

OWIA Supplements Policy

Version 2

POLICY OBJECTIVE

The Policy aims to provide guidance and raise awareness:

- On appropriate use of Sports Foods, Medical and Performance Supplements within Winter Sports and to support athletes who may choose not to use Sports Foods, Medical Supplements or Performance Supplements;
- To ensure that recommended supplements and sports foods are not banned in sport, have a low risk of health and doping issues, and their use is supported by scientific evidence in sporting situations;
- Recommending supplements and Sports Foods are used correctly and appropriately to deliver maximum benefits to training, performance and recovery;
- To assist athletes to minimise the risk of supplement use leading to a doping offence and / or adverse health outcomes;
- Provide a framework, where may be appropriate, for the provision and administration of supplements.

WHO THE POLICY APPLIES TO

The OWIA Supplement Policy applies to all OWIA Contracted 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 on the safe and appropriate use of Sports Foods and Supplements.

POLICY STATEMENT

The philosophy of the Olympic Winter Institute of Australia (OWIA) 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 supports that philosophy and 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 athletes about supplement use and the potential risks that supplement use may pose. It clearly defines the OWIA's commitment to evidence-based practice and the responsibility of OWIA athletes to consult with OWIA Chief Medical Officer (CMO) or Dietitian prior to the use of any supplement.

WHAT IS A SUPPLEMENT?

Supplements include any synthetic or natural chemical in the form of a formulated food, a 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. Examples include protein powders, sports drinks and sports gels.
- b) **A Medical Supplement** designed to reverse a known nutrient deficiency, such as iron or Vitamin D; to optimise immune function, such as probiotics; or to assist in the treatment of injury and rehabilitation, such as 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. Examples include creatine, caffeine and sodium bicarbonate.

SUPPLEMENTS AND ATHLETE RESPONSIBILITY

Australian Institute of Sport Supplement Framework

The OWIA adopts the [Australian Institute of Sport Supplement Framework](#) to guide its recommendations on the use of sports supplements for its athletes. Key areas of this Framework include:

- A classification system, which ranks Sports Foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance.
- Decisions regarding the placement of a product are made by an expert group, convened by the AIS Sports Supplement Framework to suit the needs and values of Australia's Winning Edge. These decisions are regularly re-evaluated.
- A key goal of the Framework is to minimise the risk of an [anti-doping rule violation](#) arising through the use of supplements and sports foods.
- It is recommended that all OWIA Contracted Athletes and personnel regularly review this Framework.

Strict liability

Athletes are responsible for their own liability in accordance with the World Anti-Doping Agency and Australian Sports Anti-Doping Authorities. If any prohibited substance (or markers of) is found in a bodily substance of the athlete, the athlete will be held strictly liable for the anti-doping violation, whether the substance was intentionally ingested or otherwise.

Supplement Industry

It is important to note that the supplement industry is not tightly regulated. This means that information and products available on the market may not be scientifically proven to provide benefit in sport, may vary in quality, and may also lead to doping and / or potential risks to health.

Under no circumstance, shall an OWIA Contracted Athlete share any supplement they may be taking with any other OWIA athlete.

In addition, supplements sold by "network marketing companies" are not recommended or endorsed by the OWIA. Network marketed supplements are considerably more expensive than a similar "over the counter" product and are not scientifically supported to produce the health and performance benefits that are claimed. The OWIA recommends that its coaches, athletes and other personnel avoid contact with the distributors of these companies and their products. For athletes or personnel of the OWIA to become distributors and sell supplements to our athletes and / or coaches is considered a serious conflict of interest and is therefore forbidden. For further information, please refer to the "[AIS Statement on Supplements sold by Network Marketing Companies.](#)"

Use of supplements in junior and developing athletes

It is OWIA's philosophy that junior (under 18) and developing athletes should focus on whole foods to provide their nutrition and recovery needs, and to support training and skills acquisition, in order to facilitate gains in sports performance. In general, the OWIA does not recommend supplement use for junior and developing athletes.

The use of Sports Foods and beverages *may* be suitable for OWIA 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 approve the use of performance supplements for junior and developing athletes.

A Medical Supplement prescribed to reverse a known 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.

Communication and Consultation

All OWIA Contracted Athletes must consult with the OWIA CMO or an OWIA Dietitian prior to commencing use of any Supplement. Following consultation, athletes are required to document their supplement use on the Athlete Management System (AMS). The use of a Supplement must be consistent with the overall training and competition nutrition plans and only used when in conjunction with a well-planned whole food diet. Notwithstanding the above, athletes are responsible for any substance or marker found in their system which may constitute an anti-doping rule violation.

Where possible, OWIA approved Supplements and Sports Foods may be provided by the OWIA to athletes. In cases where this is not possible and athletes need to purchase these items, specific brands may be suggested by an OWIA Dietitian 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).

Record Keeping

OWIA Contracted Athletes must keep records of their supplement use on the Athlete Management System (AMS):

- All athletes must log their supplement use in the supplement register within the nutrition section of the Athlete Management System (AMS).
- Supplement use, including product, brand and frequency / dosage of use must be recorded as a once-off entry. Athletes then only need to record changes in supplement use – i.e. commencement date, dosage change, brand change or cessation of supplement(s).
- Athletes are required to update and maintain the supplement register with all changes to supplement use.
- If OWIA Dietitians and / or the OWIA CMO is concerned with any supplements logged on the register, they will notify the athletes of their concern. Note: supplement use will only be periodically checked by OWIA Dietitians, and annually by the OWIA CMO.

Supplements Sponsorship

If an OWIA athlete is to be offered a Sports Supplement sponsorship, approval must be granted by the OWIA Board prior to the agreement commencing. In this case, the athlete is taking the supplement at his or her own risk. Under no circumstance is a sponsored athlete permitted to provide other OWIA athletes with product from their own personal sponsorship.

Sanctions

- Any OWIA Contracted Athlete or personnel (employees and contractors) who is found to breach this Policy may face disciplinary action by the OWIA Board. The OWIA Board may recommend the following sanctions:
 - A warning;
 - Suspension from competition for a specified period;
 - Suspension from OWIA-organised training;



- 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 Code 2015](#)
 - [Ski and Snowboard Australia \(SSA\) Anti-Doping Policy](#)
 - [Australian Ice Racing Australia \(AIR\) Anti-Doping Policy](#)
 - [Ice Skating Australia \(ISA\) Anti-Doping Policy](#)

OWIA SUPPLEMENT ADVISORY PANEL

The OWIA Supplement Advisory Panel comprises:

- OWIA Chief Medical Officer
- OWIA Medical Services and Rehabilitation Manager
- OWIA Nutrition Lead
- OWIA Sports Dietitian
- OWIA Head of Athlete Preparation and Sports Scientist

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;
- Report annually to the OWIA CEO on the use of Supplements within the OWIA, and any proposed changes to the Supplement Policy;
- Research and review industry best-practice nutrition and supplement use;
- Seek opportunities to direct winter sport-specific nutrition and supplement research;
- Develop and distribute appropriate education materials to the Winter Sport community;
- Review the Supplements Policy annually.

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▪ Letterhead updated▪ Order of sections of this Policy updated
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