

Australian Cricket

# SUPPLEMENT POLICY

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## **IMPORTANT NOTE:**

AC recognises that the use of supplements presents a risk for anti-doping rule violations and that players require the assistance of experts in managing and mitigating such risks as much as possible.

Importantly, AC also recognises that the nutritional needs of cricketers participating in AC should be based on foods in the first instance, and supplements are to be used as an adjunct.

The CRICKET AUSTRALIA LEAD SPORTS PERFORMANCE DIETITIAN & SPORTS SCIENCE & SPORTS MEDICINE MANAGER are responsible for this document.

This document and the information contained herein is confidential and the exclusive property of Cricket Australia.

## DOCUMENT CONTROL

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## REVISIONS

<b>Date</b>	<b>By</b>
1 October 2016	AC Supplement Panel Members Abhi Arunachalam (CA Integrity Officer)
25 September 2017	AC Supplement Panel Members Abhi Arunachalam (CA Integrity Officer & Legal Counsel)
30 June 2018	AC Supplement Panel Members

This Supplement Policy uses the Australian Institute of Sport (**AIS**) Sport Supplement Framework as its foundation. The Framework was developed by the AIS following consultation with key stakeholders in the Australian sports system (including CA SSSM staff). The Supplement Policy is based on the core principles of:

- (a) athlete safety;
- (b) evidence-based science; and
- (c) compliance with the World Anti-Doping Agency (**WADA**) Prohibited List.

In this Policy, the terms in the below table have the accompanying meaning:

Term	Definition
Supplement	Incorporates all Performance Supplements, Medical Supplements and Sports Foods.
Performance Supplement	Products used with the specific purpose of improving performance either in training or competition.
Medical Supplement	Used to treat clinical issues, including diagnosed deficiencies or be of benefit in clinical situations. Examples might include a vitamin or mineral supplement which has demonstrated benefit where there is a known deficiency.
Sports Food	Specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods. This may include sports drinks, sports gels, recovery drinks and protein based drinks which are not essential for all players but at times offer a practical addition to regular food items.
Medical Officer	Includes State Medical Officers, Cricket Australia Medical Officers, Australian team doctors or any other medical officer appointment by an Australian Cricket entity from time to time

## 1. AUSTRALIAN CRICKET (AC) SUPPLEMENT PANEL

1.1 This Supplement Policy is governed by the AC Supplement Panel. The Supplement Panel is to be comprised of the following appropriately qualified stakeholders:

- (a) an independent member;
- (b) a representative from the Australian Cricketers Association (**ACA**);
- (c) Cricket Australia (**CA**) Anti-Doping Medical Officer;
- (d) CA Sport Science Sport Medicine Manager;
- (e) CA Chief Medical Officer (**CMO**);
- (f) CA Lead Performance Dietitian;
- (g) a State Association Sports Dietitian; and
- (h) CA Head of Integrity & Security.

1.2 The independent member must:

- (a) be an Accredited Sports Dietitian or a Sports Physician who, at least, meets the minimum qualifications specified for such roles at item 1 of the Staff Integrity and Capability Schedule in the SSSM Principles; and
- (b) have a history of working within elite sport. They must possess a strong, knowledge of the WADA Code and the efficacy of supplement use in sport.

1.3 The AC Supplement Panel must at least annually (in person or electronically) review this Supplement Policy.

1.4 No material alterations to the Supplement Policy can occur without the approval of the AC Supplement Panel.

1.5 Any questions (from any player or staff member) regarding a new type of supplement believed to be appropriate for use but not currently listed in the group classification

(see section 13) should first be directed to the CA Lead Sports Performance Dietitian or CA CMO. The AC Supplement Panel will be consulted if required.

## **2. PHILOSOPHY OF SUPPLEMENT PROVISION**

- 2.1 AC recommends that food is first preference for player nutritional needs, with supplements to be used as an adjunct.
- 2.2 The goals of supplement provision in accordance with this AC Supplement Policy must be to:
  - (a) allow players to focus on the sound use of supplements and sports foods as part of their specific nutrition plans;
  - (b) ensure that supplements and sports foods are used with appropriate and evidence-based protocols as part of an overall individual nutrition plan to deliver optimum benefits to the immune system, recovery and performance;
  - (c) give players the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice; and
  - (d) minimise the risk of supplement use leading to an inadvertent anti-doping rule violation under the CA Anti-Doping Code.

## **3. SUPPLY OF SUPPLEMENTS / SPORTS FOODS**

- 3.1 Only an AC Sports Dietitian or an AC Medical Officer (MO) may prescribe or provide supplements or sports foods to players, except where the AC Sports Dietitian or AC MO give express approval to another person to provide the supplements or sports foods to a player.
- 3.2 Supplements and sports foods must only be provided to players (or authorised for purchase by a player) as part of a player's individualised nutrition program developed in accordance with the following principles/requirements:
  - (a) Foods should take precedence over supplement provision (or authorisation for purchase).
  - (b) Prescription or provision of supplements or sports foods is based on individual requirements.
  - (c) A player's requirements change over time based on many factors (training status, training load, competition schedule, body composition goals, injury status, blood markers, dietary adequacy, age etc.).
  - (d) Prior to any supplement or sports food being prescribed or provided to a player (including any overseas players contracted by an AC entity), he/she must have undertaken a nutritional assessment by an AC Sports Dietitian to establish his/her specific nutrition requirements.
  - (e) An updated nutrition assessment must be carried out before an AC contracted player (including any overseas player) is prescribed or supplied with any new/additional supplement or sports food.
  - (f) Players must be educated by the relevant AC Sports Dietitian regarding the appropriate use, potential benefits and any possible side effects of the product prior to provision.

- (g) Supplements and sports foods may be supplied as part of a medical plan to address a diagnosed nutrient deficiency, provided that any recommendation or prescription (as appropriate) of such product is:
- (i) based on results obtained via appropriate testing; and
  - (ii) solely addresses the nutrient that is deficient,
- as directed by AC MOs.
- 3.3 Any player request/s for supplements or sports foods must be directed to the relevant AC Sports Dietitian or AC MO before being provided to or approved for consumption by the player. Any medications requested by or prescribed to a player can only be prescribed and supplied in accordance with the Medical and Treatments Schedule of the SSSM Principles.
- 3.4 All supplements prescribed or provided to a player (regardless of the reason for the supply) must be approved for use by the player's relevant AC MO via the AMS Supplement Register (see item 7 of this Supplement Policy) before use by the Player. An AC MO must provide his/her response to the approval request within 72 hours of it being logged on the AMS Supplement Register.
- 3.5 Supplements containing herbal ingredients must not be recommended by an AC Sports Dietitian or AC MO.
- 3.6 Any AC entity, player or player support personnel must obtain the approval of the CA Lead Sports Performance Dietitian prior to the finalisation of any:
- (a) sponsorship;
  - (b) commercial arrangement;
  - (c) contra arrangement; or
  - (d) player endorsement agreement,
- relating to or involving any supply (contra or otherwise) or promotion of sports foods or supplements or their manufacturers or distributors. For the sake of clarity, the requirement in this item applies to:
- (e) State Associations;
  - (f) W / BBL Clubs;
  - (g) CA; and
  - (h) any players or player support personnel affiliated with the entities in items (e) to (g) above.
- 3.7 When considering whether to provide approval in accordance with item 3.6 above, the CA Lead Sports Performance Dietitian may (amongst any other relevant considerations):
- (a) consult with the CA Integrity Unit and/or Legal Department, and the CA Anti-Doping Medical Officer to obtain any advice he/she considers necessary;
  - (b) impose any terms or conditions he/she deems necessary (in his/her absolute discretion) in order to allow the arrangement/agreement to proceed.
- 3.8 Any player that participates in another sport must still comply with the terms of this AC Supplement Policy prior to the consumption of any supplements or sports foods.

## 4. PROVISION OF SUPPLEMENTS TO DEVELOPMENT PLAYERS

4.1 Australian Cricket believes that:

- (a) a food-first approach to nutrition for adolescents will better meet their sports nutrition needs by establishing improved foundation-nutrition and development outcomes;
- (b) reliance on supplements and sports foods at this age may lead to greater dependence on supplements and sports foods at later stages; and
- (c) adolescents do not have a fully developed understanding of supplements and the inherent anti-doping risks.

4.2 Provision of sports foods and medical supplements should only be made to underage players if 'real food' options cannot be used to meet their specific nutrient or energy needs at specific times. Any underage player seeking advice on medical supplements or other medications from an AC Sports Dietitian should be referred to an AC MO or the CA Anti-Doping Medical Officer.

4.3 Notwithstanding item 4.2 above, provision of performance supplements to players under 18 years of age is prohibited.

4.4 Underage players will only be offered use of sports foods and medical supplements in accordance with item 3 of the Supplement Policy if:

- (a) they have shown diligence in following a nutritious meal plan (meals, snacks and fluids) suitable for development, performance and health; and/or
- (b) specific supplementation is necessary to treat a medically diagnosed nutrient deficiency.

4.5 All underage players must sign an AC Integrity Declaration prior to participating in any AC pathway development program or pathway championship.

## 5. SUPPLEMENT PROVISION FOR W/BBL PLAYERS

5.1 The AC Sports Dietitian associated with each W/BBL team is responsible for ensuring each player has had a nutrition assessment within the month prior to the start of the W/BBL tournament to determine his/her individual nutritional requirements.

5.2 When a player comes from a State Association that is different from the W/BBL team location the Sports Dietitian must contact the AC Sports Dietitian from the player's home state or territory to ensure a nutrition assessment has been conducted within a month of the start of the W/BBL tournament and appropriate supplement advice provided.

5.3 Players who are not contracted to any State Association, including overseas players, must meet with the AC Sports Dietitian during the first week of starting training with the W/BBL team and must comply with this Supplement Policy. A nutrition assessment and; a supplement and sports food history must be completed and recorded on the AMS Supplement Register.

5.4 Supplements and sports foods must only be provided to W/BBL players in accordance with item 3 of this Supplement Policy.

- 5.5 Recording of any supplements or sports foods prescribed and supplied by the AC Sports Dietitian or AC MO must be as detailed in accordance with item 7 of this Supplement Policy.

## 6. THIRD-PARTY AUDITING PROGRAMS FOR SUPPLEMENTS / SPORTS FOODS

- 6.1 Any performance supplements or sports foods provided or prescribed to players must first have been audited via an internationally recognised third-party program for supplements and sports foods. Any third-party batch testing program must be fully accredited to the ISO17025 standard and each Sports Dietitian and/or AC MO must ensure to their reasonable satisfaction that any performance supplement and sports food prescribed or supplied by them has been validly and properly tested and certified by such a testing program.
- 6.2 However, medical supplements prescribed in accordance with item 3 of this Supplement Policy are not required to be audited in accordance with item 6.1, provided that:
- (a) there is no auditing program available to satisfy the requirements of item 6.1 in relation to such medical supplements;
  - (b) they are subject to Therapeutic Goods Administration regulations;
  - (c) they have an AUST L or AUST R on the product label (legislative labelling protocols);
  - (d) they have been manufactured in Australia; and
  - (e) they contain no herbal additives.
- 6.3 These programs are designed to test for a specific range of common contaminants from the WADA Prohibited Substances List and will, in turn, minimise the risk of anti-doping rule violations under the ICC or CA Anti-Doping Codes. To avoid doubt, these third-party auditing programs are only a way of mitigating risk and do not remove the risk of an anti-doping rule violation completely.

Appendix A of this Supplement Policy contains information about the Informed Sport and HASTA (Human and Supplement Testing Australia) auditing program. Another suitable third party testing programs includes the NSF Certified for Sport program.

## 7. RECORD KEEPING

- 7.1 Any supplement or sports food (excluding sports drink, electrolytes or non-caffeinated carbohydrate gels) prescribed and supplied provided to a player must be electronically recorded in the AMS Supplement Register.
- 7.2 The following information must be recorded in the AMS Supplement Register:
- (a) supplement name;
  - (b) brand;
  - (c) batch number (when product is not directly supplied by AC);
  - (d) reason for use;
  - (e) dose;
  - (f) size of packaging;
  - (g) date of commencement;
  - (h) anticipated finish date; and
  - (i) AC Sports Dietitian or AC MO (see item 3.1) prescribing and supplying the supplement.

- 7.3 For supplements that have not been used by a player in the previous 12 months, approval for use must be gained from the player's relevant AC MO and recorded on the AMS Supplement Register.
- 7.4 On occasion, supplements may be prescribed or supplied by AC Sports Dietitians or AC MOs (as appropriate) to CA and State Association staff for the purpose of providing to players while on tour. Details of all supplements provided to the staff member, and details of each distribution of supplements to players while on tour must also be recorded in the AMS Supplement Register.

## 8. ORDERS

- 8.1 Any bulk supplement orders or contra arrangements for the supply of supplements or sports foods:
- (a) are to be placed with the approved supplement provider(s) of AC (if applicable). If any other supplement provider is to be used, prior approval from the CA Lead Performance Dietitian and CA CMO must be obtained;
  - (b) must have approval under item 3.6 of this Supplement Policy; and
  - (c) all products must be compliant with the requirements of items 3 and 13 of this Supplement Policy.

## 9. STORAGE AND DISPENSATION

- 9.1 Supplements and sports foods are to be stored at the National Cricket Centre or State Cricket Association headquarters. These products are to be kept in a locked storage area and should not be stored with any other products.
- 9.2 No athlete or staff member is permitted to take any product for use from this storage area without the prior approval of an AC Sports Dietitian, or an AC MO.

## 10. SUPPLEMENT TRANSPORT FOR TOURING TEAMS

- 10.1 Individual players are expected to carry, while on tour, their own supply of prescribed supplements that do not require certifications or approvals for import/export for the entirety of the tour.
- 10.2 A small amount of additional supplement product will be carried by the touring AC MO or, in their absence, the touring Physiotherapist. The touring AC MO or Physiotherapist is to be provided this product by either the CA Lead Sports Performance Dietitian (or his/her duly authorised representative) or the relevant AC Sports Dietitian (for State / W/BBL teams) and must be recorded on the AMS Supplement Register.
- 10.3 If required, the touring AC MO or AC Sports Dietitian is responsible for arranging any certification or approvals for the import or export of supplements or sports foods. Any such supplements or sports foods must be securely stored in a locked and/or anti-sabotage bag/container under the control of the touring AC MO or AC Sports Dietitian when travelling. If the bag/container has been tampered with at any time, the supplements or sports foods must be discarded.
- 10.4 Where unexpected shortages of product occur on tour, the relevant AC Sports Dietitian must be contacted to gain permission for suitable replacements. The relevant AC Sports Dietitian will gain approval from the AC MO to confirm which products are appropriate should they be different from those stated below.

- 10.5 Players or staff must not purchase any supplement or sports food while on tour unless specifically advised to do so by the AC Sports Dietitian or AC MO.
- 10.6 It is preferred for replacement supplements to be shipped over urgently from Australia rather than be purchased overseas, because of the reduced ability to verify overseas products and due to possible differences in ingredient composition in different countries and noting the principle of strict liability applies to players under the ICC and CA Anti-Doping Codes even in these circumstances where ingredients differ in the same product.

### 11. EDUCATION

- 11.1 All AC contracted players are to be educated on this Supplement Policy annually as part of the CA Education Unit's anti-doping player briefings.
- 11.2 Each player will also receive additional education with the relevant AC Sports Dietitian regarding this Supplement Policy. Pathway players (U15s, U17s and U19s male; and U15s and U18s female squads) will receive this in a group format, whereas senior contracted AC players will receive this during their individual sessions with the AC Sports Dietitian.
- 11.3 All:
- (a) Non-contracted players selected into an AC squad or program;
  - (b) Contracted W/BBL players joining a W/BBL club (including overseas players) who have not attended an annual CA anti-doping player briefing in that year; and
  - (c) AC High Performance Department employees (including SSSM staff),
- must be educated on the AC Supplement Policy annually, whether by the CA Education Unit or by the relevant AC Sports Dietitian.
- 11.4 If an AC Sports Dietitian becomes aware that any player in their squad or program participates in another sport's elite or high performance program, the AC Sports Dietitian shall proactively educate that player on this Supplement Policy and the obligation on players to comply with the requirements of this Supplement Policy, consult with the player on their supplementation regime and record in the AMS Supplement Register all supplements provided to the player outside of AC.
- 11.5 This Supplement Policy is stored on the AMS so that players can access it at any time.

### 12. SUPPLEMENT CLASSIFICATION

- 12.1 AC adopts the AIS Supplement Framework Group Classification System, which ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance.
- 12.2 Decisions regarding the classification of a product in this system are made by an expert group convened by the AIS Sports Supplement Framework. These decisions are regularly re-evaluated and any updates to the classifications will be adopted by AC from time to time.
- 12.3 This system:

- (a) Permits the use of all supplements in Group A and Group B of the AIS Supplement Group Classification System;
- (b) Permits use of supplements in Group C of the AIS Supplement Group Classification System only where there is specific written approval from an AC Sports Dietitian or AC MO;
- (c) Prohibits the use of all supplements in Group D of the AIS Supplement Group Classification System;
- (d) All supplements before being listed as permitted for use in the AC Supplement Policy must first be approved by the AC CMO;
- (e) Athletes are not permitted to obtain supplements from sources external to CA or the State Cricket Associations, without first receiving written permission to do so from an AC Sports Dietitian or AC MO on behalf of the AC Supplement Panel. Applications for approval of such supplements or sports foods should be submitted in the form set out in Appendix B (which should also be filed in the AMS);
- (f) AC only provides supplements to players that have been audited via an approved third party auditing process (e.g., Informed Sport) as set out at item 6 of this Supplement Policy; and
- (g) The AIS Supplement Framework Group A Classification category recognises that supplements in this category fall into 3 sub-categories: sports foods, medical supplements and performance supplements.

**13. CURRENT GROUP CLASSIFICATION OF SUPPLEMENTS**

13.1 **Group A Supplements:** are supported for use in specific situations in sport and provided to players for evidence-based uses. This group of sports foods and supplements:

- (a) provides a useful and timely source of energy and nutrients in the athlete's diet; or
- (b) have been shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in sport.

SUB-CATEGORY	PRODUCT
<b>Sports Foods</b>	Sports Drink (carbohydrate-electrolyte drinks)
	Sports Gel (highly concentrated form of carbohydrate)
	Sports confectionary
	Carbohydrate-protein liquid meal supplement (carbohydrate rich, moderate protein, low fat product. Is typically fortified with a range of vitamins and minerals)
	Sports Bar (compact source of carbohydrate and/or protein in variable amounts)
	Protein Isolates (whey, casein, soy, pea, rice)
	Protein Concentrates (whey, casein, soy, pea, rice)
	Branched Chain Amino Acids

SUB-CATEGORY	PRODUCT
	Electrolyte Replacement (powders, tablets or ready to drink products containing- in particular- sodium and potassium)
<b>Performance Supplements</b>	Creatine
	Caffeine
	Beetroot juice
	Beta Alanine
	Bicarbonate
<b>Medical Supplements</b>	Calcium
	Iron
	Probiotics (live microbial food supplements)
	Multivitamin/mineral
	Vitamin D

13.2 **Group B Supplements:** are deserving of further research and considered for provision to AC athletes. These sports foods and supplements:

- (a) Have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance.

SUB-CATEGORY	PRODUCT
<b>Polyphenols</b>	Quercetin
	Tart (Montmorency) cherries in concentrated commercial forms
	Exotic berries (e.g.: goji, acai etc.) in concentrated commercial forms
	Curcumin
<b>Other</b>	Antioxidants- vitamins C & E
	Carnitine
	HMB
	Fish oils
	Glutamine

SUB-CATEGORY	PRODUCT
	Glucosamine
	Glycerol

13.3 **Group C Supplements:** have little proof of beneficial effects and are not provided or recommended to AC athletes. The AIS Supplement Framework does not name Group C supplements or supplement ingredients in this category. This is to avoid the perception that these supplements are special. In light of this, if the supplement cannot be found in either groups A, B or D then it probably deserves to be in Group C.

13.4 In the absence of proof of benefits, Group C supplements will not be provided or recommended to AC players from CA or State Cricket Association budgets or other sources funded by AC. If an individual player or coach wishes to use a supplement from this category, they may do so provided:

- (a) prior written permission has been granted by the AC Sports Dietitian or AC MO;
- (b) they are responsible for payment for this supplement; and
- (c) use of any supplements from category C is recorded in the AMS Supplement Register.

13.5 **Group D Supplements:** should **NOT** be used by AC players.

- (a) These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test.
- (b) The sub-categories are hyperlinked to the WADA list to place responsibility on and allow players to check for banned substances and to note that items named in the below table are examples rather than being an exhaustive list.

SUB-CATEGORY	PRODUCT
<b>Stimulants</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a>	<ul style="list-style-type: none"> <li>• Ephedrine</li> <li>• Strychnine</li> <li>• Sibutramine</li> <li>• Methylhexanamine (also known as: geranium oil, geranium, DMMA, dimethylamylamine)</li> <li>• 1-3 methyl dimethylbutylamine (DMBA)</li> <li>• Synephrine</li> <li>• Octopamine</li> <li>• Other herbal stimulants</li> </ul>
<b>Pro-hormones and hormone boosters</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a>	<ul style="list-style-type: none"> <li>• DHEA</li> <li>• Androstenedione</li> <li>• 19-norandrostenedione/ol</li> <li>• Other pro-hormones</li> <li>• Tribulus terrestris and other testosterone boosters</li> <li>• Maca root powder</li> </ul>
<b>Growth Hormone Releasers and ‘peptides’</b> Technically, these are not supplements, (although have been described as such) they are usually unapproved pharmaceutical products.	Current WADA Prohibited Substances List <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a>

SUB-CATEGORY	PRODUCT
<p><b>Beta-2-agonists</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>	<ul style="list-style-type: none"> <li>Higenamine</li> </ul>
<p><b>Other</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>	<ul style="list-style-type: none"> <li>Colostrum (not recommended by WADA due to the inclusion of growth factors in its composition)</li> <li>Hemp protein</li> </ul>
<p><b>Supplement products that have caused doping violations in sport</b></p>	<ul style="list-style-type: none"> <li>Hemo Rage</li> <li>Anabiol</li> <li>OxyELITE Pro</li> <li>Jack3dl, Jack3d</li> <li>Stacker 3, Stacker3Craze</li> <li>White Lightning</li> <li>Viking Before Battle</li> <li>Dexaprine</li> <li>Oxilofrine</li> </ul>

**14. SUPPLEMENT CAUTIONS**

14.1 Supplement and sports foods supply or provision to underage or development players – see item 4 above.

**14.2 Network Marketing Companies:**

- (a) Network marketed supplements are not recommended for use.
- (b) It is our recommendation that AC, its coaches, players and other staff members avoid contact with the distributors of these companies and their products.
- (c) Staff members who encourage other staff members and/or players to sign up to network marketing providers will be considered in serious breach of this Supplement Policy and the SSSM Principles.
- (d) AC will not accept products to test on our players without the prior approval of the CA Lead Sports Performance Dietitian.

**14.3 Multi-ingredient:**

- (a) AC should avoid using ‘poly-supplements’ (i.e. those with numerous ingredients) where single ingredient supplements are available.
- (b) It is acknowledged that poly-supplements usually do not contain the required amounts of the stated ‘active ingredients’ per serve to provide a true benefit.
- (c) The greater the number of ingredients in a supplement the higher likelihood of inadvertent contamination (due to ingredients being sourced from various locations) and therefore possible inadvertent anti-doping rule violations.
- (d) Single ingredient supplements are a more effective way of ensuring players are obtaining specific amounts of the desired element. Ingredients in poly-supplements are not always evenly dispersed throughout the product, thereby resulting in the actual quantity of an ingredient per serve not guaranteed.

14.4 **Pre-workout Supplements:** The use of pre-workout supplements are not advised and should not be recommended by AC Sports Dietitians or MOs given the known high risk of contamination leading to inadvertent anti-doping rule violations.

### 14.5 Miscellaneous Cautions:

- (a) Purchased smoothies and shakes. Players should be aware of the ingredients that are being added to store purchased smoothies (and similar). Only 'real food' ingredients should be used. The following should be avoided: protein powders, herbal ingredients and ingredients claiming to add extra energy, vitality, clarity or similar.
- (b) Addition of protein substances (including but not limited to, powders, chips, pellets, crisps, concentrates) to various off the shelf products (i.e. supermarket products). The number of off the shelf products containing added protein substances is increasing including sports foods. These can include, but are not limited to: cereal and other breakfast bars, breakfast cereals and ready-to-go drinks. It is important that players check the ingredient list of products before purchasing, if a product does contain added protein substance (including protein concentrates and blends) the player should provide details to his/her AC Sports Dietitian before purchasing or consuming. The AC Sports Dietitian must ascertain the origin of the protein powder and the degree of risk for an anti-doping violation before advising the player.
- (c) Packaging of products. Players should be aware that packaging style and health or performance claims on labels are not reflective of the risk of the product's risk of contamination.
- (d) Herbal additives (including green tea extract) are a high risk in terms of contamination and products containing these should be avoided. Importantly, they also present a higher risk of severe health consequences (in addition to contamination).
- (e) Proprietary ingredients/blends. If products contain proprietary blends the individual ingredient list must also be assessed before it will be considered for use by players.
- (f) Supplement recommendations should not be based on brand or marketing, but should be assessed on the product ingredient list, third party auditing, origin of manufacture, and alignment to individual player goals and assessments.

- 14.6 AC Sports Dietitians and AC MOs are not obliged or required to provide any advice or recommendations regarding sports foods or supplements to visiting teams or players (other than those contracted to W/BBL teams).

## 15. APPENDIX A TO SUPPLEMENT POLICY

### LGC

LGC is an international life sciences measurement and testing company <http://www.lgcgroup.com/>.

LGC acquired HFL Sport Science in December 2010 and all services offered by HFL now form part of the LGC Group. LGC has world class drug surveillance laboratories, providing internationally trusted expertise in all aspects of doping control for sports.

LGC is an internationally recognised and accredited laboratory providing high quality testing for athlete healthcare and nutritional supplements. LGC's aim is to give athletes, coaches and governing bodies' confidence in supplement manufacturers and suppliers, and to provide analytical services relating to biomarkers of fitness and nutritional health.

### Informed Sport

Informed Sport is a quality assurance program for sports nutrition products, suppliers to the sports nutrition industry, and supplement manufacturing facilities. The program certifies that all nutritional supplements and/or ingredients that bear the Informed Sport logo have been tested for banned substances by the world class sports anti-doping lab, LGC. <http://www.informed-sport.com/>.

- Informed Sport:
  - o Quality assurance audit conducted on the manufacturing facility
  - o All raw materials are tested for traces of over 200 banned substances
  - o 4 blind sample tests on products are also conducted
  
- Batch Testing:
  - o Can be conducted for a fee on any sport food product or supplement. Testing facilities are available within Australia.

### HASTA

HASTA (Human and Supplement Testing Australia) is the Australian sports supplement drug testing specialist, a division of Racing Analytical Services Limited (RASL). RASL is Australia's largest independent sports drug testing laboratory.

HASTA tests commercial products for WADA banned substances, and has a certification scheme. <https://hasta.org.au/>

Certifying a product involves not just testing, but verification of the manufacturing quality controls that are in place. "HASTA Certification" of a commercial product means that every batch has been tested for over 200 WADA prohibited substances.

## 16. APPENDIX B TO SUPPLEMENT POLICY – REQUEST FOR SUPPLEMENT USE

This form must be completed by a player who wishes to use a supplement that is not directly provided by AC, or advised for use to the individual by an AC Sports Dietitian or AC MO. This form can be found on the AMS.

### Request for Supplement Use:

This form is to be completed by the player and provided to the players' State Association Sports Dietitian or Medical Officer. The Sports Dietitian and MO will then assess the supplement regarding its: efficacy, safety and compliance with the AC Supplement Policy. Written approval or otherwise will be provided to the player. The player is not permitted to use the supplement until written approval has been obtained.

Date: \_\_\_\_\_

Player Name: \_\_\_\_\_

Players Sports Dietitian (please write name): \_\_\_\_\_

Players Medical Officer (please write name): \_\_\_\_\_

Supplement Name (please include brand and batch number):

\_\_\_\_\_

Reason for wanting to use this supplement:

\_\_\_\_\_

\_\_\_\_\_

Have you discussed this reason with your Australian Cricket Sports Dietitian or Medical Officer?

Yes

No

Has this supplement been assessed by a third party auditing program?

Yes

No

Unsure

If yes, please state which one: \_\_\_\_\_

Where did you hear about this supplement?

\_\_\_\_\_