

**Swimming Australia Ltd (SAL)  
Sports Supplement Policy  
(March 2014)**

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.

Swimming Australia recommends that supplements only be used in conjunction with advice and recommendations from a sports physician/doctor, sports dietitian or sport physiologist and as part of an overall nutrition program.

Supplements should only be used after the following has been considered.

- 1) Will it put an athlete's health and safety at risk? (*i.e. is it SAFE?*)
- 2) Does it comply with the WADA code? This is essential if the athlete is in a FINA or ASADA testing pool or competing at State, National or International level events. (*i.e. is it a BANNED substance in sport?*)
- 3) Is there evidence-based scientific support for its use and has it been shown to be effective? (*i.e. does it WORK?*)

**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.

**Swimming Australia advises the following:**

- Athletes should focus on a well-planned training program that develops good technique, skill and fitness, supported by adequate nutrition and recovery practices. Focusing on sound nutrition and recovery practices will give swimmers a better platform for performance than supplements.
- Swimmers under 18 years of age should not use supplements unless specifically recommended by a sports physician/doctor, sports dietitian or sports physiologist.

**Important Points:**

1. Athletes must check all listed supplement contents on the ASADA "check your substances" website.
2. Sometimes not all supplement contents are included in the list of ingredients. The risk of this occurring is greater in products that are made overseas but even Australian made supplements are not risk free in this area..
3. There are organisations that provide "checks" on the contents of supplements that can be a reassurance but this is NOT a guarantee.
4. Supplements should only be used from companies with well documented control processes and have third party auditing. However, due to poor regulation and rules in the supplement industry in Australia and overseas, NO supplement can be guaranteed as safe from an anti-doping perspective.
5. Meat products from China and Mexico are at risk of contamination from the banned substance Clenbuterol.

**Note for SAL Funded Swimmers**

All SAL funded swimmers **must document their entire supplement use** in the AIS Athlete Management System\*. Whenever an athlete changes their supplement program, or even just the brand of supplements used, they must register these changes within the AMS 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.

*\* Until the AMS is operational, all supplements should be documented and submitted to either Greg Shaw on [greg.shaw@ausport.gov.au](mailto:greg.shaw@ausport.gov.au) or Mark Osborne on [mark.osborne@swimming.org.au](mailto:mark.osborne@swimming.org.au). They should also be notified if an athlete makes any change to their supplement program. This includes changing brands or changing the product.*

All supplements used by a SAL funded athlete will be reviewed by the SAL Supplement Panel (comprising the SAL Performance Science and Medicine Manager, SAL Chief Medical Officer and SAL Dietitian) who will use this policy and other guidelines, including the AIS Sport Supplement Framework, and the three key considerations for use of supplements (above) before making a recommendation to the SAL High Performance Committee (HPC) regarding the appropriate use of a particular product. Details regarding an individual's use of a particular supplement will not be disclosed to the HPC.

- Whilst the SAL Supplement Panel may recommend the use of a supplement based on the criteria above, SAL is not responsible for the manufacturing or the quality control procedures of any product and is therefore not liable for any anti-doping rule violation that may result from a funded athlete taking supplements that have been approved for use by SAL.
- The use of supplements that have not been recommended by the SAL Supplement Panel poses a significant risk of causing an anti-doping rule violation and/or health risk.

**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/>

ASADA Check Your Substances <http://checksubstances.asada.gov.au/>

SAL Illicit Drug Policy

[http://www.swimming.org.au/visageimages/1\\_SAL/Policies/SAL\\_Illicit\\_Drugs\\_Policy -  
\\_Adopted\\_May\\_2010.pdf](http://www.swimming.org.au/visageimages/1_SAL/Policies/SAL_Illicit_Drugs_Policy_-_Adopted_May_2010.pdf)

SAL Needle policy <http://www.swimming.org.au/anti-doping.html>