



SUPPLEMENTS IN SPORT

INFORMATION SESSION—SUPPORTING NOTES

Swimming Victoria is pleased to provide this important information session relating to supplements in sport. We acknowledge the support provided by the Victorian Institute of Sport (VIS) and Swimming Australia (SAL) in providing much of the additional support material for this session.

Whilst we as the sports administrators actively address issues via policy and ongoing reviews of support systems and services, we encourage parents, swimmers, coaches and club officials to openly discuss matters and question practices related to supplements or training regimens that may appear questionable or are deemed to have a negative impact on individuals and teams. The use of an unsafe supplement by one of your children/athletes and/or the provision of an unsafe supplement by one of your staff and/or practitioner working with your child/athlete can have compounding and long lasting effects on the individual, the coach, the club and ultimately the sport.

The following information is provided as a support guide for members and aims to provide a quick reference to many of the supporting documents and agencies.

Swimming Australia & Swimming Victoria

Swimming Australia Policies

Details on all relevant Swimming Australia (SAL) policies can be found at www.swimming.org.au or for further information contact 02 6219 5606 or email admin@swimming.org.au

Member Welfare Policy – The Swimming Australia Member Welfare Policy aims to ensure that:

- Our core values, good reputation and positive behaviours and attitudes are maintained;
- Every person involved in our sport is treated with respect and dignity and is safe and protected from bullying, harassment or discrimination, and;
- Everyone involved in our sport is aware of his or her legal and ethical rights and responsibilities.

Anti-Doping Policy – Swimming Australia is bound by the World Anti-Doping Authority (WADA) and Australian Sports Anti-Doping Agency (ASADA) policies in ensuring athletes are able to participate in a drug free environment.

Victorian Insitutue Sport

While supplementation outside of nutritional protein and carbohydrates is used to help satisfy the needs and effects of training, the VIS does not support and/or recommend the use of other supplements (e.g. bicarbonate, caffeine, creatine, etc) with athletes under the age of 18 (unless under strict testing procedures, guidelines and supervision by the VIS).

The VIS, and a number of clubs, are concerned with products that are being supplied and promoted to athletes (often outside of parent and/or coach consent and knowledge) which is produced and sourced from overseas. Overseas products are unsafe in that they are subject to more relaxed regulations and as a result have a higher chance of contamination. Companies that also produce products that are not approved by WADA/ASADA have a greater chance of cross contamination (not to mention a questionable ethical philosophy towards athlete supplementation).

With this in mind, please refer to the following recommendations and justifications:

RECOMMENDATION

Athletes are only to use supplementation products from the following approved product suppliers:

- Musashi
- Body Science
- Sustagen
- Swisse
- Gatorade
- Powerade

JUSTIFICATION

1. ASADA heavily warns against the use of products sourced and/or produced by overseas companies.*
2. Australian sourced and/or produced substances are safer due to:
 - Stronger and more robust regulations pertaining to production and ingredients
 - ASADA viewed laboratories and production facilities
 - Company cooperation with ASADA and/or SAL

Please be aware that the use, provision and/or promotion of supplements and associated products sourced from and/or produced overseas could be considered as 'actively participating in an unsafe practice' which may contravene the behavioural guidelines of your club and/or organisation.

**<http://www.asada.gov.au/substances/index.html>*

If you have any concerns or further queries please contact:

Lee Nicholson (VIS Swimming Program Manager)- lee.nicholson@vis.org.au

Usefull websites:

Australian Insitute of Sport

www.ausport.gov.au/ais/nutrition/factsheets/basics/supplements_and_young_athlete

- Further information about what was covered in today's information session such as building a base with good food, the answer is not in the 'magic bullet'.

www.ausport.gov.au/ais/nutrition/supplements

- Categorises supplements and provides access to credible information for parents. Advises that supplements not be used in underage athletes.

www.asada.gov.au/

- Information on banned substances.
- Up to date information on substances recently changed on banned list.

Sports Dietitians Australia

www.sportsdietitians.com.au

- Find an Accredited Sports Dietician near you if you have nutritional concerns for your child/teenager. A good diet that supports training demands and competition will allow your child to develop naturally and to their full potential.
- Soon to be released: an adolescent nutrition position statement – will cover everything from sports drinks to supplements; will be available to download from the website.

www.sportsdietitians.com.au/resources/upload/120612%20Swimming_Public.pdf

- Sports Nutrition guide for swimming.