

SPORTS SUPPLEMENTS

This Position Statement outlines Commonwealth Games Australia (CGA) stance on the use of supplements by Australian Team members at the 2022 Commonwealth Games. It provides guidance for athletes and their support personnel to consider the appropriate application and use of supplements in their sport.

The taking of supplements is the responsibility of the athlete themselves.

WHAT IS A SUPPLEMENT?

Supplements cover a broad range of products including vitamins, minerals, herbs, meal supplements, sports nutrition products, natural food supplements and other related products ingested to boost the nutritional content of the diet.

Supplements are used for the purpose of enhancing health and function, including athletic performance. Supplements can be synthetic or natural chemicals and can be in tablet, capsule, gummy, powder, tincture or liquid form. They also include sports bars, sports drinks, sports gels, liquid meal replacements and any other oral form of ergogenic aid.

CGA has adopted the Australian Institute of Sport (AIS) Sports Supplement Framework (Framework) to identify which supplements may be considered appropriate for use. This Framework provides expert classification of supplements and is subject to ongoing research, continual review and change. This Framework incorporates a classification system whereby supplements are categorized according to evidence and risk, into categories A, B, C and D.

It is recommended that all athletes and CGA staff regularly review this Framework (<https://www.ais.gov.au/nutrition/supplements>) for more detail and updates.

Where differences arise between an NSO supplement policy and this Position Statement, athletes should seek clarification through the B2022 Australian Team Chief Medical Officer.

SUPPLEMENT USE

Most supplements have little or no health or performance benefits. In addition, there are potential health and doping risks associated with their use. Supplements are not a substitute for ensuring that all training and nutrition aspects of preparation are addressed.

CGA recommends that supplements only be used in conjunction with advice and recommendations from a sports physician/doctor, sports dietician, or sport physiologist, and as part of an overall nutrition program after consulting the resources and programs in place to help make safe supplement choices, as outlined below.

Supplements should only be used after the following has been considered.

1. Will it put an athlete's health and safety at risk? (*i.e., is it SAFE?*)

Third party auditing companies including Informed Sport and HASTA have certification logos which can help show products which have been batch tested and are a very low risk of contamination.

2. Does it comply with the WADA code? (*i.e., does it contain a BANNED SUBSTANCE?*).

Individual ingredients can be checked at The Global Drug Reference Online (<https://www.globaldro.com/Home>) to confirm if they comply with the WADA code.

3. Is there evidence-based scientific support for its use and has it been shown to be effective? (*i.e., does it WORK?*)

The AIS Sports Supplement Framework should be the guide for the efficacy of the supplement with a preference for group A supplements.

The use of a supplement should be consistent with the overall training and performance plans and be supported by a well-planned performance-focused diet.

Notwithstanding the above, athletes are responsible for any substance or marker found in their system which may constitute an anti-doping rule violation.

All athletes are encouraged to document supplement use, including the brand and product batch number in the Athlete Management System (AMS) to keep accurate records of exact supplement consumption. This is a risk management process that provides athletes with due diligence.

GAMES TIME

On arrival into the Commonwealth Games Village (Village), all Australian athletes are to advise of any supplements (and medications) they are currently taking to the Team's Chief Medical Officer.

It is strongly recommended that athletes do not take any supplements or medications during competition they have not already trialled in the past or are unfamiliar with.

Whilst in the Village, athletes are advised not to use supplements acquired from other Team members.

WADA

All athletes are subject to the World Anti-Doping Code (The Code). This involves athletes having knowledge of, and complying with, all anti-doping policies relevant to their participation and rules adopted pursuant to The Code.

Please refer to the WADA website for specifics of the Code - <https://www.wada-ama.org/en/what-we-do/the-code>. Specifically, this includes athletes:

- taking responsibility for everything that they ingest and use;
- availing themselves for sample collection(s) when notified;



- not knowingly cheating by using illegal performance enhancing substances;
- informing any medical personnel of their obligations as athletes, so they do not use prohibited substances and prohibited methods, and taking responsibility for ensuring that any medical treatment received does not violate anti-doping policies and rules pursuant to The Code;
- cooperating with the Sport Integrity Australia and other recognised Code-compliant international anti-doping programs; and
- positively demonstrating the values and behaviour required to foster doping-free sport and true excellence in performance.

SPONSORSHIP

Any Member of the Team must disclose any personal supplement sponsorships to CGA as a requirement of their Team Membership Agreement.

APPLICATION

This CGA Position Statement applies to all members of the Australian Commonwealth Games Team. This includes all athletes, employees, contractors and support team personnel.

For more information refer to the following:

AIS Sport Supplement Framework

<https://www.ais.gov.au/nutrition/supplements>

SIA Supplements in Sport

<https://www.sportintegrity.gov.au/what-we-do/anti-doping/supplements-sport>

Check Your Substances website

<https://www.globaldro.com/AU/search>

Informed Sport Global Supplement testing program

<http://www.informed-sport.com/>

CGA Anti-Doping By-Law

<https://commonwealthgames.com.au/wp-content/uploads/CGA-Anti-Doping-By-Law-August-2021-1.pdf>

Adopted 6 April 2022