



## **MWAS Supplementation, Medication and Injections Policy**

Adopted by Board – 19/12/2013

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### **1. MWAS POLICY STATEMENT ON THE USE OF SUPPLEMENTS**

This policy provides a point of reference for MWAS athletes, coaches and service providers for accurate up to date information regarding the use of sports supplements. The policy describes the process to be followed at MWAS when dealing with questions of the use of supplements.

The sports supplements area is very contentious for athletes with many claims made by various parties as to the efficacy and necessity for supplementing optimal dietary practices.

MWAS cautions athletes regarding the use of supplements for the following reasons:

- a. A small but real risk of a positive anti-doping violation;
- b. Risk of health side-effects;
- c. Money being wasted on products that do not work; and
- d. Time, money and belief being distracted away from the factors that can really enhance health, recovery and performance.

MWAS recognises the need to provide accurate and up to date information for athletes and coaches to access when dealing with questions of supplementation.

MWAS recognises the significant resources made available by the AIS to create and maintain the AIS Sports Supplement Program. To replicate this is beyond the resources of MWAS.

MWAS advises that there is no effective substitute for healthy, nutritious natural foods and that all MWAS athletes should eat healthy foods in sufficient quantities and that the use of supplements should only be considered with the advice of the MWAS Consultant Dietician or a physician.

MWAS reminds athletes that they are responsible for all substances that enter their body and that the use of a supplement that does not have the endorsement of the World Anti-Doping Authority or

the Australian Anti-Doping Authority places the athlete at risk of committing an anti-doping offense and to health risks.

## **1.1 STANDARDS**

MWAS utilises the AIS Sports Supplement Program as the central element of the MWAS Sports Supplement Policy.

MWAS directs all athletes, coaches and staff to use the AIS Sports Supplement Program and specifically to:

- Follow the guidelines for supplement use as the source of approved information on supplement use; and
- Check the status of any supplements

MWAS will follow the AIS Sports Supplement Program categorisation of sports supplements (See appendix 1). Athletes should only utilise supplements in categories A and B with the advice of a physician or the MWAS contract Sports Dietician. Prior to the use of any substance, it is the responsibility of the athlete to contact the Australian Sports Ant-Doping Authority to seek advice as to whether the chosen brand and type of product is considered pure for use.

Supplements that fall into categories C and D are not recommended for use.

Whilst the MWAS does not recommend the use of certain supplements, particularly those in categories C and D, MWAS athletes are entitled to use supplements that are legal, have the endorsement of WADA or ASADA and do not contain banned substances.

MWAS service providers and employees (with the exception of medical physicians and the MWAS contract Sports Dietician/s) are not to recommend the use of any supplements to MWAS athletes.

Some elements of the AIS Sports Supplement Program will not be applicable to MWAS athletes and coaches, including:

- Elements relating to the provision of sports supplements to athletes; and
- Australian Sports Commission Policies.

MWAS athletes, service providers, coaches and staff are governed by the policies of MWAS e.g. MWAS Anti-Doping Policy.

The AIS Sports Supplement Program is made available to MWAS as an information source and does not bind MWAS athletes, coaches or staff to the policies of the AIS.

MWAS is in agreement with the AIS Statement on Supplements sold by networking marketing companies. For individual staff members or athletes of MWAS to become distributors and sell supplements to MWAS athletes and coaches is considered a serious conflict of interest. It is therefore forbidden. Additionally, no individual or entity is entitled to use their position at MWAS or any connection with MWAS, in the sale or distribution of these or other unauthorised products.

## **1.2 Processes**

MWAS athletes, coaches and other staff should consult the AIS Sport Supplements Program for a list of the supplements within each of the classifications. The link is provided below and there is a copy of the list at appendix 1. Note that the list at appendix 1 is updated from time to time and should never be assumed to be current.

<http://www.ais.org.au/nutrition/Supplements.asp>

Any queries not answered to the satisfaction of the MWAS athlete, coach or staff member should be directed to the MWAS Consultant Dietician or MWAS CEO.

## **2. MWAS POLICY STATEMENT ON THE USE OF MEDICATION**

Athletes frequently require medication for the treatment of illness or injury. Such medications may include subscription medication or over-the-counter medication. Athletes are responsible for all substances that enter their body and are required to comply with the MWAS Anti-Doping Policy.

MWAS athletes are to only utilise over-the-counter medication in accordance with manufacturer's recommendations.

MWAS athletes are to only utilise prescription medication with the advice of a medical practitioner.

Athletes are responsible for ensuring that a Therapeutic Use Exemption has been lodged prior to the use of any such classified substances.

Ignorance is no excuse and athletes should contact the MWAS Chief Executive Officer and the Australian Anti-Doping Authority if they have any questions.

## **3. MWAS POLICY STATEMENT ON INJECTIONS**

There is no role for the injection of substances as part of a supplement program.

No substances should be injected into athletes except where the treatment of a documented medical condition requires such injection.

No injectable substances are to be administered to an athlete by any individual other than a qualified medical practitioner. An exception to this rule will be made where the athlete has a well-documented medical condition (e.g. diabetes, anaphylaxis-risk), in which case the medical practitioner may provide written permission for the athlete to inject within specific parameters.

## **4. REPORTING OF SUSPECTED POLICY VIOLATIONS**

The following process of reporting will prevail:

- a. All violations or suspected violations of this policy or its related policies are to be reported to the MWAS Chief Executive Officer (CEO), either verbally or in writing;
- b. If the nature of the suspected breach causes means for it to be reported in accordance with a MWAS policy in addition to this policy (e.g. MWAS Anti-Doping Policy), the reporting process and management protocols in the applicable MWAS Policy will prevail; and
- c. The MWAS CEO and the MWAS Board of Management will manage violations with discretion and will make decisions based on ensuring that such violations do not continue.

## 5. APPENDIX 1 – AIS SUPPLEMENT GROUP CLASSIFICATION

Date of currency – 25/10/2013 - IMPORTANT – for the current list, go to -  
<http://www.ausport.gov.au/ais/nutrition/supplements/classification>

or contact the MWAS CEO – [mwas@sportshouse.net.au](mailto:mwas@sportshouse.net.au)

Category	Supplement	Category	Supplement
<b>Group A</b>  <b>Supported for use in specific situations in sport.</b>  Provided to AIS athletes for evidence-based uses.	Sports drink	<b>Group B</b>  <b>Deserving of further research.</b>  Considered for provision to AIS athletes under a research protocol.	B-alanine
	Sports gel		Beetroot juice / Nitrate
	Sports confectionery		Anti-oxidants C and E
	Liquid meal		Carnitine
	Whey protein		HMB
	Sports bar		Fish oils
	Calcium supplement		Quercetin
	Iron supplement		Probiotics for immune support
	Probiotics		Other polyphenols as anti-oxidants and anti-inflammatories
	Multivitamin/mineral		
	Vitamin D		
	Electrolyte replacement		
	Caffeine		
Creatine			
Bicarbonate			
<b>Group C</b>  <b>No meaningful proof of beneficial effects.</b>  Not provided to AIS athletes.	Ribose	<b>Group D</b>  <b>Banned or at high risk of contamination.</b>  Should not be used by AIS athletes.	Stimulants:  <ul style="list-style-type: none"> <li>• Ephedrine</li> <li>• Strychnine</li> <li>• Sibutramine</li> <li>• Methylhexanamine</li> <li>• Other herbal stimulants</li> </ul>
	Coenzyme Q10		Prohormones and hormone boosters:  <ul style="list-style-type: none"> <li>• DHEA</li> <li>• Androstenedione</li> <li>• 19-norandrostenedione/ol</li> <li>• Other prohormones</li> <li>• Tribulus terrestris and other testosterone boosters</li> </ul>
	Vitamins outside A use		
	Ginseng		
	Other herbals (Cordyceps, Rhodiola Rosea)		
	Glucosamine		
	Chromium picolinate		
	Oxygenated waters		
	MCT oils		
	ZMA		
	Inosine		
	Pyruvate		
<b>The rest - if you can't find it anywhere, it probably deserves to be here</b>		Glycerol  Colostrum	