



AUSTRALIAN ICE RACING



**SPORTS SCIENCE
AND
SPORTS MEDICINE POLICY**

Version 1, March 2019

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PURPOSE

This policy incorporates the following:

1. Supplementation policy;
2. Medication policy and
3. Injection policy.

Supplementation Policy

What is a supplement?

Supplements include any synthetic or natural chemical in the form of a formulated food, a tablet, capsule, gummy, liquid, tincture, or powder that is consumed orally for the purpose of enhancing health and function, including athletic performance. They also include sports bars, sports drinks, sports gels, liquid meal replacements and any other oral form of ergogenic aid.

The majority of supplements have little or no health or performance benefits. In addition, there are potential health and doping risks associated with their use. Further, supplements are not a substitute for ensuring that all training and nutrition aspects of preparation are addressed. Supplements should only be used after the following has been considered:

- 1) Will it put a skater's health and safety at risk? (i.e. is it SAFE?)
- 2) Does it comply with the WADA code? This is essential if the skater is competing at State, National or International level events and/or at Australian Ice Racing sanctioned events. (i.e. does it contain a BANNED SUBSTANCE?)
- 3) Is there evidence-based scientific support for its use and has it been shown to be effective? (i.e. does it WORK?)

The Supplementation Policy of Australian Ice Racing incorporates a Supplementation Provision Protocol as advised by the AIS, which governs the use of supplements by skaters.

The AIS has in place best practice protocols for each supplement which, combined with the publicly available AIS Supplementation Group Classification System, delivers world's best practice for the use of sports supplements.

AIS Supplement Group Classification System

<http://www.ausport.gov.au/ais/nutrition/supplements/classification>

In the Australian Institute of Sport (AIS) Sports Supplement Program, supplements are classified into four groups according to their effectiveness and safety.

Australian Ice Racing adopts this Classification for use by Australian Ice Racing skaters.

Group A Supplements

Group A supplements are supported for use in specific situations in sport and may be provided to skaters for evidence-based uses.

These sports foods and supplements:

1. provide a useful and time source of energy or nutrients in the skater's diet; or
2. have been shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in the sport.

Group B Supplements

Group B supplements are deserving of further research and considered for provision to skaters only under a research protocol or clinical monitoring activity.

These sports foods and supplements:

1. have received some scientific attention, sometimes in populations other than skaters, or have preliminary data which suggest possible benefits to performance
2. may be of particular interest to skaters, other athletes and coaches.

Group C Supplements

Group C supplements have little proof of beneficial effects and are not to be generally utilised by Australian Ice Racing skaters.

This category includes the majority of supplements and sports products that may be promoted to skaters. These supplements, despite enjoying a cyclical pattern of popularity and widespread use, have not been proven to provide a worthwhile enhancement of sports performance. Although it can't be categorically stated that they don't 'work', current scientific evidence shows that either the likelihood of benefits is very small or that any benefits that occur are too small to be useful. In fact, in some cases these supplements have been shown to impair sports performance, with a clear mechanism to explain these results. The Australian Institute of Sport have named many of the products that belong in this category, but others that have not been named in our supplement system more than likely belong here.

Group D Supplements

Group D supplements are not be used by Australian Ice Racing skaters.

These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test.

Supplementation Provision Protocol

Australian Ice Racing utilise the AIS Supplement Group Classification System and in line with this system apply the following:

1. permit the use of all supplements in Group A and Group B of the AIS Supplement Group Classification System permit limited use of supplements in Group C of the AIS Supplement Group Classification System

2. where specific approval, prior to use, has been sought from the Board of Australian Ice Racing and evidence has been provided by a registered medical practitioner as to the specific reason for their use; the Board of Australian Ice Racing reserves the right to refuse usage of any supplement in this category and at its sole discretion may convene a Supplementary Panel to examine or provide advice on any evidence submitted to support limited use of a supplement or supplements in this Group
3. prohibit the use of all supplements in Group D of the AIS Supplement Group Classification System
4. coaches, team managers, officials, medical practitioners, volunteers and any of those working with, assisting or instructing skaters in any way must not use or possess items from category D as these may lead to an Anti-Doping Rule Violation.

This protocol is based on the core principles of: skater safety, evidence-based science, and compliance with the World Anti-Doping Agency (WADA) Prohibited List whereby the type of supplements used are as defined by the AIS supplement group classification system:

<http://ausport.gov.au/ais/nutrition/supplements/classification> .

It cannot be altered except by agreement of the Australian Ice Racing Board. Skaters are responsible for ensuring any supplement they are using is suitable as per this Protocol and overall Policy.

Medication Policy

Skaters may require medication for the treatment of illness or injury. Such medications may include prescription medication or over-the-counter medication.

The Australian Ice Racing Medication Policy requires:

1. skaters to seek their own registered medical practitioner to provide advice on medication usage and to issue suitable medication
2. skaters to be responsible for following the ASADA/WADA code and checking any medication
 1. issued prior to its utilisation
 2. only appointed and suitably qualified medical personnel (such as a physiotherapist) to issue suitable
 3. medication (such as anti inflammatory, pain relief) in the absence of a registered medical practitioner.

Injection Policy

There is no role for injection of substances as a routine part of any supplementation program. Skaters can only receive an injection for treatment of a documented injury or illness.

Skaters can only have an injection administered by a registered medical practitioner or another suitably qualified person (such as a registered nurse) acting on the instruction of a medical practitioner.

An exception to this rule may be made where the skater has a well-documented medical condition (for example, diabetes, anaphylaxis-risk), in which case the skater's registered medical practitioner must provide written permission for the skater to self-inject within specific parameters. This written permission must be provided to Australian Ice Racing as soon as possible after it is issued and prior to the skater competing in any sanctioned Australian Ice Racing event or participation in an event whereby the skater is a representative or could reasonably be deemed a representative of Australian Ice Racing.

Australian Ice Racing will keep a register of any skaters in the sport who have permission to self-inject for medical purposes.

Note for OWIA Funded Skaters

All OWIA funded skaters are encouraged to document their entire supplement use within the OWIA's Management System. Whenever a skater changes their supplement program, or even just the brand of supplements used, they should register and/or report these changes to the OWIA immediately. Changes to a supplement program should only be made after consultation with a sports physician/doctor, sports dietitian, or sports physiologist working collectively on a sound overall nutrition and training plan.

Links for Supplements Information

For more information refer to the following:

AIS Sport Supplement Framework

<http://www.ausport.gov.au/ais/nutrition/supplements>

ASADA Education on Supplements

<http://www.asada.gov.au/education/>

Check Your Substances website

<http://www.globaldro.com/AU/search>

Any skater, coach, or other person deemed associated with the sport by Australian Ice Racing, found to have breached this Sports Medicine and Sport Science Policy of Australian Ice Racing may face disciplinary action under the Member Protection Policy of Australian Ice Racing, the Code of Conduct of Australian Ice Racing and/or other relevant Policies.

This Sports Medicine and Sport Science Policy of Australian Ice Racing will continue to apply to a skater, even after they have stopped their association with Australian Ice Racing, if disciplinary action against that skater has commenced.

