



Australian Rugby Union Limited
(ACN 002 898 544)

Sports Supplements Policy

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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 focused, 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**) Sports Supplement Framework (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.
- 1.9. As part of mitigating risks contemplated in Article 1.6 above, the ARU has implemented certain mandatory third-party batch testing obligations in accordance with the terms of this Policy.

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 and maintaining 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 and enforcing 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 commenced on 1 March 2014 and was updated effective from 1 January 2017.

4. Supplements – what can I use?

- 4.1.** In this Policy, Supplements are classified into eight groups (Group A – Sports Foods, Medical Supplements and Performance Supplements, Group B – Sports Foods, Medical Supplements and Performance Supplements, 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.

Group A Sports Foods

- 4.2. (ARU Policy)** A Player may use a Group 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. In doing so, the Player should consider the reputation of the manufacturer (e.g. consider whether it is a Sports Food Manufacturer or a Supplement Company) and the controls the manufacturer has in place.
- 4.3. (Process)** Subject to Article 9.4, a Player does not require permission to use a Group A Sports Food. Group A Sports Foods must however form part of the Supplement Provision Plan in accordance with Article 6.1.4.
- 4.4. (Rationale)** According to the AIS, Group A 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 Supplements

- 4.5. (ARU Policy)** A player may use a Group A Medical Supplement 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 Doctor;
 - 4.5.2. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasizing 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. In doing so, the Player should consider the reputation of the manufacturer (e.g. whether they are a well-recognised pharmaceutical manufacturer) and the controls the manufacturer has in place.
- 4.6. (Process)** If a Player wishes to use a Group A Medical Supplement, they must first:
- 4.6.1. receive permission from their Team Doctor to use the Supplement, only source that Supplement from their Team Doctor and only use that Supplement as directed by their Team Doctor; or
 - 4.6.2. receive permission from their Team Sports Dietitian (provided that the Team Sports Dietitian has consulted the Team Doctor), only source that Supplement from their Team Sports Dietitian and only use that Supplement as directed by

their Team Sports Dietitian; or

- 4.6.3. receive written permission from their Team Doctor to source that Supplement from a third-party provider and only source and use that Supplement as directed by their Team Doctor; and
- 4.6.4. only if requested by SAG pursuant to Article 9.4, ensure the Group A Medical Supplement has undergone third-party batch testing with a provider deemed suitable by SAG.

4.7. If there is any difference of opinion between the Team Doctor and the Team Sports Dietitian, either party may refer the proposed use of a Supplement to the ARU Chief Medical Officer and the ARU National Nutrition Coordinator who, together, will provide guidance and (if necessary) a final decision.

4.8. (**Rationale**) According to the AIS, Group A Medical Supplements:

- 4.8.1. provide treatment for clinical issues, including diagnosed nutrient deficiencies, and/or enhance overall health status.

Group A Performance Supplements

4.9. (**ARU Policy**) A Player may use any Group A Performance Supplement on the following conditions:

- 4.9.1. they have received permission to do so and advice in relation to using that Supplement from their Team Sports Dietitian;
- 4.9.2. 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;
- 4.9.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program;
- 4.9.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement; and
- 4.9.5. the Group A Performance Supplement has undergone third-party batch testing with a provider deemed suitable by SAG.

4.10. (**Process**) If a Player wishes to use a Group A Performance Supplement, they must first:

- 4.10.1. 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
- 4.10.2. 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; and
- 4.10.3. ensure the Performance Supplement has undergone third-party batch testing by a provider deemed suitable by SAG.

4.11. (**Rationale**) According to the AIS, Group A Performance Supplements:

- 4.11.1. provide a useful and timely source of energy and nutrients in an athlete's diet; and/or

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

Group B Sports Foods

- 4.12. (**ARU Policy**) A player may use a Group B Sports Foods on the following conditions:
 - 4.12.1. 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;
 - 4.12.2. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and
 - 4.12.3. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement. In doing so, the Player should consider the reputation of the manufacturer (as a Sports Food Manufacturer) and the controls the manufacturer has in place.
- 4.13. (**Process**) Subject to Article 9.4, a Player does not require permission to use a Group B Sports Food. Group B Sports Foods must however form part of the Supplement Provision Plan in accordance with Article 6.1.4.
- 4.14. (**Rationale**) According to the AIS, Group B Sports Foods:
 - 4.14.1. may provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
 - 4.14.2. are deserving of further scientific research regarding potential benefits to performance when used according to a specific protocol.

Group B Medical Supplements

- 4.15. (**ARU Policy**) A player may use a Group B Medical Supplement on the following conditions:
 - 4.15.1. they have received permission to do so and advice in relation to using that supplement from their Team Doctor;
 - 4.15.2. they use it in support of a nutrition program that emphasizes appropriate timing, quantity and choice of meals and snacks emphasizing Whole Foods, developed by their Team Sports Dietitian;
 - 4.15.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and
 - 4.15.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement. In doing so, the Player should consider the reputation of the manufacturer (e.g. whether they are a well-recognised pharmaceutical manufacturer) and the controls the manufacturer has in place.
- 4.16. (**Process**) If a Player wishes to use a Group B Medical Supplement, they must first:
 - 4.16.1. receive permission from their Team Doctor to use the Supplement, only source that Supplement from their Team Doctor and only use that Supplement as directed by their Team Doctor; or
 - 4.16.2. receive permission from their Team Sports Dietitian (provided that the Team

Sports Dietitian has consulted the Team Doctor), only source that Supplement from their Team Sports Dietitian and only use that Supplement as directed by their Team Sports Dietitian; or

- 4.16.3. receive written permission from their Team Doctor to source that Supplement from a third-party provider and only source and use that Supplement as directed by their Team Doctor; and
 - 4.16.4. only if requested by SAG pursuant to Article 9.4, ensure the Group B Medical Supplement has undergone third-party batch testing with a provider deemed suitable by SAG.
- 4.17.** If there is any difference of opinion between the Team Doctor and the Team Sports Dietitian, either party may refer the use of a Supplement to the ARU Chief Medical Officer and the ARU National Nutrition Coordinator for consideration.
- 4.18.** (**Rationale**) According to the AIS, Group B Medical Supplements:
- 4.18.1. may provide treatment for clinical issues, including diagnosed nutrient deficiencies, and/or enhance overall health status; and/or
 - 4.18.2. are deserving of further scientific research regarding potential benefits to health when used according to a specific protocol.

Group B Performance Supplements

- 4.19.** (**ARU Policy**) A Player may use any Group B Performance Supplement on the following conditions:
- 4.19.1. they have received permission to do so and advice in relation to using that Supplement from their Team Sports Dietitian;
 - 4.19.2. 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;
 - 4.19.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program;
 - 4.19.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement; and
 - 4.19.5. the Group B Performance Supplement has undergone third-party batch testing with a provider deemed suitable by SAG.
- 4.20.** (**Process**) If a Player wishes to use a Group B Performance Supplement, they must first:
- 4.20.1. 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
 - 4.20.2. 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; and
 - 4.20.3. ensure the Group B Performance Supplement has undergone third-party batch testing by a provider deemed suitable by SAG.
- 4.21.** (**Rationale**) According to the AIS, Group B Performance Supplements:

- 4.21.1. may provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
- 4.21.2. are deserving of further scientific research regarding potential benefits to performance when used according to a specific protocol.

Group C Supplements

- 4.22. (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. All Group C Supplements must undergo third-party batch testing by a provider deemed suitable by SAG.
- 4.23. (Process)** If a Player believes that their circumstances are exceptional and they wish to use a Group C Supplement, they must first:
- 4.23.1. 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
 - 4.23.2. 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.
 - 4.23.3. ensure the Supplement has undergone third-party batch testing by a provider deemed suitable by SAG.
- 4.24. (Rationale)** According to the AIS, Group C Supplements:
- 4.24.1. include the majority of Supplements promoted to athletes;
 - 4.24.2. enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sports performance;
 - 4.24.3. possess benefits that have a very small likelihood of occurring or are too small to be useful, as indicated by current scientific evidence; and
 - 4.24.4. in some cases, have been shown to impair sports performance.

Group D Supplements

- 4.25. (ARU Policy)** All Players are prohibited from using any Group D Supplement.
- 4.26. (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 arrangement 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 arrangement that will cause them to not comply with this Policy;
- 5.1.3. not engage in, or promote any multi-level marketing or ‘pyramid’ selling with respect to any Supplements or Supplement Companies;
- 5.1.4. 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;
- 5.1.5. 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 10 (*Confidentiality*);
- 5.1.6. 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;
- 5.1.7. disclose to the ARU or their PRB, if requested, all details in their knowledge relating to publicly available information that indicates their apparent or suspected non-compliance with this Policy;
- 5.1.8. consent to the provision and recording of information about them in accordance with this Policy and acknowledge the application of Article 10 (*Confidentiality*);
- 5.1.9. use their influence to support and reinforce the education messages regarding Supplements that are promoted by the ARU, including in this Policy;
- 5.1.10. make themselves available for, and actively engage in, education programs in relation to this Policy;
- 5.1.11. stay informed of any changes to this Policy (where the ARU notifies them of any changes to this Policy); and
- 5.1.12. 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 either the ARU Code of Conduct or the ARU Professional Players Code of Conduct (as amended and replaced from time to time), whichever is applicable, 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 a member of 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, a member of 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 Group A Sports Foods and Group B 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 (for consideration at the next scheduled quarterly meeting), 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 provides 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 10 (*Confidentiality*);

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;

Induction and education

- 6.1.23. 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;
- 6.1.24. 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

- 6.1.25. adopt, implement and comply with this Policy;
- 6.1.26. 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;
- 6.1.27. 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;
- 6.1.28. ensure that each of the PRB's Players and members of Team Management have been provided with, and acknowledge the application of, this Policy;
- 6.1.29. 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 10 (*Confidentiality*);

- 6.1.30. provide reasonable access to the ARU to audit the PRB's compliance with this Policy; and
- 6.1.31. 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 10 (*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 and maintain the SAG in accordance with Article 9 (*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. Sanctions

- 8.1. Any non-compliance with this Policy may be sanctioned in accordance with the ARU Professional Code of Conduct, the ARU Code of Conduct and/or the Participant's employment contract (as applicable).

9. ARU Supplement Advisory Group (SAG)

- 9.1.** The ARU will establish and maintain the SAG for the purposes of:
- 9.1.1. classifying Supplements under this Policy;
 - 9.1.2. considering supplement provision plans submitted for approval by PRBs (including any proposals submitted under Article 6.1.5);
 - 9.1.3. 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;
 - 9.1.4. considering the suitability of batch testing providers;
 - 9.1.5. assisting PRBs to determine whether prospective sponsorship or other agreements comply with this Policy;
 - 9.1.6. reviewing and monitoring the information recorded on the centrally-documented system pursuant to this Policy;
 - 9.1.7. providing advice and recommendations on Supplement use and nutrition;
 - 9.1.8. reviewing the effectiveness of this Policy; and
 - 9.1.9. reporting to the ARU on an annual basis in relation to the operation of, and the information provided under, this Policy.
- 9.2.** The ARU will have the sole discretion to appoint and remove members of the SAG (with the exception of the RUPA appointee at Article 9.2.5) and will endeavour at all times to have a member of the SAG that is external to Rugby and the ARU. The members of the SAG, as at the date of this updated Policy, are as follows:
- 9.2.1. the ARU Chief Medical Officer (**Chair**);
 - 9.2.2. the ARU National Nutrition Coordinator;
 - 9.2.3. a representative of strength & conditioning coaches in Rugby;
 - 9.2.4. a representative of the ARU Integrity Unit;
 - 9.2.5. a representative appointed by RUPA; and
 - 9.2.6. a representative from the AIS Sports Supplement Program or a suitably qualified independent person.
- 9.3.** The SAG will be governed according to the following principles:
- 9.3.1. the SAG will discharge its obligations under this Policy in a discreet and confidential manner in accordance with Article 10 (*Confidentiality*);
 - 9.3.2. 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;
 - 9.3.3. the SAG will hold quarterly meetings to review proposed changes to Supplement Provision Plans and discuss any issues arising out of this Policy;
 - 9.3.4. a quorum of the SAG is three (3) and must include the Chair;

- 9.3.5. 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;
 - 9.3.6. 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
 - 9.3.7. in the case of an equality of votes upon any proposed resolution, the Chair will have the casting vote.
- 9.4.** The SAG may request that mandatory third-party batch testing of any Supplement be conducted before its use by a Player. For the avoidance of doubt, this includes any Sports Food or Medical Supplement. Where SAG notifies the Team Sports Dietitian or Player pursuant to this Article 9.4, the Player must not use the Supplement until receipt of written notice from SAG (or its nominee) that SAG is satisfied with the result of the third-party batch testing.

10. Confidentiality

- 10.1.** 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.
- 10.2.** For the purposes of Articles 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 person's breach of this Policy will have their identity in relation to that report kept confidential unless:
 - 10.2.1. their identity is required to be disclosed as part of disciplinary procedure in accordance with either the ARU Code of Conduct or ARU Professional Players Code of Conduct (as amended and replaced from time to time), whichever is applicable; or
 - 10.2.2. their identity is required to be disclosed by law.
- 10.3.** 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.
- 10.4.** 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.
- 10.5.** 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.

11. Amendment and Interpretation

- 11.1.** The ARU may amend this Policy from time to time.
- 11.2.** The headings used in this Policy are for convenience only and do not affect the interpretation

of this Policy.

- 11.3.** Words importing the singular include the plural and vice versa.
- 11.4.** 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).
- 11.5.** Reference to "including" and similar words are not words of limitation.
- 11.6.** This Policy includes any Schedule.

12. 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 National Nutrition Coordinator means the national nutrition coordinator 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 Medical Supplement means a Supplement used to assist in health maintenance and/or treat a known clinical issue including a nutrient deficiency, for which the AIS has classified within Group A Supplements, examples of which are contained in the 'Medical Supplements' component of Group A of Schedule 1.

Group B Medical Supplement means a Supplement used to assist in health maintenance and/or treat a known clinical issue including a nutrient deficiency, for which the AIS has classified within Group B Supplements, examples of which are contained in the 'Medical Supplements' component of Group B of Schedule 1.

Group A Performance Supplement means a Supplement promoted to improve performance and/or recovery, for which the AIS has classified within Group A Supplements, examples of which are contained in the 'Performance Supplements' component of Group A in Schedule 1. For the avoidance of doubt, 'Group A Performance Supplements' includes any Whole Food manufactured by a Supplement Company.

Group B Performance Supplement means a Supplement promoted to improve performance and/or recovery, for which the AIS has classified within Group B Supplements, examples of which are contained in the 'Performance Supplements' component of Group B in Schedule 1.

Group A Sports Food / Sports Fluid means a specialised product used to provide a practical source of nutrients when it's impractical to consume everyday foods and fluids, examples of which are contained in the 'Sports Food' component of Group A in Schedule 1.

Group B Sports Food / Sports Fluid means a specialised product used to provide a practical source of nutrients when it's impractical to consume everyday foods and fluids, examples of which are contained in the 'Sports Food' component of Group B in Schedule 1.

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.

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.

Medical Supplement means a Group A Medical Supplement and a Group B Medical Supplement.

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.

Performance Supplement means a Group A Performance Supplement and a Group B Performance Supplement.

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).

Protein Supplement means Supplements that can broadly be classified according to their nutrient profile as either providing protein only (as a single protein source or a protein blend i.e. combination of several proteins) or a combination of protein and carbohydrates with or without a range of proposed performance boosters. Protein supplements may come in a variety of forms including, but not limited to, powders, ready to drink shakes, bars, gels and desserts.

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 / Sports Fluid means a Group A Sports Food / Sports Fluid and a Group B Sports Food / Sports Fluid.

Sports Food Manufacturer means any organisation that produces and/or sells Sports Foods / Sports Fluids.

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 natural or synthetic chemical/s or compound/s in the form of a formulated supplementary food, tablet, capsule, gummy, liquid, concentrate or powder that is consumed orally for the purpose of enhancing health, recovery and function (including athletic performance) including:

- a) Sports Foods and Fluids;
- b) Medical Supplements;

- c) Performance Supplements; and
- d) any other product or type of product identified in the AIS Sports Supplement Framework (adapted for Rugby) set out in Schedule 1.

Supplement Company means any organisation that produces and/or sells:

- a) Medical Supplements;
- b) Complementary therapy or herbal preparations;
- c) Performance Supplements;
- d) Group C Supplements; and/or
- e) Group D Supplements.

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.

Schedule 1 of ARU Sports Supplements Policy ABCD Classification System

The AIS Sports Supplement Framework is a leadership initiative of the AIS. It provides the expertise and resources developed during the implementation of the AIS Sports Supplement Program (2000-13) for Australia's Winning Edge, allowing Australian sporting organisations and agencies to develop their own sports supplement programs and guidelines.

The AIS Sports Supplement panel provides oversight of the Framework and reports directly to the Australian Sports Commission. The Framework was developed following consultation with key stakeholders in the Australian sports system, particularly via the 2013 AIS Sports Supplement Summit. Australian sporting organisations are invited to use the components of this Framework and integrate its elements of provision, education, research and governance into their own sports supplement programs and guidelines.

The specific components of the Framework include the following:

- The ABCD classification system. This provides a simple education tool to rank sports foods and supplement ingredients according to the scientific evidence — allowing them to safely and practically contribute to an athlete's performance goals
- Proactive research programs to continue to evolve best practice protocols for the use of supplements and sports foods within the A and B categories
- Facilitation of third-party auditing programs for supplements and sports foods used or provided to Australian athletes as part of their sports supplement programs. These will minimise the risk of anti-doping rule violations.
- Access to the AIS Sports Supplement panel to provide feedback or audit the development of sports supplement programs and guidelines.

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.

Group A

Overview of category	Sub-categories	Examples
<p>Evidence level: Supported for use in specific situations in sport using evidence-based protocols.</p> <p>Use within supplement programs: Provided or permitted for use by some athletes according to best practice protocols.</p>	<p>Sports Foods — specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods OR Whole Foods (or pure concentrates of) specifically targeted at athletes manufactured by companies other than Supplement Companies.</p>	<p>Sports drink Sports gel Sports confectionery Sports bar Electrolyte replacement Beetroot Juice</p>
	<p>Medical Supplements — used to treat clinical issues, including diagnosed nutrient deficiencies. Require individual dispensing and supervision by your Team Doctor and/ or Team Sports Dietitian.</p>	<p>Iron supplement Calcium supplement Multivitamin/mineral Vitamin D Amino acids Probiotics (gut/immune)</p>
	<p>Performance Supplements — 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. Whole Foods, or similar, manufactured by Supplement Companies are also included here.</p>	<p>Caffeine¹ B-alanine Bicarbonate Beetroot juice Creatine Protein Supplement Liquid meal Fine powdered oats manufactured by a Supplement Company Pre-trainer²</p>

¹ 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 sportsbars (e.g. Powerbar).

² 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 (subject to the terms of this Policy)

Mandatory batch testing required? No.

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

Group A Medical Supplements

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

Permission for Players required? Yes.

Mandatory batch testing required? No.

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

Group A Performance Supplements

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

Permission for Players required? Yes.

Mandatory batch testing required? Yes.

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

Group B

Overview of category	Sub-categories	Examples
<p>Evidence level: Deserving of further research and could be considered for provision to athletes under a research protocol or case-managed monitoring situation.</p> <p>Use within supplement programs: Provided to athletes within research or clinical monitoring situations.</p>	<p>Sports Foods — specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods OR Whole Foods (or pure concentrates of) specifically targeted at athletes manufactured by companies other than Supplement Companies.</p>	<p>Tart cherry juice Exoticberries (acai, goji etc.)</p>
	<p>Medical Supplements — used to treat clinical issues, including diagnosed nutrient deficiencies. Require individual dispensing and supervision by your Team Doctor and/ or Team Sports Dietitian</p>	<p>Anti-oxidants C and E Glutamine Fish oils Glucosamine Curcumin Quercetin</p>
	<p>Performance Supplements — 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 individualized use.</p>	<p>Carnitine HMB</p>

Group B Sports Foods

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

Permission for Players required? No (subject to the terms of this Policy)

Mandatory batch testing required? No.

Rationale for Policy: Generally deserving of further research.

Group B Medical Supplements

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

Permission for Players required? Yes.

Mandatory batch testing required? No.

Rationale for Policy: Generally deserving of further research.

Group B Performance Supplements

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

Permission for Players required? Yes.

Mandatory batch testing required? Yes.

Rationale for Policy: Generally deserving of further research.

Group C

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

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

Permission for Players required? Yes.

Mandatory batch testing required? Yes.

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

Group D

Overview of category use within AIS system	Sub-categories	Examples
<p>Evidence level: Banned or at high risk of contamination with substances that could lead to a positive drug test.</p> <p>Use within supplement programs: MUST not be used by athletes.</p>	<p>Stimulants World Anti-Doping Agency (WADA) list</p>	<p>Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants</p>
	<p>Prohormones and hormone boosters WADA list</p>	<p>DHEA Androstenedione 19-norandrostenedione/ol Other prohormones Tribulus terrestris and other testosterone boosters Maca root powder</p>
	<p>GH releasers and ‘peptides’ WADA list Technically, while these are sometimes sold as supplements (or have been described as such) they are usually unapproved pharmaceutical products.</p>	
	<p>Other WADA list</p>	<p>Glycerol used for re/hyperhydration strategies — banned as a plasma expander</p> <p>Colostrum — not recommended by WADA due to the inclusion of growth factors in its composition</p>

Group D

ARU Policy: Prohibited.

Permission for Players required? N/A

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

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 focused, 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 generally need permission to use Sports Foods (such as sports drinks, sports bars and exotic berries). 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, before you use them you must:

- receive them from your Team Doctor/Team Sports Dietitian or receive written permission from your Team Doctor/Team Sports Dietitian to source them elsewhere;
- use the Supplement as directed by your Team Doctor/Team Sports Dietitian to support an appropriate sports nutrition program;
- carefully consider the risk of an inadvertent Doping Offence as a result of using the Supplement; and
- ensure that mandatory batch testing has been conducted on Supplements where required in the Policy.

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

**NOTE: third party batch testing is mandatory for all Supplements except Sports Foods and Medical Supplements. SAG may however request that Sports Foods and Medical Supplements require batch testing before use by a Player.

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**) (e.g. 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 publicly 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.

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 focused, 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 for quarterly review by SAG.

Sports Foods

Permission is generally not required to use Sports Foods (such as sports drinks, sports bars and exotic berries). 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 must only be provided to Players or permitted to be sourced by Players from a third-party provider, by the Team Doctor/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.

Third Party Batch Testing

Third party batch testing is mandatory for all Supplements except Sports Foods and Medical Supplements. SAG may however request that Sports Foods and Medical Supplements require batch testing before use by a Player.

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.

Schedule 4

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 focused, 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 generally not required to use Sports Foods (such as sports drinks, sports bars and exotic berries). 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 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.

Third Party Batch Testing

Third party batch testing is mandatory for all Supplements except Sports Foods and Medical Supplements. SAG may however request that Sports Foods and Medical Supplements require batch testing before use by a Player.

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.

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.

Schedule 5

ARU Sports Supplements Policy - Advice for Participants (at all levels)

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 focused, outcome driven meal plan, established with the assistance of an accredited practising dietitian.

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 Sports Supplement Framework](#) (adapted for Rugby), in Schedule 1 of the ARU Sports Supplements Policy.
- Before using any Supplement, check if it has been batch tested by a reputable third-party.
- Seek advice from an accredited practising dietitian (preferably an advanced or accredited member of Sports Dietitians Australia, see <https://www.sportsdietitians.com.au/find-an-accredited-sports-dietitian/>) or doctor, before taking any Supplement.
- Make sure that dietitian 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 that 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;
- [ARU Anti-Doping Code](#)
- WADA website: <http://www.wada-ama.org>;
- ASADA website: <http://www.asada.gov.au> and <https://checksubstances.asada.gov.au>;
- Anti-Doping Hotline: 13000 27 232 (13000 ASADA).