Australian Rugby Union Limited  
(ACN 002 898 544)

Sports Supplements Policy

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Sports Supplements Policy

1. Position statement

1.1. The Australian Rugby Union Limited (ARU) acknowledges the use of Supplements in Rugby and is committed to establishing best practice protocols for the use of Supplements based on the core principles of player safety, evidence-based science and compliance with the World Anti-Doping Agency (WADA) Prohibited List.

1.2. There is no expectation or requirement that any individual associated with Rugby must use Supplements.

1.3. The ARU approves of the appropriate use of Supplements in accordance with this Policy to support a nutritional program and promotes the ‘food first’ message, which is that a person is more likely to benefit from a health and performance focussed, outcome driven meal plan, which should be established with the assistance of an accredited practising dietitian.

1.4. Supplements may assist a Player to achieve peak performance, although this varies between individuals. However, limitations to the regulation of the Supplement industry mean that:

1.4.1. marketing hype may exaggerate the benefits of Supplements; and

1.4.2. there is currently no guarantee that any particular Supplement is totally free from substances on the WADA Prohibited List.

1.5. If a Player uses Supplements in an unregulated manner, they may:

1.5.1. risk committing a ‘doping’ offence such as an offence under the ARU Anti-Doping Code (Doping Offence);

1.5.2. compromise their health or performance;

1.5.3. waste time and money on products that have no measurable benefit on their performance; and/or

1.5.4. set a poor example for other members of the community.

1.6. Each Player is solely responsible for any substances on the WADA Prohibited List (or traces of them) found to be present in their body and for their possession, use, attempted use, trafficking or attempted trafficking of the substances or methods on the WADA Prohibited List. If a Player wishes to use Supplements, the best way to mitigate the risks associated with them is to comply with this Policy.

1.7. This Policy should not be considered as a substitute for any person seeking the professional advice of an accredited practising dietitian or doctor, who can provide that person with the latest information on the risks and benefits of using a particular Supplement and if applicable, recommend to them an appropriate protocol for using that Supplement.

1.8. The ARU supports and has adopted the Australian Institute of Sport (AIS) Supplementation Group Classification System (in a form that is most relevant to Rugby at Schedule 1 of this Policy) which provides expert classification of Supplements and is subject to ongoing research, continual review and change.
2. Objectives – why does this Policy exist?

2.1. This Policy has been developed by the ARU with the objective of:

2.1.1. encouraging safe and healthy practices for all Participants in their use of Supplements;

2.1.2. protecting the health and well-being of Players in their use of Supplements;

2.1.3. providing all Participants with access to expert information on nutrition and Supplements and allowing them to make informed decisions on Supplement use;

2.1.4. educating all Participants on the risks of Supplement use;

2.1.5. minimising the risk of Supplement use by Players leading to an inadvertent Doping Offence or Players’ health and/or performance being compromised;

2.1.6. ensuring that the provision of Supplements to Players and use of Supplements by Players optimizes the benefits of those Supplements and is safe and consistent, regardless of personnel changes within a Professional Rugby Body (PRB);

2.1.7. establishing a Supplement provision protocol that must be followed by Players and PRBs (and may be used as a best practice guide by other Rugby Bodies), which will ensure a safe, consistent and centrally-documented approach to the provision of Supplements to Players and use of Supplements by Players, whilst maintaining appropriate levels of confidentiality;

2.1.8. establishing a body to oversee and regulate the Supplement provision protocols that relate to Players and PRBs and the Supplements that may be used by Players; and

2.1.9. establishing a minimum standard of qualification for those persons responsible for Supplement provision and advice in professional Rugby.

3. Application – who does this Policy apply to?

3.1. All Players and PRBs must comply with this Policy, and a person will also be required to comply with this Policy if they work within a PRB.

3.2. For any other Participant or Rugby Body, the purpose of this Policy is to provide guidance and education in relation to best practice Supplement use and they are not required to comply with this Policy unless and until they become a Player or work within a PRB.

3.3. This Policy will not apply to a Player in respect of their use of a Supplement in order to treat a medical condition, under the direction of a medical practitioner registered in Australia and in accordance with the ARU Medical Policy.

3.4. This Policy is effective on and from 1 March 2014.

4. Supplements – what can I use?

4.1. In this Policy, Supplements are classified into six groups (Group A – Sports Foods, Medical Supplements and Performance Supplements, Group B, Group C and Group D) according to their effectiveness and safety, as set out in the AIS Sports Supplement Framework (adapted for Rugby) in Schedule 1.
4.2. (ARU Policy) A Player may use a Sports Food on the following conditions:

4.2.1. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their Team Sports Dietitian;

4.2.2. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and

4.2.3. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement.

4.3. (Process) A Player does not require any permission to use a Sports Food.

4.4. (Rationale) According to the AIS, Sports Foods:

4.4.1. provide a useful and timely source of energy and nutrients in an athlete’s diet; and/or

4.4.2. have been shown in scientific trials to benefit performance, when used according to a specific protocol,

Group A – ‘Medical and ‘Performance’ Supplements

4.5. (ARU Policy) A Player may use any Group A Supplement other than a Sports Food, on the following conditions:

4.5.1. they have received permission to do so and advice in relation to using that Supplement from their Team Sports Dietitian;

4.5.2. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their Team Sports Dietitian;

4.5.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and

4.5.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement.

4.6. (Process) If a Player wishes to use a Group A Supplement other than a Sports Food, they must first:

4.6.1. receive permission from their Team Sports Dietitian to use the Supplement, only source that Supplement from their Team Sports Dietitian and only use that Supplement as directed by their Team Sports Dietitian; or

4.6.2. receive written permission from their Team Sports Dietitian to source that Supplement from a third party provider and only source and use that Supplement as directed by their Team Sports Dietitian.
4.7. **(Rationale)** According to the AIS, Group A Supplements:

4.7.1. provide a useful and timely source of energy and nutrients in an athlete’s diet; and/or

4.7.2. have been shown in scientific trials to benefit performance, when used according to a specific protocol.

**Group B Supplements**

4.8. **(ARU Policy)** A Player may use a Group B Supplement on the following conditions:

4.8.1. they have received permission to do so and advice in relation to using that Supplement from their Team Sports Dietitian and continue to be adequately monitored by their Team Sports Dietitian;

4.8.2. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their Team Sports Dietitian;

4.8.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and

4.8.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement.

4.9. **(Process)** If a Player wishes to use a Group B Supplement, they must first:

4.9.1. receive permission from their Team Sports Dietitian to use the Supplement, only source that Supplement from their Team Sports Dietitian and only use that Supplement as directed by their Team Sports Dietitian; or

4.9.2. receive written permission from their Team Sports Dietitian to source that Supplement from a third party provider and only source and use that Supplement as directed by their Team Sports Dietitian.

4.10. **(Rationale)** According to the AIS, Group B Supplements:

4.10.1. have received some scientific attention (not necessarily related to sport), or have preliminary data which suggest possible benefits to performance; and

4.10.2. are of particular interest to athletes and coaches (including those in Rugby).

**Group C Supplements**

4.11. **(ARU Policy)** Generally, all Players are prohibited from using any Group C Supplement. However, there may be some limited circumstances in which a Player will receive permission to use a Group C Supplement and its use will be adequately monitored by the Team Sports Dietitian. This permission must be in writing from a Player’s Team Sports Dietitian and must be approved by their Team Doctor. If a Supplement is not listed in Schedule 1, it will be treated as Group C Supplement until it has been properly classified in Schedule 1 by the SAG.

4.12. **(Process)** If a Player believes that their circumstances are exceptional and they wish to use a Group C Supplement, they must first:
4.12.1. receive written permission from their Team Sports Dietitian to use the Supplement and this permission must have been approved by their Team Doctor, only source that Supplement from their Team Sports Dietitian and only use that Supplement as directed by their Team Sports Dietitian; or

4.12.2. receive written permission from their Team Sports Dietitian to source that Supplement from a third party provider and this permission must have been approved by their Team Doctor, and only source and use that Supplement as directed by their Team Sports Dietitian.

4.13. (Rationale) According to the AIS, Group C Supplements:

4.13.1. include the majority of Supplements promoted to athletes;

4.13.2. enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sports performance;

4.13.3. possess benefits that have a very small likelihood of occurring or are too small to be useful, as indicated by current scientific evidence; and

4.13.4. in some cases, have been shown to impair sports performance.

Group D Supplements


4.15. (Rationale) Group D Supplements are banned by WADA or are at high risk of being contaminated with substances that could lead to a positive drug test or are at high risk of compromising a Player’s health and safety.

5. Obligations – Players

5.1. All Players will:

5.1.1. comply with this Policy and only obtain and use any Supplement in accordance with the conditions set out in Article 4 (Supplements – what can I use?);

5.1.2. not enter into any sponsorship or other agreement in relation to Supplements without prior approval from the ARU and their PRB and a Player will not enter or seek to enter into any such agreement that will cause them to not comply with this Policy;

5.1.3. not participate in or permit any medical treatment, procedure, test or investigation in relation to them, that does not comply with this Policy or the ARU Medical Policy;

5.1.4. promptly report to the Supplements Officer of their PRB or the ARU Integrity Manager, any person’s conduct (including their own conduct or an approach to engage in conduct) that they know or reasonably suspect may be a breach of this Policy and the reporting Player’s identity will be kept confidential in accordance with Article 9 (Confidentiality);

5.1.5. promptly notify the Supplements Officer of their PRB or the ARU Integrity Manager if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of this Policy;
6.1.6. disclose to the ARU or their PRB, if requested, all details in their knowledge relating to publically available information that indicates their apparent or suspected non-compliance with this Policy;

6.1.7. consent to the provision and recording of information about them in accordance with this Policy and acknowledge the application of Article 9 (Confidentiality);

6.1.8. use their influence to support and reinforce the education messages regarding Supplements that are promoted by the ARU, including in this Policy;

6.1.9. make themself available for, and actively engage in, education programs in relation to this Policy;

6.1.10. stay informed of any changes to this Policy (where the ARU notifies them of any changes to this Policy); and

6.1.11. acknowledge that this Policy is an ARU By-Law for the purposes of their Player Contract and not complying with this Policy is a breach of their Player Contract and may be a breach of the ARU Code of Conduct (as amended and replaced from time to time) and sanctions may follow including fines, suspension or termination of their Player Contract.

6. Obligations – Professional Rugby Bodies

6.1. PRBs will:

Team Sports Dietitian

6.1.1. appoint a person to be the PRB’s nominated sports dietitian who will be responsible for the PRB’s Supplements program and the PRB will oblige them to comply with this Policy. Immediately prior to their appointment, this person must be university-qualified to provide nutrition and dietary advice, be eligible for membership with the Dietitians Association of Australia as an Accredited Practising Dietitian and hold an ‘Advanced Sports Dietitian’ or ‘Accredited Sports Dietitian’ membership with Sports Dietitians Australia (Team Sports Dietitian);

6.1.2. ensure that the PRB’s Team Sports Dietitian remains, at all times, eligible for membership with the Dietitians Association of Australia as an Accredited Practising Dietitian and an ‘Advanced Sports Dietitian’ or ‘Accredited Sports Dietitian’ member with Sports Dietitians Australia;

6.1.3. ensure that the PRB’s Team Sports Dietitian is fully educated in relation to the ARU Anti-Doping Code and carefully considers the risks of any inadvertent Doping Offence as a result of providing and advising Players about Supplements;

Supplement Provision Plan

6.1.4. submit to the ARU Supplement Advisory Group (SAG) a supplement provision plan in respect of the relevant Rugby season and in a form that is acceptable to the SAG, which includes details of the Supplements that the PRB’s Team Sports Dietitian intends to provide within the PRB’s organisation (including Sports Foods) or permit to be sourced from a third party provider, the protocols for providing those Supplements (if applicable) and the details of the PRB’s Team Sports Dietitian (after it is approved in writing by the SAG, Supplement Provision Plan);
6.1.5. submit to the SAG any proposal, at any time, to provide a Supplement to a Player or permit the sourcing of a Supplement, in a way that is not covered by the current Supplement Provision Plan (and after this proposal is approved in writing by the SAG, it forms part of the current Supplement Provision Plan);

**Supplement use, documentation and storage**

6.1.6. only permit a Supplement to be used in compliance with the conditions set out in Article 4 (*Supplements – what can I use?*) and in accordance with the PRB’s current Supplement Provision Plan;

6.1.7. only permit a Supplement, other than a Sports Food, to be provided to any of the PRB’s Players by its Team Sports Dietitian (other than when permission is granted by the PRB’s Team Sports Dietitian to source a Supplement from a third party provider);

6.1.8. ensure that any Sports Food that the PRB provide to any of its Players, is provided by a member of the PRB’s Sports Science / Sports Medicine Staff authorised by, and acting under the direction of, the PRB’s Team Sports Dietitian;

6.1.9. ensure that the details of any Supplement, including Sports Foods, ordered by the PRB for the purposes of providing to any of its Players (other than incidental purchases), are recorded using the centrally-documented system notified to the PRB by the ARU, including batch number and any other details required by the ARU;

6.1.10. ensure that the details of any Supplement provided by the PRB under this Policy or permitted by the PRB to be sourced from a third party provider under this Policy, other than Sports Foods, are recorded in respect of the user of the Supplement, using the centrally-documented system notified to the PRB by the ARU and including all details required by the ARU;

6.1.11. ensure that all Supplements sourced by the PRB or persons within the PRB’s organisation are stored in a safe and secure environment (until the Supplements are provided to an individual);

6.1.12. ensure that access to all Supplements that the PRB intend to provide to any of its Players in accordance with this Policy, is exclusively controlled by the PRB’s Team Sports Dietitian, or in relation to a Sports Food, by a member of the PRB’s Sports Science / Sports Medicine Staff authorised by, and acting under the direction of, the PRB’s Team Sports Dietitian;

**Supplement Classification**

6.1.13. be entitled to make a recommendation to the SAG, through the PRB’s Team Sports Dietitian, to classify or reclassify a Supplement;

**Supplements Officer**

6.1.14. appoint a person within the PRB’s organisation (such as the team manager, Team Sports Dietitian or CEO) to be responsible for attending to reports of conduct or suspected conduct that may be in breach of this Policy (*Supplements Officer*);

6.1.15. ensure that the identity of a person making a report to the PRB’s Supplements Officer is kept confidential in accordance with Article 9 (*Confidentiality*);
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Reporting

6.1.16. ensure that any person within the PRB’s organisation promptly reports to the PRB’s Supplements Officer or the ARU Integrity Manager if they know or reasonably suspect that any person has engaged in conduct, or has been approached to engage in conduct, that may be in breach of this Policy;

6.1.17. ensure that any person within the PRB’s organisation promptly notifies the PRB’s Supplements Officer or the ARU Integrity Manager if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of this Policy;

6.1.18. ensure that any activity reported to the PRB’s Supplements Officer under Articles 6.1.16 and 6.1.17 is promptly reported to the ARU Integrity Manager;

6.1.19. ensure that the PRB’s board conducts an annual review of the following matters:

   a) has there been any breach of this Policy within the PRB’s organisation;
   b) what action has management taken to deal with reports of breach and suspected breach of this Policy;
   c) how many new Sports Science / Sports Medicine Staff have joined the PRB’s organisation over the year, whether they have appropriate qualifications and accreditations, what induction practices they have undergone and whether their contracts bind them to comply with this Policy;
   d) how many consultants have been engaged to assist the Sports Science / Sports Medicine Staff and in what capacity have they assisted;
   e) have there been any changes in key personnel within the Sports Science / Sports Medicine Staff;
   f) whether a background check has been conducted on each member of the Sports Science / Sports Medicine Staff (including consultants);
   g) what Supplements have been provided to, and used by, Players within the PRB’s organisation and a comparison of this information to previous years;
   h) a financial analysis of organisational expenditure on Supplements;
   i) whether this Policy is available to Players and staff;
   j) whether all Players to whom this Policy applies have received education about the Policy and the manner in which the education was delivered; and
   k) any additional questions for management required by the board for independent assurance on integrity in relation to Supplement use and provision;

and the report on each matter listed above is to be signed off by management as true and accurate accompanied by an assurance from management that except as otherwise disclosed, the Policy has been complied with;

6.1.20. provide the report referred to in Article 6.1.19 to the ARU Integrity Manager, who will make a copy available to RUPA upon their request within 14 days of making the request;

6.1.21. have access, through the PRB’s Team Sports Dietitian and for the purposes of reporting to the PRB’s board, to the information recorded on the centrally-documented system pursuant to this Policy, in respect of the Players that the PRB employ;

Sponsorship

6.1.22. not enter into any sponsorship or other agreement that will cause the PRB to not comply with this Policy and if the PRB is unsure, it will check with the SAG;
Difference of opinion

6.1.23. in the event that there is any difference of opinion between the PRB’s Team Doctor and its Team Sports Dietitian, the PRB will support the recommendations of its Team Doctor to the extent they comply with this Policy;

Induction and education

6.1.24. work with the ARU to ensure that each of the PRB’s Players receive and attend appropriate education programs in relation to this Policy, including prior to the Policy becoming effective;

6.1.25. ensure that each member of the PRB’s Sports Science / Sports Medicine Staff follows an induction and education protocol that systematically takes that person through the PRB’s policies and protocols relating to the provision of Supplements to Players, including this Policy;

General

6.1.26. adopt, implement and comply with this Policy;

6.1.27. ensure that all members of the PRB’s Team Management, or any other person within its organisation, act ethically and make decisions based on maintaining and protecting the health and well-being of Players and do not cause or induce the PRB or a Player to not comply with this Policy;

6.1.28. not permit any medical treatment, procedure, test or investigation in relation to any of the PRB’s Players that does not comply with the ARU Medical Policy;

6.1.29. ensure that each of the PRB’s Players and members of Team Management have been provided with, and acknowledge the application of, this Policy;

6.1.30. ensure that the PRB and its Team Management, including its Team Sports Dietitian, comply with this Policy and discharge its obligations under this Policy in a discreet and confidential manner in accordance with Article 9 (Confidentiality);

6.1.31. provide reasonable access to the ARU to audit the PRB’s compliance with this Policy; and

6.1.32. stay informed of any changes to this Policy (where the ARU notifies the PRB of any changes to this Policy).

7. Obligations – ARU

7.1. The ARU will:

7.1.1. adopt, implement and comply with this Policy;

7.1.2. ensure this Policy is made available to those bound by this Policy once it is in place;

7.1.3. ensure that each Player and member of Team Management receives and attends appropriate education programs in relation to this Policy, including prior to the Policy becoming effective;

7.1.4. ensure that each Player and PRB is notified of any change to this Policy;
7.1.5. ensure that the information recorded on the centrally-documented system pursuant to this Policy, is subject to strict and appropriate access controls in accordance with Australian privacy legislation;

7.1.6. discharge the ARU’s obligations under this Policy in a discreet and confidential manner in accordance with Article 9 (Confidentiality);

7.1.7. develop and implement appropriate education programs and initiatives for Rugby in relation to the key messages of this Policy;

7.1.8. ensure that there are opportunities for each PRB’s Team Sports Dietitian and other key members of that PRB’s Sports Science / Sports Medicine Staff to have their existing practices and procedures peer reviewed;

7.1.9. establish the SAG in accordance with Article 8 (ARU Supplement Advisory Group (SAG));

7.1.10. consider and review the compliance of PRBs and Players with this Policy and, if considered appropriate by the ARU, conduct a compliance audit of the relevant PRB;

7.1.11. provide reasonable access to any independent person appointed as auditor by the SAG to audit the ARU’s compliance with this Policy; and

7.1.12. remain committed to ongoing research and expert advice from recognised regulatory bodies in relation to sports nutrition and Supplement use.

8. ARU Supplement Advisory Group (SAG)

8.1. The ARU will establish the SAG for the purposes of:

8.1.1. classifying Supplements under this Policy;

8.1.2. considering supplement provision plans submitted for approval by PRBs (including any proposals submitted under Article 6.1.5);

8.1.3. considering requests or other evidence relating to classifying or reclassifying a Supplement and if appropriate, consulting with the AIS Supplement Review Panel or any of the Team Sports Dietitians in relation to the classification of that Supplement;

8.1.4. assisting PRBs to determine whether prospective sponsorship or other agreements comply with this Policy;

8.1.5. reviewing and monitoring the information recorded on the centrally-documented system pursuant to this Policy;

8.1.6. providing advice and recommendations on Supplement use and nutrition;

8.1.7. reviewing the effectiveness of this Policy; and

8.1.8. reporting to the ARU on an annual basis in relation to the operation of, and the information provided under, this Policy.
8.2. The ARU will have the sole discretion to appoint and remove members of the SAG (with the exception of the RUPA appointee at Article 8.2.5) and will endeavour at all times to have a member of the SAG that is external to Rugby and the ARU. The original members of the SAG are as follows:

8.2.1. the ARU Chief Medical Officer (Chair);
8.2.2. the ARU National Nutrition Co-ordinator;
8.2.3. a representative of strength & conditioning coaches in Rugby;
8.2.4. a representative of the ARU Integrity Unit;
8.2.5. a representative appointed by RUPA; and
8.2.6. a representative from the AIS Sports Supplement Program or a suitably qualified independent person.

8.3. The SAG will be governed according to the following principles:

8.3.1. the SAG will discharge its obligations under this Policy in a discreet and confidential manner in accordance with Article 9 (Confidentiality);
8.3.2. if all the members of the SAG have received reasonable notice of a meeting and a quorum is present, the meeting is competent to exercise all or any of the authorities, powers or discretions vested in or exercisable by the SAG;
8.3.3. a quorum of the SAG is three (3) and must include the Chair;
8.3.4. questions arising at a meeting of the SAG are to be decided by a majority of votes cast and must include the vote of the Chair and any such decision is for all purposes a determination of the SAG and must be minuted;
8.3.5. a written resolution may be passed if all of the members of the SAG, other than a member on leave from the SAG or otherwise not entitled to vote, have had a reasonable opportunity to consider a proposed resolution, and if the members who assent in writing to the proposed resolution (including by electronic means) would have constituted a quorum at a meeting of the SAG, then that resolution is taken as having been passed by the SAG; and
8.3.6. in the case of an equality of votes upon any proposed resolution, the Chair will have the casting vote.

9. Confidentiality

9.1. Information about a Player or other person within a PRB that is provided under this Policy must not be disclosed or caused to be disclosed unless expressly authorised and required in accordance with this Policy, required by law or that person otherwise consents.

9.2. For the purposes of clauses 5.1.4, 6.1.15 and 6.1.16 persons who report information to a PRB’s Supplements Officer or the ARU Integrity Manager about another persons’ breach of this Policy will have their identity in relation to that report kept confidential unless:

9.2.1. their identity is required to be disclosed as part of a disciplinary procedure in accordance with the ARU Code of Conduct (as amended and replaced from time to time); or
9.2.2. their identity is required to be disclosed by law.

9.3. If a person has not complied with this Policy, and as a consequence of any disciplinary action taken by a PRB (limited to suspension and termination of a Player’s contract) or the ARU it is impractical or impossible to maintain confidentiality (as determined by the PRB or the ARU), the PRB and the ARU are not required to keep confidential the information regarding the non-compliance with this Policy.

9.4. If a Player has provided information to a PRB or the ARU under Article 5.1.6, the PRB and the ARU are not required to keep that information confidential.

9.5. The ARU, through SAG, may disclose statistical information recorded under this Policy to persons outside the PRBs and the ARU, if it does not include personal information that identifies an individual Player.

10. Amendment and Interpretation

10.1. The ARU may amend this Policy from time to time.

10.2. The headings used in this Policy are for convenience only and do not affect the interpretation of this Policy.

10.3. Words importing the singular include the plural and vice versa.

10.4. Words used to denote persons generally or importing a natural person include any company, organisation or other entity (whether or not the body is incorporated).

10.5. Reference to “including” and similar words are not words of limitation.

10.6. This Policy includes any schedule.

11. Definitions

AIS means the Australian Institute of Sport.

AIS Sports Supplement Framework means the system of classification of supplements by the AIS, which is publicly available on the AIS website and has been adapted for Rugby in Schedule 1 of this Policy.

AIS Sports Supplement Program means the AIS Sports Supplement Program, details of which is publicly available on the AIS website.

ARU means the Australian Rugby Union Limited ACN 002 898 544.

ARU Integrity Manager means the Integrity Manager at the ARU, who is contactable at integrity@rugby.com.au.

ARU Chief Medical Officer means the chief medical officer of the ARU.

ARU Supplements Advisory Group (see definition for SAG).

Doping Offence means an offence under the ARU’s Anti-Doping Code.

Group A Supplement means those Supplements listed in Group A of Schedule 1.

Group B Supplement means those Supplements listed in Group B of Schedule 1.
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**Group C Supplement** means those Supplements listed in Group C of Schedule 1.

**Group D Supplement** means those Supplements listed in Group D of Schedule 1.

**Participant** means any person that by way of an ARU Registration Form, or other instrument, has agreed to be bound by the constitution of the ARU, ARU policies, ARU Code of Conduct By-Laws and any laws, regulations and By-Laws of the International Rugby Board applying from time to time, and where such persons may include any ARU player (including an amateur or non-contracted player and any Player), a referee, touch judge or other match official, a selector, coach, trainer, manager or other team official, or an individual involved in the organisation, administration or promotion of Rugby including a director, other officer or employee of a Rugby Body.

**Player** means any Participant who has entered into a Player Contract.

**Player Contract** means a current contract of employment to play Rugby entered into by a Player and a PRB.

**Policy** means this Sports Supplements Policy of the ARU.

**Professional Rugby Body** or PRB means the ARU and any Super Rugby Licensee (as that term is defined in the ARU constitution) and the Professional Rugby Body of a Player at any point in time is the Professional Rugby Body that employs that Player at that time.

**Prohibited List** (see definition of WADA Prohibited List)

**Rugby** means the game of rugby football.

**Rugby Body** means the ARU, any Voting Member and Affiliated Union (as those terms are defined in the ARU Constitution) and any Rugby club or other body in membership with or affiliated to a Voting Member or Affiliated Union.

**RUPA** means the Rugby Union Players’ Association.

**SAG** or **ARU Supplement Advisory Group** means the supplement advisory group established by the ARU as described in Article 8 (ARU Supplement Advisory Group (SAG)).

**Sports Food** means a Group A Supplement listed under ‘Sports Foods’ in Schedule 1.

**Sports Science / Sports Medicine Staff** means those members of Team Management that are trained health professionals, including doctors, the Team Sports Dietitian, other dietitians, sports scientists, physiotherapists, soft-tissue therapists, and strength & conditioning coaching staff.

**Supplement** means any product or type of product identified in the AIS Sports Supplement Framework (adapted for Rugby) set out in Schedule 1.

**Supplement Provision Plan** means the plan described in Article 6.1.4 of this Policy, in relation to which the relevant PRB has received written approval from the SAG.

**Supplements Officer** means the person appointed by a PRB under Article 6.1.14.

**Team Doctor** means the senior medical practitioner (registered in Australia) of a PRB.

**Team Management** means any person engaged by the ARU or a PRB to work directly with any Players’ squad or team (includes, without limitation, medical officers, members of the Sports Scientist / Sports Medicine Staff, trainers, coaches and team managers).

**Team Sports Dietitian** means the person appointed by a PRB for the purposes of, and with the minimum qualifications set out in, Article 6.1.1.

**WADA Prohibited List** means the World Anti-Doping Agency List of Prohibited Substances and...
Methods (as amended or replaced from time to time by the World Anti-Doping Agency).

**Whole Foods** means food that has been processed or refined as little as possible before being consumed.
The ABCD Classification system 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. Decisions regarding the placement of a product are made by an expert group convened by the AIS Sports Supplement Framework. These decisions are regularly re-evaluated.

A key goal of the Framework is to minimise the risk of an anti-doping rule violations arising through the use of supplements and sports foods. During 2014, a separate commercial program will be launched to facilitate third-party auditing and batch testing of supplements and sports foods within Australia i.e. Informed Sport (www.informed-sport.com/). The Classification system will be updated to include information on individual brands of supplements and sports foods that require auditing and those which have implemented appropriate programs.

The Classification system focuses on sports foods and individual ingredients rather than supplement products and brands. The list in each group is identified as 'examples' to note the list may not be complete. In addition, the Framework identifies concerns regarding two separate types of supplement products that may be involved in all categories:

- Supplements sold via network marketing: Network marketing involves the promotion/distribution of supplements and sports foods via activities that ignore the need for an appropriate scientific evidence base. The policy of the Framework is that these products should not be provided or supported by sports supplement programs

- Multi-ingredient products: These products contain a large list of individual ingredients. In some cases the doses of these ingredients are not stated on the label, with the excuse that it is a ‘proprietary blend’ over which the manufacturer has special ownership

Concerns about these products include the lack of an effective dose of some of active ingredients, potential for harmful interactions between ingredients and the increased risk of inadvertent contamination due to the sourcing of ingredients from various locations. Unless an expert panel has deemed such a product is likely to be safe and effective, it should not be included in sports supplement programs. Furthermore, they should be identified as high priority for third-party audit programs.
### Group A

<table>
<thead>
<tr>
<th>Overview of category</th>
<th>Sub-categories</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Evidence level:</strong></td>
<td><strong>Sports foods</strong> — specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods.</td>
<td>Sports drink&lt;br&gt;Sports gel&lt;br&gt;Sports confectionery&lt;br&gt;Liquid meal&lt;br&gt;Whey protein&lt;br&gt;Sports bar&lt;br&gt;Electrolyte replacement</td>
</tr>
<tr>
<td>Supported for use in specific situations in sport using evidence-based protocols.</td>
<td><strong>Medical supplements</strong> — used to treat clinical issues, including diagnosed nutrient deficiencies. Requires individual dispensing and supervision by your Team Medical Officer and/or Team Sports Dietitian.</td>
<td>Iron supplement&lt;br&gt;Calcium supplement&lt;br&gt;Multivitamin/mineral&lt;br&gt;Vitamin D&lt;br&gt;Amino acids&lt;br&gt;Probiotics (gut/immune)</td>
</tr>
<tr>
<td><strong>Use within supplement programs:</strong> Provided or permitted for use by some athletes according to best practice protocols.</td>
<td><strong>Performance supplements</strong> — used to directly contribute to optimal performance. Should be used in individualised protocols under the direction of your Team Sports Dietitian. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualised use.</td>
<td>Caffeine&lt;sup&gt;1&lt;/sup&gt;&lt;br&gt;B-alanine&lt;br&gt;Bicarbonate&lt;br&gt;Beetroot juice&lt;br&gt;Creatine&lt;br&gt;Pre-trainer&lt;sup&gt;2&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

<sup>1</sup>This generally will not include caffeinated products with less than 100mg of caffeine per serving and will not include the following caffeinated products: instant coffee, brewed coffee, espresso coffee, tea, cola soft drink, energy drinks (e.g. Red Bull and V), sports gels (e.g. Powergel) and sports bars (e.g. Powerbar).

<sup>2</sup>These multi-ingredient supplements have been approved because the quantities of creatine monohydrate and beta-alanine are typically lower than that prescribed individually by an accredited practising dietitian (and therefore, in isolation, are unlikely to impact on exercise performance). While these Supplements typically contain a high dose of caffeine, this is generally accepted as appropriate for Players to use in the training environment (under the direction of the Team Sports Dietitian). These products must be manufactured in Australia by a large and reputable Supplement company because similar supplement products manufactured overseas have been responsible for recent doping violations due to their association with banned stimulants like methylhexanamine. Those products with an array of other purported ergogenic aids in addition to the caffeine, creatine monohydrate and beta-alanine, including herbal ingredients or their derivatives (like geranium oil and methylhexanamine), should be avoided.

### Group A – Sports Foods

**ARU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** No.

**Rationale for Policy:** Shown to benefit performance, when used according to a specific protocol.

### Group A – ‘Medical’ and ‘Performance’ Supplements

**ARU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** Yes.

**Rationale for Policy:** Shown to benefit performance, when used according to a specific protocol.
## Sports Supplements Policy

### Group B

<table>
<thead>
<tr>
<th>Overview of category</th>
<th>Sub-categories</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Evidence level:</strong></td>
<td><strong>Food polyphenols</strong> — food chemicals which have purported bioactivity, including antioxidant and anti-inflammatory activity. May be consumed in food form or as isolated chemical.</td>
<td>Quercetin Tart cherry juice Exotic berries (acai, goji etc.) Curcumin</td>
</tr>
<tr>
<td><strong>Use within supplement programs:</strong></td>
<td><strong>Other</strong></td>
<td>Anti-oxidants C and E Carnitine HMB Glutamine Fish oils Glucosamine</td>
</tr>
<tr>
<td>Provided to athletes within research or clinical monitoring situations.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ARU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** Yes.

**Rationale for Policy:** Generally deserving of further research.
**Group C**

<table>
<thead>
<tr>
<th>Overview of category</th>
<th>Sub-categories</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Evidence level:</strong></td>
<td>Category A and B products used outside approved protocols.</td>
<td>See list for Category A and B products.</td>
</tr>
<tr>
<td>Have little meaningful proof of beneficial effects.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Use within supplement programs:</strong></td>
<td>The rest — if you can’t find an ingredient or product in Groups A, B or D, it probably deserves to be here.</td>
<td>Fact sheets and research summaries on some supplements of interest that belong in Group C may be found via the ‘A–Z of Supplements’ page in the AIS Sports Nutrition section of the ASC website.</td>
</tr>
<tr>
<td>Not provided to athletes within supplement programs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May be permitted for individualised use by an athlete where there is specific approval from SAG.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ARU Policy:** Prohibited (unless exceptional circumstances apply – in which case the approval of the Team Doctor is also required).

**Permission for Players required?** Yes

**Rationale for Policy:** No meaningful proof of beneficial effects and in some cases, have been shown to impair sports performance.
### Group D

<table>
<thead>
<tr>
<th>Overview of category use within AIS system</th>
<th>Sub-categories</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Evidence level:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Banned or at high risk of contamination with substances that could lead to a positive drug test. | **Stimulants** | Ephedrine  
Strychnine  
Sibutramine  
Methylhexanamine (DMAA)  
Other herbal stimulants |
| **Use within supplement programs:**       | **Prohormones and hormone boosters** | DHEA  
Androstenedione  
19-norandrostenedione/ol  
Other prohormones  
Tribulus terrestris and other testosterone boosters  
Maca root powder |
| MUST not be used by athletes.             | **GH releasers and ‘peptides’** | Glycerol used for/rehydration strategies — banned as a plasma expander  
Colostrum — not recommended by WADA due to the inclusion of growth factors in its composition |
|                                            | **Other**      |          |
|                                            | WADA list      |          |

**Group D**

**ARU Policy:** Prohibited.

**Permission for Players required?** N/A

**Rationale for Policy:** Banned or at high risk of contamination.
Sports Supplements Policy

Schedule 2
ARU Sports Supplements Policy - Summary for Players

ARU Position on Supplements

Supplements may assist you to achieve peak performance, although this varies between individuals. However, there is no expectation or requirement for you to use Supplements and you are more likely to benefit from a health and performance focussed, outcome driven meal plan, established with the assistance of your Team Sports Dietitian.

The ARU Sports Supplements Policy (the Policy) has been introduced because there are limitations to the regulation of the Supplement industry and by taking Supplements, you may:

- risk committing a Doping Offence (you are solely responsible for any substances found in your body);
- compromise your health or performance;
- waste time and money on products that have no benefit to your performance; and
- set a poor example for the community.

Sports Foods

You do not need permission to use Sports Foods (such as sports drinks, sports bars and whey protein powder). If you choose to consume Sports Foods, you should do so in support of a ‘food first’ program that emphasises Whole Foods and appropriate timing, quantity and choice of meals and snacks.

Other Supplements

For all other Supplements (unless prescribed by a doctor), before you use them you must:

- receive them from your Team Sports Dietitian or receive written permission from your Team Sports Dietitian to source them elsewhere;
- use the Supplement as directed by your Team Sports Dietitian to support an appropriate sports nutrition program; and
- carefully consider the risk of an inadvertent Doping Offence as a result of using the Supplement.

**NOTE:** Group D Supplements are prohibited from being used.

Other obligations

You will:

- **(limit sponsorship)** not enter into any sponsorship or other agreement in relation to Supplements, without prior approval from the ARU and your Professional Rugby Body (PRB) (eg your Super Rugby Club) and you will not enter or seek to enter into any such agreement that will cause you to not comply with the Policy;
- **(report actual or suspected breach)** promptly report to the Supplements Officer of your PRB or the ARU Integrity Manager at integrity@rugby.com.au, any person’s conduct (including your own conduct or someone being approached to engage in conduct) that you know or reasonably suspect may be a breach of the Policy;
- **(notify of any investigation)** promptly notify the Supplements Officer of your PRB or the ARU Integrity Manager if you are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of the Policy;
- **(fully disclose)** disclose to the ARU or your PRB, if requested, all details relating to publically available information that indicates your apparent or suspected non-compliance with the Policy;
- **(be an ambassador)** use your influence to support and reinforce the education messages regarding Supplements that are promoted by the ARU;
- **(stay educated)** make yourself available for, and actively engage in, ARU education programs in relation to Supplements; and
- **(stay up to date)** stay informed of any changes to the Policy (and the ARU will notify you of any changes to the Policy).

Your Team Sports Dietitian will record and monitor all the Supplements provided to you or permitted to be sourced by you (other than Sports Foods) and will not provide you with any Supplements that have not been approved by the ARU Supplement Advisory Group.

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Not complying with the Policy is a breach of your Player Contract and sanctions may follow including fines, suspension or termination of your Player Contract.

This summary page is only a guide and for a full description of how the Policy applies to you, ask your team management for a full copy of the Policy.
Schedule 3

ARU Sports Supplements Policy - Summary for Sports Science / Sports Medicine Staff
(including but not limited to doctors, dietitians, sports scientists, physiotherapists, soft-tissue therapists, and strength & conditioning coaching staff)

This summary page is only a guide and you must read and understand the full Policy.

ARU Position on Supplements

Supplements may assist Players to achieve peak performance, although this varies between individuals. However, there is no expectation or requirement for Players to use Supplements and they are more likely to benefit from a health and performance focussed, outcome driven meal plan, established with the assistance of their Team Sports Dietitian. The ARU Sports Supplements Policy (the Policy) has been introduced because there are limitations to the regulation of the Supplement industry and by taking Supplements, Players can:

- risk committing a Doping Offence;
- compromise their health or performance;
- waste time and money on bogus products; and
- set a poor example for the community.

Team Sports Dietitian

The Professional Rugby Body (PRB) that employs you will appoint a university-qualified ‘Team Sports Dietitian’ to run and oversee the Supplement program for your team.

Supplement Provision Plan

The Team Sports Dietitian must submit a ‘Supplement Provision Plan’ every year for approval to the ARU’s ‘Supplement Advisory Group’ (SAG), which will govern the Supplements that can be provided to the team (including Sports Foods provided by your PRB) or otherwise sourced by Players from third party providers. They may also submit additional Supplement proposals throughout the year.

Sports Foods

Permission is not required to use Sports Foods (such as sports drinks, sports bars and whey protein powder). However, any Sports Foods provided by your PRB must only be provided to Players by members of the Sports Science / Sports Medicine Staff as directed by the Team Sports Dietitian. If you are providing the Sports Foods, you are responsible for controlling access to these Supplements and for storing them in a safe and secure environment.

Other Supplements

All other Supplements (unless prescribed by a doctor) must only be provided to Players or permitted to be sourced by Players from a third party provider, by the Team Sports Dietitian and in accordance with the Supplement Provision Plan. The Team Sports Dietitian is solely responsible for controlling access to these Supplements and for storing them in a safe and secure environment. The provision of any Group C Supplement must be approved by the Team Doctor and Group D Supplements are prohibited.

Documenting Supplement use

The Team Sports Dietitian must record, on a centrally-documented system, details of:

- all Supplements, other than Sports Foods, provided to each Player (or permitted to be sourced elsewhere); and
- all Supplements, including Sports Foods, ordered for use by Players (other than incidental purchases).

Reporting non-compliance

If you know or reasonably suspect that any person has engaged in conduct, or has been approached to engage in conduct, that may be a breach of the Policy (including yourself), you must promptly report this to the Supplements Officer at your PRB or the ARU Integrity Manager at integrity@rugby.com.au. You must also promptly notify your Supplements Officer or the ARU Integrity Manager if you are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of the Policy.

Confidentiality

You must discharge your obligations under the Policy in a discreet and confidential manner and must not disclose any information provided under the Policy unless expressly required or authorised to do so.

Not complying with the Policy may be a breach of your employment contract.
### ARU Sports Supplements Policy - Summary for coaches and administrators in Professional Rugby Bodies

#### ARU Position on Supplements
Supplements may assist your Players to achieve peak performance, although this varies between individuals. However, there is no expectation or requirement for your Players to use Supplements and they are more likely to benefit from a health and performance focussed, outcome driven meal plan, established with the assistance of their Team Sports Dietitian. This Policy has been introduced because there are limitations to the regulation of the Supplement industry and by taking Supplements, Players can:

- risk committing a Doping Offence;
- compromise their health or performance;
- waste time and money on products that have no benefit to their performance; and
- set a poor example for the community.

#### Team Sports Dietitian
Your organisation must appoint a university-qualified ‘Team Sports Dietitian’ to run and oversee your Supplement program.

#### Supplements Officer
Your organisation must appoint a Supplements Officer (such as the team manager, Team Sports Dietitian or CEO) to be responsible for attending to reports of conduct or suspected conduct that may be in breach of this Policy.

#### Supplement Provision Plan
Your Team Sports Dietitian must submit a ‘Supplement Provision Plan’ every year for approval to the ARU’s ‘Supplement Advisory Group’ (SAG), which will govern the Supplements that can be provided to the team (including Sports Foods provided by your organisation) or otherwise sourced by Players from third party providers. They may also submit additional Supplement proposals throughout the year.

#### Sports Foods
Permission is not required to use Sports Foods (such as sports drinks, sports bars and whey protein powder). However, any Sports Foods provided by you must only be provided to Players by members of the Sports Science / Sports Medicine Staff (which includes doctors, dietitians, sports scientists, physiotherapists, soft-tissue therapists, and strength & conditioning coaching staff) acting under the direction of your Team Sports Dietitian. These Supplements must also be stored in a safe and secure environment.

#### Other Supplements
All other Supplements (unless prescribed by a doctor) must only be provided to Players by your Team Sports Dietitian or permitted to be sourced by Players from a third party provider, in accordance with the Supplement Provision Plan, and must also be stored in a safe and secure environment. The provision of any Group C Supplement must be approved by the Team Doctor and Group D Supplements are prohibited.

#### Documentation and storage
Your Team Sports Dietitian must record, on a centrally-documented system, details of:

- all Supplements, other than Sports Foods, provided to each Player (or permitted to be sourced elsewhere); and
- all Supplements, including Sports Foods, ordered for use by Players (other than incidental purchases).

#### Reporting and reviewing non-compliance
If any person in your organisation knows or reasonably suspects that a person has engaged in conduct, or has been approached to engage in conduct, that may be in breach of the Policy, they must promptly report this to your Supplements Officer or the ARU Integrity Manager at integrity@rugby.com.au. Persons in your organisation must also promptly notify your Supplements Officer or the ARU Integrity Manager if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of the Policy. Anything reported to your Supplements Officer must also be reported to the ARU Integrity Manager and your board must also conduct an annual review of your organisation’s compliance with the Policy, education practices and Supplements use compared to previous years.

#### Sponsorship
Your organisation will not enter into any sponsorship or other agreement that will cause you to not comply with the Policy and if you are unsure, check with the SAG.

#### Confidentiality
You must discharge any obligations you may have under the Policy in a discreet and confidential manner and must not disclose any information provided under the Policy unless expressly authorised.

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This summary page is only a guide and for a full description of how the Policy applies to you and your organisation, consult the full Policy.
### ARU Position on Supplements

Supplements may assist you to achieve peak performance, although this varies between individuals. However, there is no expectation or requirement for you to use Supplements in Rugby and you are more likely to benefit from a health and performance focussed, outcome driven meal plan, established with the assistance of an accredited practising diettian.

Because of limitations to the regulation of the Supplement industry, by taking Supplements, you can:

- risk consuming a substance listed on the World Anti-Doping Agency (WADA) Prohibited List (you are solely responsible for any substances found in your body);
- compromise your health or performance;
- waste time and money on products that do not have performance benefits; and
- set a poor example.

### General advice

**Do:**

- Follow a nutrition plan that will allow you to adapt eating and drinking practices to maximise your performance.
- Remember that a good nutrition plan that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, may replace the need for any particular supplement.
- Before using any Supplement, check if it is listed in the AIS Supplementation Framework (adapted for Rugby), in Schedule 1 of the ARU Sports Supplements Policy.
- Seek advice from an accredited practising diettian (preferably an advanced or accredited member of Sports Dietitians Australia, see [http://www.sportsdietitians.com.au/findasportsdietitian](http://www.sportsdietitians.com.au/findasportsdietitian) or doctor, before taking any Supplement.
- Make sure that diettian or doctor is familiar with the most current WADA Prohibited List.
- Remember that there is a variable level of risk associated with Supplements. Supplements produced by large, reputable pharmaceutical companies in Australia with well-established quality control production procedures are less likely to be associated with health risks or inadvertent drug tests.
- Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination with anabolic steroids, stimulants and other substances on the WADA Prohibited List.
- Always remember that there are no quick fixes for improving sports performance.

**Do not:**

- Do not take a Supplement just because a team mate or a competitor is taking it or recommends it.
- Do not buy Supplements either over the internet or through magazines as they are more likely to be associated with an increased risk of inadvertent Doping Offence, adverse health effects and other associated problems. Remember, Supplements manufactured in Australia have a lower risk profile.
- Do not take any Supplements that make claims that sound too good to be true. Always validate product claims through non-biased sources, such as an accredited member of Sports Dietitians Australia.
- Do not take any Supplements made by a company which also manufactures substances which are on the WADA Prohibited List, due to the risk of cross contamination.
- Do not take any Supplements made by a company which in the past has been associated with positive drugs tests.
- Do not exceed the recommended dose - Remember more is not always better. Excessive use of a Supplement can have a negative impact on the availability or absorption of another. The recommended daily allowances for a Supplement should be used as a guide in determining nutritional needs.

Other helpful information:

- the ARU Sports Supplements Policy;
- WADA website: [http://www.wada-ama.org](http://www.wada-ama.org);
- Anti-Doping Hotline: 13000 27 232 (13000 ASADA).