



Western Australian Institute of Sport

WAIS Nutritional Supplements Policy

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1. Purpose

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

WAIS cautions athletes regarding the use of supplements for the following reasons –

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

2. Background

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.

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

WAIS 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 WAIS and WAIS is therefore grateful to the AIS for providing the access to the program.

3. Standards

Direction

All decisions on the use of sports supplements within WAIS will require the approval of the one of the following;

- a. Medical Coordinator
- b. WAIS Consultant Dietician

AIS Sports Supplement Policy

A licence has been granted to utilise the AIS Sports Supplement Program as the central element of the WAIS sports supplement policy.

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

- a. follow the guidelines for supplement use as the source of approved information on supplement use
- b. check the status of any supplements

WAIS will follow the AIS Sports Supplement Program categorisation of sports supplements.

The provision of sports supplements to or payment of supplements for WAIS athletes will be at the discretion of the WAIS Medical Coordinator, WAIS Consultant Dietician or Athlete and Coach Services (ACS) Manager.

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

- a. Elements relating to the provision of sports supplements to athletes.
- b. ASC Policies.

WAIS athletes, coaches and staff are governed by the policies of WAIS eg [wais anti doping policy. PDF](#) which can be found on the WAIS website.

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

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

WAIS Key Personnel can and will make submissions to the AIS Sports Supplement Panel that are intended to enhance the content or operation of the AIS Sports Supplement Program.

4. Processes

WAIS athletes, coaches and other staff should consult the AIS Sport Supplements Program for any queries regarding supplements in sport at the link provided below. A link to this website is also available on the WAIS website.

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

Any queries not answered to the satisfaction of the WAIS athlete, coach or staff member should then be directed to the WAIS Consultant Dietician or WAIS Medical Coordinator.

WAIS athletes seeking provision of approved sports supplements from WAIS must complete the Supplement Request Form and present the completed form to the WAIS Consultant Dietician or ACS Manager for approval prior to any supplement being provided.