

Vitamin & Supplement Policy

Purpose

This policy outlines a procedure for determining whether NSW Institute of Sport (NSWIS) athletes should consider using a vitamin or other supplement product. It also outlines the relevant processes in: a) the purchase of supplements and b) the consideration of the use of donated supplements.

Procedure to determine the use of a supplement

A central register of products (purchased or donated) will be maintained via the sheet (Appendix 1) attached to this policy. The NSWIS staff member seeking to purchase the supplement should complete the form. This form should also be completed if an NSWIS staff member is given a supplement (donation) for athletes to try.

The policy seeks, through the development of a series of 'information sheets', to outline the efficacy, side effects and procedure for use of specific supplements that may be popular for NSWIS athletes.

Prior to using any supplement the basic set of questions that should be asked are:

1. Is it legal?
2. Is it safe?
3. Is it effective (in improving athlete performance)?
4. Is it necessary?

Unless the first two questions can be answered in the affirmative, the product should definitely not be used.

The third and fourth questions provide a basis for determining the potential benefit and whether NSWIS should fund the purchase of the supplement.

A. Purchase and Use of Supplements

NSWIS staff wishing to purchase supplements (eg vitamins, minerals, creatine, sports drinks and herbal products) for sports programs using NSWIS funds should note the following procedures:

- (i) The staff member should complete the attached form (Appendix 1).

- (ii) The staff member should discuss the intended purchase with (and have the purchase endorsed by) one of the following staff:
 - NSWIS Consultant Sports Dietitian
 - NSWIS Sport Science Coordinator
- (iii) The purchase request should then be discussed with, and countersigned by the NSWIS Medical Director, or in their absence, the Medical Coordinator before being approved by the Principal Scientist

It is the role of the staff outlined in part (ii) above, to determine if the purchase of the supplement in question:

- Contains or may contain a prohibited substance (Is it legal?)
- Has any associated adverse side effects (Is it safe?)
- Has been shown to assist training capacity or competition performance (Is it effective?)
- Contains benefits that cannot be gained from normal dietary intake and is appropriate for the athlete(s) concerned (Is it necessary?)
- These staff should liaise with the NSWIS Chief Executive Officer (CEO) or Manager – Communications, Sponsorships & Partnerships in order to determine whether the supply of the supplement conflicts with current NSWIS sponsorship agreements.

B. Donated Supplements

- (i) Staff receiving donations of supplements for use by NSWIS athletes or programs must complete the form (Appendix 1).
- (ii) They must then pass the form and the supplements to the NSWIS Nutritional Panel (NSWIS Medical Director, Consultant Sports Dietitian and Principal Scientist) who will determine if the supplement is appropriate for use by NSWIS athletes.
- (iii) The panel will determine (or will co-opt an appropriate person to determine) the supplement's ingredients and its legality, safety and efficacy.

The CEO or Manager – Communications, Sponsorships & Partnerships will determine whether the product conflicts with current NSWIS sponsorship relationships.

C) **Injectable Supplements**

- (i) No athlete, coach or staff member should purchase or supply any injectable supplements for their own use or for use by other athletes
- (ii) No athlete should purchase or use an injectable supplement that has not been prescribed and administered by an appropriately qualified medical practitioner

For more information

NSW Institute of Sport

Phone (02) 9763 0222

www.nswis.com.au

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Addenda to Policy on Specific Supplements

To assist with the determination of appropriate supplements, addenda on identified supplements will be developed and added to this policy.

These addenda will list products which, based on the current evidence, are legal, safe, and effective and may not be able to be gained from a normal diet.

The addenda will also:

- Identify the product
- Provide reference to research articles supporting the efficacy of the product
- Provide information on any potential negative aspects or side effects of the product (eg: fluid retention, weight gain).

Appendix 1

Sport _____

Staff Member _____

Signature _____

Date _____

Please attach a list of athletes who will be given the supplement Done Y/N

Supplement Requested/Donated (cross out non applicable)

<u>Supplement(s)</u>	(include daily dosage)	<u>Supplier</u>	(please include contact details)
_____			_____
_____			_____
_____			_____
_____			_____
_____			_____

Review Panel

Use Approved/Not Approved (delete one)

Medical Director _____

Signature _____

Principal Scientist _____

Signature _____

Panel Comments:

