



Safe Supplement Guidelines

ACTAS



ACTAS Supplement Policy

Focus Points for ACTAS Athletes



Understand that within the ACTAS environment, the use of any recommended or supplied supplements as part of a performance trial/injury rehabilitation support is completely voluntary.

Always refer to the policies

Check your NSOs and the AIS Sports Supplement Framework when making decisions about supplement use.



Disclose any supplement use

Disclose & communicate freely about any current supplement use or those being considered for use with the ACTAS Performance Dietitian/Sports Medicine provider.

Athlete liability

Any risk/liability that arises from an athlete's use of any recommended or supplied supplement remains with the athlete.



Purchasing supplements

Only purchase supplements recommended by the ACTAS Performance Dietitian and/or Sports Medicine Practitioners.

Register batch with AMS

Regularly update your AMS supplement register with a record of any supplement usage.



Complete the modules

Complete the required Sports Integrity Australia (SIA) education modules as outlined by ACTAS and your NSO.

AIS athlete modules and learning videos

AIS Performance Nutrition Modules

<https://www.ais.gov.au/nutrition/performance-nutrition-hq-modules>

The modules are designed by sports dietitians to optimise athlete health and performance outcomes through strategic use of nutrition. The modules include everything from nutrition fundamentals, to understanding food labels and training and competition nutrition.

AIS Supplement Resources

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

This supplements page breaks down the benefits and risks of using supplements and sports foods. The ABCD Classification system is used to determine whether a product is safe, permitted and effective in improving sports performance.



Using The AMS App Supplement Register

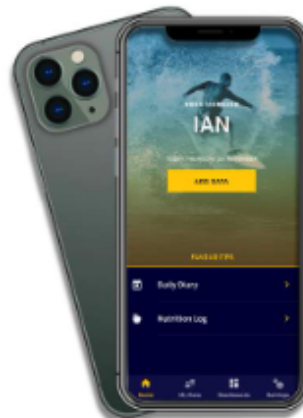
If you decide to take a supplement or sport food the supplement register is where you should record information about supplements you are currently taking and supplements you intend to take. Having a record of your supplement use (including batch numbers) is an important part of being an elite athlete

1

OPEN YOUR AMS APP

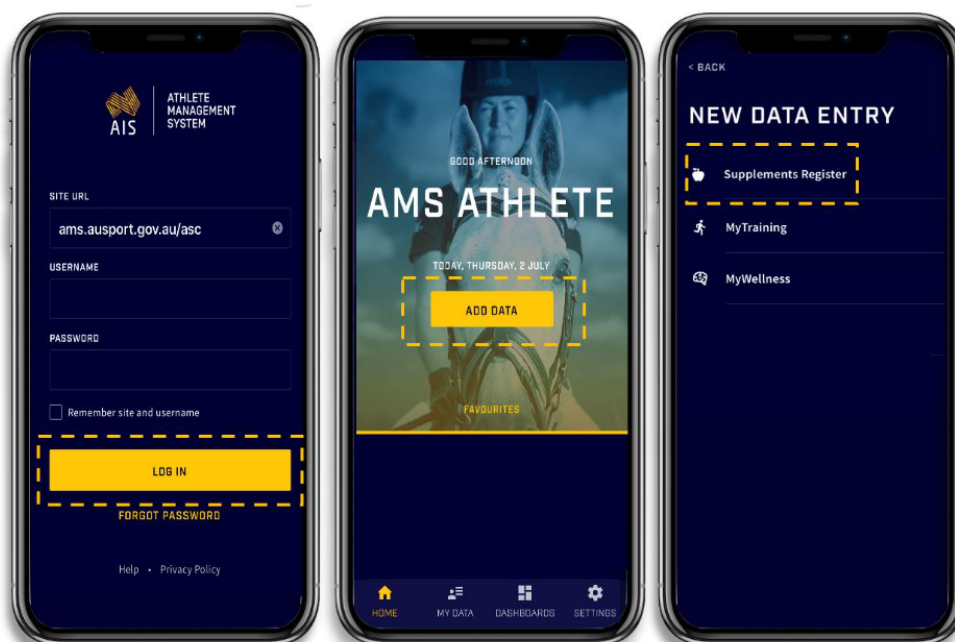


ATHLETE MANAGEMENT SYSTEM
ATHLETE APP



2

ADD DATA



The Supplements Register is where you should record information about supplements you are currently taking and supplements you intend to take. Having a record of your supplement use (including batch numbers) is an important part of being an elite athlete.

1. **Login to the AMS APP** using your AMS username and password
2. Press **Add Data**
3. Select the **Supplements Register** Form

3

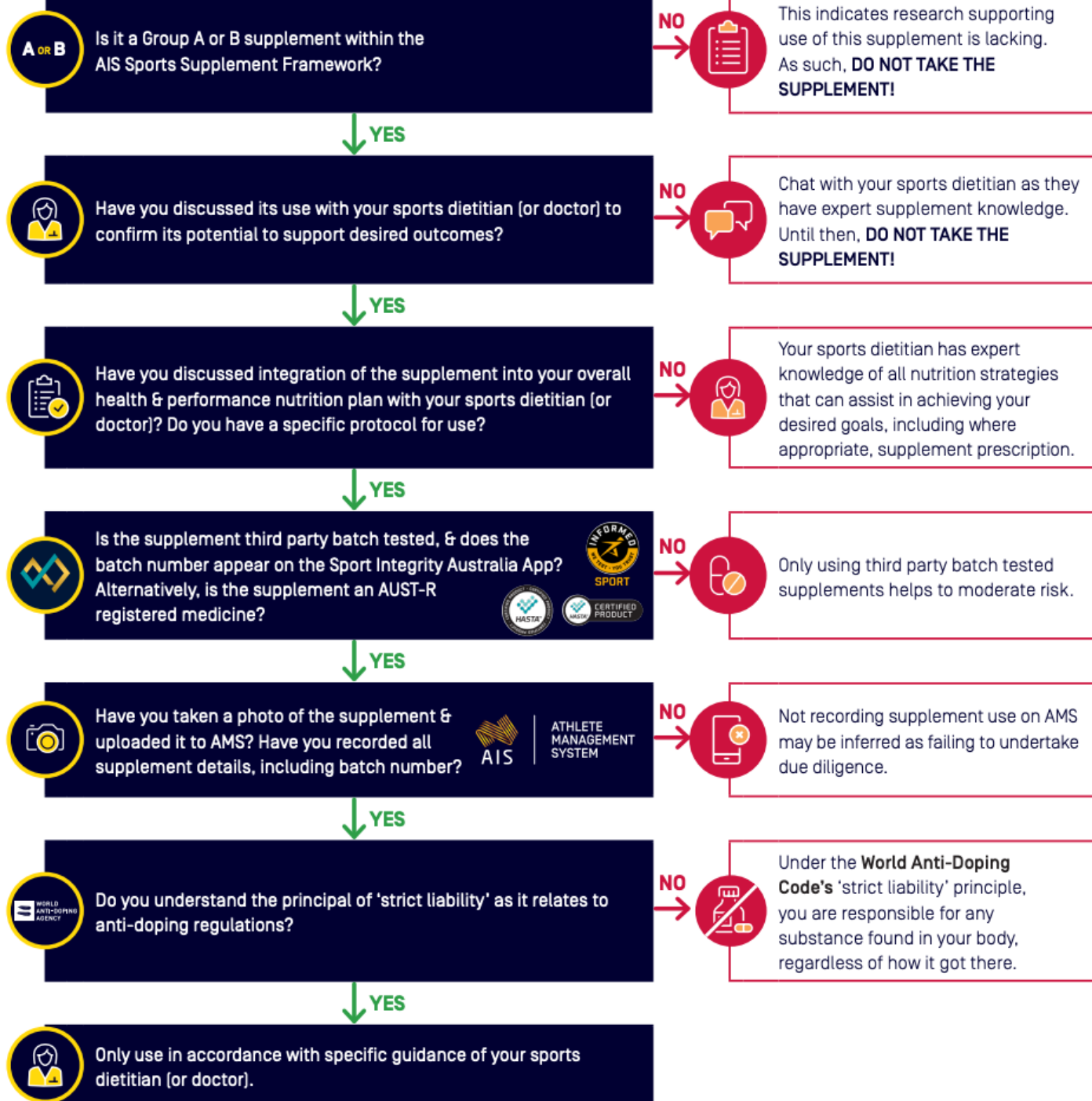
COMPLETING THE FORM

To find out more on how to enter your supplement(s) via AMS, there is a quick demonstration video below that takes you through the process step by step.

How to complete the supplement register - **tutorial video:** <https://vimeo.com/922781614?p=1s>

How to log supplements on the desktop - <https://support.sportsintel.ausport.gov.au/hc/en-us/articles/5043178429199-AMS-Supplement-Register>

CONSIDERING USE OF A SUPPLEMENT?



Before engaging in supplement use, athletes should refer to the specific supplement policies of their sporting organisation, sports institute or parent body, and seek appropriate professional advice from an accredited sports dietitian (www.sportsdietitians.com.au).