



Swimming Australia Ltd Sports Supplement Policy (as of August 2017)

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 consumed orally for the purpose of enhancing health and function, including athletic performance. They also include sports bars, sports drinks, sports gels, liquid meal replacements and any other oral form of ergogenic aid.

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

Swimming Australia Recommendation

Swimming Australia recommends that supplements only be used in conjunction with advice and recommendations from a sports physician/doctor, sports dietitian or sport physiologist, and as part of an overall nutrition program.

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?*)
- 2) Does it comply with the WADA code? This is essential if the athlete is in a FINA or ASADA testing pool or competing at State, National or International level events. (*i.e. does it contain a BANNED SUBSTANCE?*)
- 3) Is there evidence-based scientific support for its use and has it been shown to be effective? (*i.e. does it WORK?*)

Swimming Australia advises the following:

- Athletes should focus on a well-planned training program that develops good technique, skill and fitness, supported by adequate nutrition and recovery practices. Focusing on sound nutrition and recovery practices will give swimmers a better platform for performance than supplements.
- Swimmers under 18 years of age should not use supplements unless there is a specific nutrition requirement identified by a sports physician/doctor, or sports dietitian. Ergogenic supplement use is strongly discouraged in junior swimmers.

IMPORTANT POINTS

1. **Choose supplement brands that have their supplements third party audited by companies such as www.informed-sport.com or www.hasta.org.au.** Look for the certification logos from these companies on supplements as a way of ensuring the supplement you are taking offers the lowest risk.
2. **You can check individual ingredients on the label of a supplement on Globaldro (an online search tool).** The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications and ingredients based on the current World Anti-Doping Agency (WADA) Prohibited List.
3. **If the supplement isn't third party tested, then check the label for banned ingredients.**
 - a. Aegis Shield, is a third-party company which independently checks the label of a specific supplement for WADA prohibited substances. Aegis Shield does not provide a guarantee that a supplement is free of banned substances, as supplements may be contaminated with banned substances not listed on the label. Using a company like Aegis Shield doesn't remove the risk of contamination or responsibility from the swimmer but reduces the risk of not identifying banned substances clearly listed on the label.
4. **If still unsure as you can't find any information about the supplement, then contact your sports dietitian or sports physician for further advice.**
5. **Finally you should, keep a record of the Brand, supplement name and batch number of any supplement you consume.**
6. **These processes provide "checks" on the contents of supplements that can be a reassurance but this is NOT a guarantee, and should be undertaken before purchasing and using any supplement.**
7. **Meat products from China and Mexico are at risk of contamination from the banned substance Clenbuterol.**

Note for SAL Funded Swimmers

All SAL funded swimmers **are encouraged to document their entire supplement use** in the AIS Athlete Management System. This is a risk management process that provides swimmers with due diligence. Whenever a swimmer changes their supplement program, or even just the brand of supplements used, they should register these changes within the AMS immediately. Changes to a supplement program should only be made after consultation with a sports physician/doctor, sports dietitian, or sports physiologist working collectively on a sound overall nutrition and training plan.

For more information refer to the following:

AIS Sport Supplement Framework

<http://www.ausport.gov.au/ais/nutrition/supplements>

ASADA Education on Supplements

<http://www.asada.gov.au/education/>

Check Your Substances website

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

SAL Illicit Drug Policy

http://www.swimming.org.au/visageimages/1_SAL/Policies/SAL_Illicit_Drugs_Policy_-_Adopted_May_2010.pdf