary panel, guided with information from the Supplement Advisory Panel, will determine all cases.

- All OWIA athletes and personnel are also bound by the following policies, as applicable. These include:
 - [World Anti-Doping Agency \(WADA\) CODE 2021](#)
 - [WADA Prohibited list 2023](#)
 - [Australian National Anti-Doping Policy](#)
 - [Australian Ice Racing Sports Science and Sports Medicine Policy](#)
 - [FISU Anti-Doping Policy](#)
 - [FIS Anti-Doping](#)

For additional support:

- [Sports Integrity Australia](#)

OWIA SUPPLEMENT ADVISORY PANEL MEMBERS

- OWIA Chief Medical Officer
- OWIA Medical Services and Rehabilitation Manager
- OWIA Nutrition Lead & OWIA Sport Dietitians
- OWIA Lead Physical Preparation Coach
- OWIA/SA Athlete Representative
- External Expert-AIS Supplement Framework Representative (Prof Louise Burke)

The role of the OWIA Supplement Advisory Panel is to:

- Ensure the OWIA's Supplement Policy and practices remain ethical, compliant with the World Anti-Doping Code and the AIS Sports Supplement Framework and uphold the health of the athlete as a priority;
- Review the OWIA Supplements Policy annually;
- Research and review industry best-practice nutrition and supplement use;
- Seek opportunities to direct winter sport-specific nutrition and supplement research;
- Report annually to the OWIA CEO on any proposed changes to the Supplement Policy.

CHANGES TO THIS POLICY

The OWIA reserves the right to vary or replace this Policy at any time. Changes are effective upon posting on the OWIA website. It is the responsibility of all athletes and personnel to remain informed of any variances to this Policy. It is recommended to visit the [OWIA website](#) to view the current OWIA Supplements Policy.

DOCUMENT HISTORY

Version	Adopted by OWIA	Content reviewed / purpose
One	23/12/14	
Two	16/02/15	<ul style="list-style-type: none"> ▪ Added information on supplements sold by network marketing companies



		<ul style="list-style-type: none">▪ Letterhead updated▪ Order of sections of this Policy updated
Three	30.09.2019	<ul style="list-style-type: none">▪ Updated to reflect changes in AIS Supplement Framework.▪ Athlete responsibilities highlighted as a check list to be initialled by athletes annually- See Appendix A.▪ External expert from AIS and athlete representative added to OWIA Supplement Advisory Panel▪ Re-write of policy objectives
Four	10.03.2021	<ul style="list-style-type: none">▪ ASADA to SIA
Five	10.02.2023	<ul style="list-style-type: none">▪ Reviewed with update to WADA code▪ Addition of Appendix B. Vitamin D supplement considerations▪ Ski and Snowboard Australia to Snow Australia



APPENDIX A – OWIA SUPPLEMENT POLICY

ATHLETE RESPONSIBILITIES *(athletes to initial next to each check box)*

- Strict liability:** In accordance with the World Anti-Doping Agency (WADA) and Sport Integrity Australia ([SIA](#)) authorities, all OWIA/SA athletes are responsible for any prohibited substance (or markers of) found in a bodily specimen or in their possession and will be held strictly liable for the anti-doping violation, whether the substance was intentionally ingested or otherwise.
- All OWIA/SA contracted athletes must first consult with the OWIA CMO or an OWIA Sport Dietitian prior to commencing use of any supplement or sports food.
- It is the responsibility of each individual OWIA/SA athlete to keep an up-to-date record of batch numbers of all supplements used, together with product brand names, frequency of use and dose. Note all athletes are strongly encouraged to store this information on the Athlete Management System (AMS).
- Under no circumstance, shall an OWIA/SA contracted athlete share any supplement they may be taking with any other OWIA/SA athlete.
- Any OWIA/SA contracted athlete seeking or offered supplement or sports food sponsorship (for product or financial gain) must first gain the approval of the OWIA Supplement Advisory Panel. Please note the OWIA Supplement Advisory Panel will only consider approval for evidence-based supplements that are in keeping with this policy and the batch testing requirements.
- It is the responsibility of the athlete to review the updated [WADA code](#) for any updates annually.

OWIA/SA athlete name (IN PRINT): _____

Date OWIA Supplement policy has been read and responsibilities understood: ____/____/____

OWIA/SA athlete signature: _____



APPENDIX B – OWIA SUPPLEMENT POLICY

Vitamin D considerations for athletes travelling to latitudes > 35° North or South between November & March.

This Appendix has been developed with guidance from the [AIS Supplement Framework - Vitamin D Fact Sheet](#) in collaboration with AIS Medical, the OWIA CMO and OWIA Sport Dietitians.

OWIA acknowledges the unique risk profile that Australian Winter athletes face when it comes to maintaining optimal levels of Vitamin D given the reality of chasing winter around the globe. We also acknowledge the importance of maintaining Vitamin D levels for bone, immune and muscle health as well as the implications these factors may have on athlete availability.

AIS categorisation as per framework	Vitamin D – serum levels	Proposed batch-tested Vitamin D supplementation
Deficiency	< 50 nmol/L	Correction of deficiency 3,000 IU to 4,000 IU per day for 1-2 months*
Insufficiency	50-75 nmol/L	Correction of insufficiency 2,000 IU per day for 1-2 months*
Sufficiency/Ideal	75-120 nmol/L	Preventative measure 1,000 IU per day for the northern hemisphere winter season only (November – March)^
Beyond	>120 nmol/L	No supplementation indicated

*Depending on time of year and athlete latitude.

^Only whilst the athlete is at latitudes > 35° (North or South) due to limited UVB exposure.

Latitudes of countries that commonly hold competition events or are used as training locations that are > 35° North or South#	
Finland	62.0° North
Belgium	50.5° North
Austria	47.5° North
Germany	61.3° North
Switzerland	47.0° North
Italy	42.0° North
France	46.2° North
Canada	56.0° North
USA	37.0° North (Utah 39.0° North)
Norway	60.5° North

#Not an exhaustive list. Please check the latitude of the country you are travelling to if during the months of November through to the end of March.