



Swimmer Welfare

How supporting an athlete outside of the pool can
improve performance



What to Expect

Sport
Integrity

Nutrition

Mental
Health

Managing
Parents



Always remember ...



You are a person in
a position of
authority



SPORTS INTEGRITY



Anti-Doping



What is your club's policy?



Anti-doping fundamentals

(level 1)

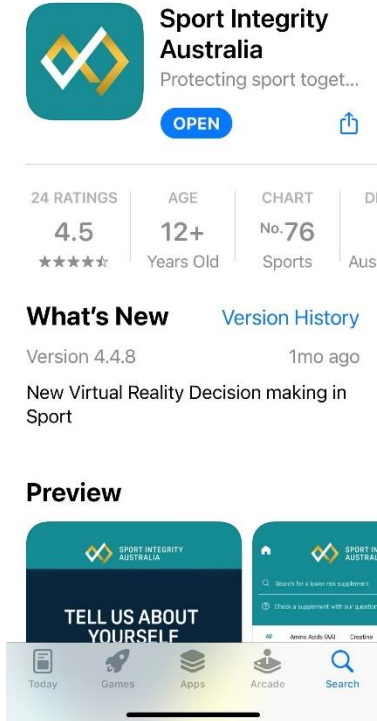


Anti-doping annual update

(level 2)



Anti-Doping



Anti-Doping - Example



Sudafed Sinus + Allergy and Pain Relief Tablets





Sudafed Sinus + Allergy & Pain Relief Tablets

Status According to the WADA Prohibited List



**In Competition
Prohibited**



**Out of Competition
Not Prohibited**

Conditions / Warnings



Pseudoephedrine is prohibited when the urinary concentration exceeds 150 microgram/mL. Further information can be found from WADA :

https://www.wada-ama.org/sites/default/files/resources/files/WADA_Additional_Info_Pseudoephedrine_2010_EN.pdf.

This threshold is not valid if you are using any substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and pseudoephedrine.



The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More](#).

WADA Classification(s)

Stimulants (S6)



Sudafed PE Sinus + Allergy & Pain Relief Tablets



Status According to the WADA Prohibited List



**In Competition
Not Prohibited**



**Out of Competition
Not Prohibited**



Conditions / Warnings



The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More](#).

WADA Classification(s)

No Classification (N/A)

Ventolin CFC-free Inhaler

Status According to the WADA Prohibited List



In Competition Conditional

Inhalation - by device
(by metered-dose Inhaler)



Out of Competition Conditional

Inhalation - by device
(by metered-dose Inhaler)

Conditions / Warnings



Salbutamol is not prohibited by inhalation up to a maximum of 1600 micrograms over 24 hours in divided doses not to exceed 600 micrograms over 8 hours starting from any dose. This threshold is not valid if you are using any substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and salbutamol. Salbutamol administration via nebulization is also prohibited. For further information, please read the WADA Q&A topic on this matter: <https://www.wada-ama.org/en/prohibited-list#faq-anchor>.



For this brand, the threshold would be reached after 6 puffs over 8 hours.



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Athletes, check your medications!

HOM

Endone Tablets

Status According to the WADA Prohibited List



**In Competition
Prohibited**



**Out of Competition
Not Prohibited**



Conditions / Warnings



The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

WADA Classification(s)

Narcotics (S7)

Supplements



SPORT INTEGRITY
AUSTRALIA



Supplements

AIS Position Statement: Supplements and Sports Foods in High Performance Sport



Guiding principles for AIS Sports Supplements Framework

- ① Is it safe?
- ② Is it permitted in sport?
- ③ Is there evidence that it “works”?

A

GROUP A

B

GROUP B

C

GROUP C

D

GROUP D



Referrals



Sport Integrity Australia



Sports Dietician



Sports Medicine Doctor



Global DRO



Sport Gambling



What is your club's policy?



Competition manipulation and sports betting



Introduction into match fixing



SPORT INTEGRITY
AUSTRALIA



Do not speak about any gambling in front of athletes



NUTRITION



Nutritional Support



What is your club's influence?



Performance preparation



Fuelling



What resources are available to you?



Fuelling for Performance



Group Sessions



Race preparation



High performance behaviours



Refer

SDA
ACCREDITED
SPORTS
DIETITIAN

SDA
ADVANCED
SPORTS
DIETITIAN



Fuelling for Health



Individual consultation



Lifestyle influences



Psychosocial behaviours



Refer

SDA
ACCREDITED
SPORTS
DIETITIAN

SDA
ADVANCED
SPORTS
DIETITIAN



Sunday workshop



Ali Swimming Australia Lead Performance Dietitian



Emily WAIS Performance Dietitian



Practical



Opportunity to ask questions



MENTAL HEALTH



Psychological Support



What is your club's policy?



Performance psychology



Mental health support



What resources do you have available to you?



Performance Psychology



Group Sessions



Race preparation



High performance behaviours



Refer



Mental Health



Individual consultation



Lifestyle influences



Psychosocial behaviours



Refer



APS Australian
Psychological
Society

The poster is dark blue with white and yellow text. At the top is a white line-art icon of a head in profile with a brain inside. Below it, the text 'WE'RE IN YOUR CORNER' is written in large, bold, yellow capital letters. The main body of text is in small white font, describing the AIS Mental Health Referral Network (MHRN) as a group of expert psychologists and mental health clinicians who understand the pressures and complexity of life in a high performance setting. It states that whether you're an athlete, a coach or a support staff member, they can assist when things are tough or if you want some advice on how to improve your wellbeing. A quote 'Talking to someone makes a difference.' is followed by the instruction to connect with the MHRN for free and confidential support. It encourages taking the first step and provides contact information for the AIS Mental Health Referral Network: Phone +61 2 6214 1100 (Monday-Friday 9am-5pm AET) and Email: mentalhealth@sportaus.gov.au. At the bottom is the AIS logo, which consists of a stylized 'A' made of horizontal lines and the letters 'AIS'.

**WE'RE IN
YOUR CORNER**

The AIS Mental Health Referral Network (MHRN) is a group of expert psychologists and mental health clinicians who understand the pressures and complexity of life in a high performance setting.

Whether you're an athlete, a coach or a support staff member, they can assist when things are tough or if you want some advice on how to improve your wellbeing.

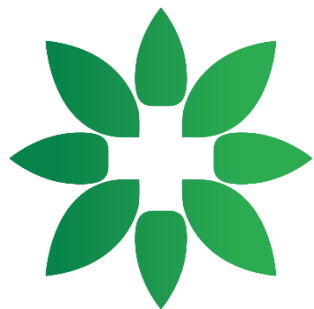
Talking to someone makes a difference.

Connect with the MHRN to access free and confidential support for yourself or to refer someone else.

Take that first step.

AIS Mental Health Referral Network
Phone +61 2 6214 1100 (Monday-Friday 9am-5pm AET)
Email: mentalhealth@sportaus.gov.au

AIS



**MENTAL
HEALTH
FIRST AID**
Australia

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YOUR CORNER**

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Email: mentalhealth@sportaus.gov.au

AIS

headspace
Fremantle



MANAGING PARENTS



Child Protection



What is your club's policy?



Young people (under 18) and vulnerable adults



All communication must be through the parents



No exceptions to the rule



Condoning Behaviours



Be aware of the relationship between athlete and parent, do not condone poor behaviour by ignoring it.







Set Expectations



Do you set out the expectations for parents in your squad?



If you don't say anything you condone that behaviour



Swimmers' wellbeing is THE most important thing



Your wellbeing is THE most important thing



What have you learnt?

Sport
Integrity

Nutrition

Mental
Health

Managing
Parents



Always remember ...



**NURTURING
HIGH
PERFORMANCE**





amandaschonfeld@wais.org.au

