

ACTAS



ACTAS SUPPLEMENT POLICY AND PROCEDURES 2024

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Overview

The ACT Academy of Sport (ACTAS) Supplement Policy and Procedures outline a framework for the provision of performance supplements to ACTAS Athletes under the recommendation of the ACTAS Performance Dietitian and/or ACTAS Sports Medicine Practitioners **for the purpose of short-term performance trials and injury rehabilitation in the daily training environment (DTE) only.**

ACTAS will cease to supply supplements for ongoing individual use or ongoing wider program use including the DTE, camps and competitions from 1st January 2025.

These ACTAS Policies and Procedures are aligned with [Australian Institute of Sport \(AIS\) Position Statement on Supplements and Sports Foods in High Performance Sport](#) and apply to all ACTAS Sports, Athletes and Performance Support staff. The AIS Position Statement seeks Practitioners and Athletes to consider the following before the use of any sport supplement products;

- Is it safe?
- Is it legal?
- Is it permitted for use in sport? (in accordance with World Anti-Doping Authority (WADA) and National Sports Organisation (NSO) policy where it exists)

Furthermore, the [AIS Sports Supplement Framework](#) utilises an **ABCD** classification system ranking sport food and supplement ingredients and other practical considerations that determine whether a product is safe, permitted and effective in improving sports performance (See Appendix 1).

- **Group A and B products** have strong existing evidence (Group A) or strong emerging evidence (Group B) for use in specific situations in sport and are suitable for use in identified Athletes according to best practice protocols and/or within research and clinical monitoring situations.
- **Group C products** do not have supportive evidence of benefit amongst Athletes, and/or no research has been undertaken to guide informed use.
- **Group D products** are prohibited, and or, are at high risk of contamination with substances that could lead to a positive doping test and as such should **NOT** be used by Athletes.

While no supplement is 100% safe, [Sports Integrity Australia \(SIA\)](#) guides Athletes to use supplements which have been screened by independent, third-party companies such as [Informed Sport](#) and [HASTA](#). These supplements have been found to have the lowest risk of contamination by substances that could lead to an Anti-Doping Rule Violation (ADRV

Any decision to undertake a performance supplement trial by the ACTAS Performance Dietitian, (with oversight of program Sports Medicine practitioner as required), must have clear supporting health and performance rationale and based on sound scientific evidence. Prior to undertaking such assessments, consideration should be given to:

- ACTAS's philosophy of a "food first" approach. This does not mean "food only" approach, recognising supplements may play a small, but meaningful role in athlete performance and injury rehabilitation.
- The athlete's overall performance goals and the association between this, and the opportunity for supplements to positively impact performance.
- The directive that ONLY Group A and B, batch tested supplements are to be recommended to Athletes.
- The directive that ACTAS will only purchase and supply Group A and Group B, batch tested supplements (where applicable) for the purpose of performance trials in the DTE.

The ACTAS recognises that recommending, purchasing, storing, and distributing supplements for the purpose of short-term trials is not without risk to both Athlete and the organisation, however this policy and related procedures seek to minimise this risk at each step of the process.

For the avoidance of any doubt, any risk and/or liability that arises from an athlete's use of any recommended or supplied supplement remains with the athlete.

The ACTAS Supplement Policy and Procedures provide a clear, operational framework for relevant ACTAS Performance Support staff, to support informed decisions and safe practices around supplement recommendations and provision for use by ACTAS Athletes.

Policy for ACTAS Performance Staff

To maintain the safety, health and well-being of ACTAS Athletes, guidance around supplement use is to be provided by the ACTAS Performance Dietitian and/or Sports Medicine Practitioners only. This advice will be grounded in sound scientific principles that are tailored to meet the unique needs of the individual athlete and pose minimal risk to Athletes in containing WADA prohibited substances.

ACTAS Performance Dietitians and Sports Medicine Practitioners are expected to;

- Have a thorough understanding of the [AIS Position Statement on Supplement and Sports Foods in High Performance Sport and Supplement Framework](#) and classification and operate within this at all times.
- Comply with all aspects of the relevant National Sporting Organisation (NSO) Supplements Policy where it exists and operate within this at all times. Where the NSO does not have a specific supplement policy, ACTAS Supplement Policy will become the operating framework for supplement recommendations and/or provision by the ACTAS Performance Dietitian and Medical Practitioners to ACTAS Athletes.
- The ACTAS recognises that a NSO may have differing policy, guidelines and practices relating to supplement prescription, distribution, and monitoring. In these circumstances, ACTAS Sports Dietitians, Sport Medicine Practitioners and relevant discipline leads will consult NSO representatives to review and manage as appropriate.
- Facilitate detailed performance nutrition assessments prior to recommending use of any supplements and ensure athletes meet their health and performance nutritional needs first through whole foods prior to recommending the commencement of any sports food, medical or ergogenic supplements.
- Recommend and/or supply ONLY Group A and B supplements to Athletes as part of a ACTAS led short-term performance and/or injury rehabilitation support trial and/or when recommending for an athlete's self-sourced supply.
- Recommend and/or supply ONLY third-party, independent batch tested products (where applicable) to Athletes as part of a ACTAS led, short-term performance trial and/or injury rehabilitation support trial and/or when recommending for an athlete's self-sourced supply.
- To log any athlete education or recommendations around supplements that occur within consultations in Athlete Management System (AMS).
- Use only evidence-based protocols for the dosage and timing of supplements.
- Ensure Athletes are well informed of the rationale, risks and benefits of supplement use and that athlete/guardian consent to the performance trial has been documented in AMS consultation notes.
- Ensure any ACTAS supplied supplement to an Athlete for the purpose of a short-term performance trial or injury rehabilitation support is recorded within the Athletes' AMS supplement register, including the date, the manufacturer, product name, batch number, expiry, and all other required fields.
- Educate and support athletes to regularly review and update their individual AMS supplement register with a record of any supplement usage, including those supplied by ACTAS as part of a performance trial and/or injury rehabilitation support, noting the date, the manufacturer, product name, batch number, expiry date and all other required fields.
- Comply with all ACTAS procedures as outlined on pages 6 and 7 of this policy, in relation to recommending, handling, storage and distribution of supplements to ACTAS Athletes.
- Complete mandatory SIA training modules as outlined by ACTAS and the relevant NSO. Practitioners may be required to supply certificates as evidence of satisfactory completion of this training, as per contractual obligations.

Policy of ACTAS Athletes

ACTAS Athletes are encouraged to:

- Access a copy of their relevant NSO supplement policy and ALWAYS refer to it when making a decision about the use of any supplements.
- Have a thorough understanding of the [AIS Sports Supplement Framework](#) and refer to it when making decisions about the use of any supplements.
- Disclose and communicate freely about any current supplement use or supplements being considered for use, with their ACTAS Performance Dietitian and/or Sports Medicine provider.
- Only purchase the supplements as recommended by the ACTAS Performance Dietitian and/or Sports Medicine Practitioners. Supplement recommendations from any other individuals (e.g. other Performance Staff, sponsors, friends etc) should be reviewed by their ACTAS/NSO Sports Dietitian/Medical Practitioner before purchase or consumption.
- Regularly review and update their individual AMS supplement register with a record of any supplement usage, including those supplied by ACTAS as part of a performance trial and/or injury rehabilitation support noting the date, the manufacturer, product name, batch number, expiry date and all other required fields.
- Complete the required [Sports Integrity Australia \(SIA\)](#) education modules as outlined by ACTAS and the relevant NSO. Certificates of completion must be supplied to ACTAS on request.
- Understand that the use of any recommended or supplied supplements as part of a short-term performance trial and/or injury rehabilitation support trial within the ACTAS daily training environment is completely voluntary.
- **For the avoidance of any doubt, any risk and/or liability that arises from an athlete's use of any recommended or supplied supplement remains with the athlete.**

Procedures for Purchase and Storage of Supplements at ACTAS

The following outlines the procedures for the purchase and storage of supplements awaiting use at ACTAS

1. ACTAS Performance Dietitian/ Medical Practitioner identify individual/s for whom a clear rationale for use of performance supplement for trial has been identified and communicate with each other as clinically appropriate.
2. ACTAS Performance Dietitian makes request to ACTAS Performance Services Manager (for financial approval when order is required i.e. when supplement is not in stock). Link to relevant site to confirm product is batch tested and the total cost to be provided by Performance Dietitian at the time of request.
3. Request approved and where product is not held in stock, supplement order is placed by Performance Dietitian. Items held in stock can be distributed
4. Goods received at ACTAS by Performance Dietitian and cross checked against items ordered.
5. Supplements received are recorded in AMS by either an ACTAS Performance Dietitian if being provided to the group or individually by the athlete noting specifically;
 - a. Brand/Manufacturer
 - b. Product
 - c. Flavour
 - d. Batch Number
 - e. Expiry Date
 - f. Batch number of supplied product has been cross checked with certified lists from HASTA or Informed Sport.
 - g. Batch number supplied product has been cross checked with supplied certificate and certificate has been uploaded into AMS.
6. Supplements are stored in locked, central supply cupboard on Ground Floor as well as ~~Sports~~ Performance Dietitian's secure office.

Procedures for provision of supplements for ACTAS Athletes

The following outlines the procedures for the provision of supplements to Athletes for the purpose of short-term performance trials and/or injury rehabilitation support in the daily training environment (DTE);

1. ACTAS Performance Dietitian will be responsible for controlling the inventory of stock held in the locked cupboard.
2. The ACTAS Performance Dietitian transports and provides products to athlete along with education for performance trial protocol.
3. ACTAS Performance Dietitian assists athlete to record ACTAS led performance trial supplements within their AMS supplement register.
4. ACTAS Performance Dietitian works closely with athlete to determine efficacy of trial and potential for future use. Education on risks and benefits are provided at this time, including the need for secure storage.
5. Where a supplement trial is deemed successful, and an Athlete chooses to continue with the trial supplement, further supply will be at their own ongoing expense. ACTAS Performance Dietitian will provide details of product and purchasing information to ensure Athletes purchase the lowest risk product (i.e. batch tested where applicable). This recommendation will be logged by the Performance Dietitian in the Athlete's AMS.
6. ACTAS Performance Dietitian will educate and support athletes with this. Athlete responsible regularly reviewing and updating their individual AMS supplement register with a record of any supplement usage, including those supplied by ACTAS as part of a performance trial, noting the date, the manufacturer, product name, batch number, expiry date and all other required fields.

Appendix: AIS Sports Supplement Framework: ABCD Classification System

Group A

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence level: Strong scientific evidence for use in specific situations in sport using evidence-based protocols Use within Supplement Programs: Permitted for use by identified athletes according to Best Practice Protocols	Sports foods Specialised products used to provide a convenient source of nutrients when it is impractical to consume everyday foods.	Sports Drink Sports Gels Sports Confectionary Sports Bar Electrolyte supplements Protein Supplements Mixed Macronutrient Supplement (Bar, Powder, Liquid Meal)
	Medical supplements Supplements used to prevent or treat clinical issues including diagnosed nutrient deficiencies. Should be used within a larger plan under the expert guidance of a Medical Practitioner/Accredited Sports Dietitian	Iron Calcium Vitamin D Multivitamin Probiotics Zinc
	Performance supplements Supplements/ingredients that can support or enhance sports performance. Best used with an individualised and event-specific protocol, with the expert guidance of an Accredited Sports Dietitian	Caffeine B-alanine Bicarbonate Beetroot juice/Nitrate Creatine Glycerol

Group B

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence level: Emerging scientific support, deserving of further research. Use within Supplement Programs: Considered for use by identified individual athletes within research or clinical monitoring situations.	Food Polyphenols Food compounds which may have bioactivity including antioxidant and anti-inflammatory properties. May be consumed in food forms (whole or concentrate) or as isolated extracts	Fruit-derived polyphenols
	Antioxidants Compounds often found in foods which protect against oxidative damage from free-radical chemicals.	Vitamin C N-Acetyl Cysteine
	Tastants Food-derived compounds (Transient Receptor Potential (TRP) channel agonists) that interact with receptors in the mouth/ gut that are involved in communicating a variety of sensations, including pain, temperature, taste, pressure and stretch	Menthol Pickle Juice Quinine
	Other	Collagen Supplement Curcumin Ketone Supplements Fish Oils Carnitine

Group C

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence Level: Scientific evidence not supportive of benefit amongst athletes OR no research undertaken to guide an informed opinion Use within Supplement Programs: Not advocated for use by athletes within Supplement Programs May be permitted for use by identified athletes where there is specific approval from, or reporting to, a Sports Supplement Panel.	Category A and B products used outside approved protocols	See list for Category A and B products
	Named Products Attention is drawn to products that have been moved to a new category	Magnesium Alpha lipoic acid HMB BCAA/Leucine Phosphate Prebiotics Vitamin E Tyrosine
	The rest If you can't find an ingredient/ product in Groups A, B or D, it probably deserves to be here	

Group D

The list in this group is identified as "examples" to note and may not be complete.

Overview of category within AIS Sports Supplement Framework	Sub-categories	
Evidence level: Banned or at high risk of contamination with substances that could lead to a positive doping test Use within Supplement Programs: Not be used by athletes	Stimulants Consult WADA list for all examples: https://www.wada-ama.org/	Ephedrine Strychnine Sibutramine Methyhexanamine (DMAA) 1,3-dimethylbutylamine (DMBA) Other herbal stimulants
	Prohormones and hormone boosters Consult WADA list for all examples: https://www.wada-ama.org/	DHEA Androstenedione 19-norandrostenedione/ol Other prohormones Tribulus terrestris and other testosterone boosters* Maca root powder*
	GH releasers and "Peptides" Consult WADA list for all examples: https://www.wada-ama.org/	
	Beta-2 agonists Consult WADA list for all examples: https://www.wada-ama.org/	Higenamine
	Selective Androgen Receptor Modulators (SARMS)	Andarine Ostarine Ligandrol
	Metabolic Modulators	GW1516 (Cardarine)
	Other Consult WADA list for all examples: https://www.wada-ama.org/	Colostrum – not recommended by WADA due to the inclusion of growth factors within its composition

*These products do not appear on the WADA list and are thus not specifically banned. However, they are often found in multi-ingredient products that contain banned ingredients or are at high risk of being contaminated. Therefore, they are not recommended for use.

Source: [AIS Position Statement on supplements and sports foods in high performance sport](#)

Revision History

DATE	VERSION	REVIEWED BY	UPDATES MADE
September 2024	1.1	Demi Patterson, ACTAS Performance Dietitian Gavin Thornley, ACTAS Performance Services Manager	Guidelines created
March 2026	1.1	Demi Patterson, ACTAS Performance Dietitian	Review Completed
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Building 20, AIS Campus
Leverrier St Bruce
Canberra ACT 2000

+61 6207 4388
sport.act.gov.au




 @theACTAS



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