

Supplement Guidelines and Procedures:

Operational framework for management of supplement
provision to QAS Athletes

Author/s and Contact Person for further information:

Kellie Hogan – Nutrition Technical Lead

Supplement Guidelines and Procedures

Operational framework for management of supplement provision to QAS Athletes

Revision History

Version	Reviewed by	Changes made
2.0	QAS Nutrition Technical Lead – Kellie Hogan QAS Chief Medical Officer – Dr Sharon Stay QAS Head of Performance Health – Kate Watson QAS Supplement Panel: Dr Benita Lalor – QAS Swimming Hub Manager/Advanced Sports Dietitian Kerry Leech – QAS Advanced Sports Dietitian 1 January 2023	
3.0	November 2024 QAS Nutrition Technical Lead – Kellie Hogan QAS Chief Medical Officer – Dr Neil Stevenson QAS Head of Performance Health – Kate Watson	Review by: QAS Nutrition Technical Lead – Kellie Hogan QAS Chief Medical Officer – Dr Neil Stevenson QAS Head of Performance Health – Kate Watson No amendments made.

Please ensure you have the latest version before using this document.

CONTENTS

1.	Overview	4
2.	Guidelines for QAS Performance staff	6
3.	Guidelines for QAS Athletes	7
4.	Procedures for purchase and storage of supplements at QAS.....	8
5.	Procedures for provision of supplements for QAS Athletes.....	9
	Appendix: AIS Sports Supplement Framework: ABCD Classifications	10
	Appendix: AIS Sports Supplement Framework: ABCD Classifications	11
	Appendix: AIS Sports Supplement Framework: ABCD Classifications	12
	Appendix: AIS Sports Supplement Framework: ABCD Classifications	13

1. Overview

The Queensland Academy of Sport (QAS) Supplement Guidelines and Procedures outline a framework for the provision of performance supplements to QAS Athletes under the recommendation of QAS Sports Dietitians and/or QAS Sports Medicine Practitioners **for the purpose of short-term performance trials in the daily training environment (DTE) only**.

Following recommendations from the QAS Supplement Panel the QAS will cease to supply supplements for ongoing individual use or ongoing wider program use including the DTE, camps and competitions from 1st January 2023.

These guidelines are aligned with [Australian Institute of Sport Position Statement: Supplements and Sports Foods in High Performance Sport](#) and apply to all QAS Sports, Athletes and Performance Support staff. The AIS Position Statement seeks Practitioners and Athletes to consider the following before the use of any sport supplement products;

- o Is it safe?
- o Is it legal?
- o Is it permitted for use in sport? (in accordance with World Anti-Doping Authority (WADA) and National Sports Organisation (NSO) policy where it exists)

Furthermore, the [AIS Sports Supplement Framework](#) utilises an **ABCD** classification system ranking sport food and supplement ingredients and other practical considerations that determine whether a product is safe, permitted and effective in improving sports performance (See Appendix 1).

- **Group A and B products** have strong existing evidence (Group A) or strong emerging evidence (Group B) for use in specific situations in sport and are suitable for use in identified Athletes according to best practice protocols and/or within research and clinical monitoring situations.
- **Group C products** do not have supportive evidence of benefit amongst Athletes, and/or no research has been undertaken to guide informed use.
- **Group D products** are prohibited, and or, are at high risk of contamination with substances that could lead to a positive doping test and as such should **NOT** be used by Athletes.

While no supplement is 100% safe, [Sports Integrity Australia \(SIA\)](#) guides Athletes to use supplements which have been screened by independent, third-party companies such as [Informed Sport](#) and [HASTA](#). These supplements have been found to have the lowest risk of contamination by substances that could lead to an Anti-Doping Rule Violation (ADRV).

Any decision to undertake a performance supplement trial by a QAS Sports Dietitian, (with oversight of program Sports Medicine practitioner as required), must have clear supporting health and performance rationale and based on sound scientific evidence. Prior to undertaking such assessments, consideration should be given to:

- QAS's philosophy of a "food first" approach. This does not mean "food only" approach, recognising supplements may play a small, but meaningful role in athlete performance.
- The athlete's overall performance goals and the association between this, and the opportunity for supplements to positively impact performance.
- The directive that ONLY Group A and B, batch tested supplements are to be recommended to Athletes.
- The directive that QAS will only purchase and supply Group A and Group B, batch tested supplements (where applicable) for the purpose of performance trials in the DTE.

The QAS recognises that recommending, purchasing, storing and distributing supplements for the purpose of short-term trials is not without risk to both Athlete and the organisation, however these guidelines and procedures seek to minimise this risk at each step of the process.

For the avoidance of any doubt, any risk and/or liability that arises from an athlete's use of any recommended or supplied supplement remains with the athlete.

These QAS Supplement Guidelines and Procedures provide a clear, operational framework for relevant QAS Performance Support staff, to support informed decisions and safe practices around supplement recommendations and provision for use by QAS Athletes.

2. Guidelines for QAS Performance staff

To maintain the safety, health and well-being of QAS Athletes, guidance around supplement use is to be provided by QAS Sports Dietitians and/or Sports Medicine Practitioners only. This advice will be grounded in sound scientific principles that are tailored to meet the unique needs of the individual athlete and pose minimal risk to Athletes in containing WADA prohibited substances.

QAS Sports Dietitians and Sports Medicine Practitioners are expected to;

- Have a thorough understanding of the [AIS Position Statement on Supplement and Sports Foods in High Performance Sport and Supplement Framework](#) and classification and operate within this at all times.
- Comply with all aspects of the relevant National Sporting Organisation (NSO) Supplements Policy where it exists and operate within this at all times. Where the NSO does not have a specific supplement policy, these QAS guidelines will become the operating framework for supplement recommendations and/or provision by QAS Sports Dietitians and Medical Practitioners to QAS Athletes.

The QAS recognises that a NSO may have differing policy, guidelines and practices relating to supplement prescription, distribution, and monitoring. In these circumstances, QAS Sports Dietitians, Sport Medicine Practitioners and relevant discipline leads will consult with QAS Chief Medical Officer (CMO), the Head of Performance Health and NSO representatives to review and manage as appropriate.

- Facilitate detailed performance nutrition assessments prior to recommending use of any supplements and ensure athletes meet their health and performance nutritional needs first through whole foods prior to recommending the commencement of any sports food, medical or ergogenic supplements.
- Recommend and/or supply **ONLY** Group A and B supplements to Athletes as part of a QAS led short-term performance trial and/or when recommending for an athlete's self-sourced supply.
- Recommend and/or supply **ONLY** third-party, independent batch tested products (where applicable) to Athletes as part of a QAS led, short-term performance trial and/or when recommending for an athlete's self-sourced supply.
- To log any athlete education or recommendations around supplements that occur within consultations in Athlete Management System (AMS).
- Use only evidence-based protocols for the dosage and timing of supplements.
- Ensure Athletes are well informed of the rationale, risks and benefits of supplement use and that athlete/guardian consent to the performance trial has been documented in AMS consultation notes.
- Ensure any QAS supplied supplement to an Athlete for the purpose of a short-term performance trial is recorded within the Athletes' AMS supplement register, including the date, the manufacturer, product name, batch number, expiry and all other required fields.
- Educate and support athletes to regularly review and update their individual AMS supplement register with a record of **any** supplement usage, including those supplied by QAS as part of a performance trial, noting the date, the manufacturer, product name, batch number, expiry date and all other required fields.
- Comply with all QAS procedures as outlined in section 4 and 5 of these guidelines, in relation to recommending, handling, storage and distribution of supplements to QAS Athletes.

- Complete mandatory SIA training modules as outlined by QAS and the relevant NSO. Practitioners may be required to supply certificates as evidence of satisfactory completion of this training, as per contractual obligations.

3. Guidelines for QAS Athletes

QAS Athletes are encouraged to:

- Access a copy of their relevant NSO supplement policy and ALWAYS refer to it when making a decision about the use of any supplements.
- Have a thorough understanding of the [AIS Sports Supplement Framework](#) and refer to it when making decisions about the use of any supplements.
- Disclose and communicate freely about any current supplement use or supplements being considered for use, with their QAS Sports Dietitian and/or Sports Medicine provider.
- Only purchase the supplements as recommended by QAS Sports Dietitians and/or Sports Medicine Practitioners. Supplement recommendations from any other individuals (e.g. other Performance Staff, sponsors, friends etc) should be reviewed by their QAS/NSO Sports Dietitian/Medical Practitioner before purchase or consumption.
- Regularly review and update re their individual AMS supplement register with a record of **any** supplement usage, including those supplied by QAS as part of a performance trial, noting the date, the manufacturer, product name, batch number, expiry date and all other required fields.
- Complete the required Sports Integrity Australia (SIA) education modules as outlined by QAS and the relevant NSO. Certificates of completion must be supplied to QAS on request.
- Understand that the use of any recommended or supplied supplements as part of a short-term performance trial within the QAS daily training environment is completely voluntary.
- **For the avoidance of any doubt, any risk and/or liability that arises from an athlete's use of any recommended or supplied supplement remains with the athlete.**

4. Procedures for purchase and storage of supplements at QAS

The following outlines the procedures for the purchase and storage of supplements awaiting use at QAS

1. QAS Sports Dietitian/ Medical Practitioner identify individual/s for whom a clear rationale for use of performance supplement for trial has been identified and communicate with each other as clinically appropriate.
2. QAS Sports Dietitian makes request to QAS Head of Performance Health (financial) and QAS Nutrition Technical Lead (clinical oversight) for purchase/use of Group A or Group B, batch tested supplement. Link to relevant site to confirm product is batch tested to be provided by Sports Dietitian at the time of request.
3. Request approved and where product is not held in stock, supplement order is placed by Senior Performance Support Officer. Items held in stock to be predetermined and approved by QAS Nutrition Technical Lead via same process above.
4. Goods received at QAS Nathan by Senior Performance Support Officer and cross checked against items ordered.
5. Supplements received are recorded in AMS by Senior Performance Support Officer noting specifically:
 - Brand/Manufacturer:
 - Product:
 - Flavour:
 - Batch Number:
 - Expiry Date:
 - Batch number of supplied product has been cross checked with certified lists from [HASTA](#) or [Informed Sport](#).
 - Batch number supplied product has been cross checked with supplied certificate and certificate has been uploaded into AMS.
6. Supplements are transported by Senior Performance Support Officer on day of delivery, and stored in locked, central supply cupboard on Ground Floor (QAS Nathan). Access to this area is restricted to only Performance Support Staff with swipe card. Athletes cannot enter this area unless accompanied by Performance Support Staff.

Key bearers are as follows, Head of Performance Health, Nutrition Technical Lead and Senior Performance Support Officer.
7. Where supplement require transport and storage in the DTE, they will be transported by program Sports Dietitian and must be placed in locked storage in DTE managed by the Sports Dietitian, if not used immediately.

5. Procedures for provision of supplements for QAS Athletes

The following outlines the procedures for the provision of supplements to Athletes for the purpose of short-term performance trials in the daily training environment (DTE);

1. Sports Dietitian notifies Nutrition Technical lead of stock to be removed from central supply cupboard and arranges collection with one of listed key bearers.
2. QAS Nutrition Technical Lead will be responsible for controlling the inventory of stock held in the locked cupboard and key bearers will be required to notify Nutrition Technical lead when overseeing any stock removed from central supply cupboard by Sports Dietitians.
3. Sports Dietitian transports and provides products to athlete along with education for performance trial protocol.
4. Sports Dietitian assists athlete to record QAS led performance trial supplements within their AMS supplement register. QAS Nutrition Technical Lead will conduct a biannual audit to ensure accurate record keeping.
5. Sports Dietitian works closely with athlete to determine efficacy of trial and potential for future use. Education on risks and benefits are provided at this time, including the need for secure storage.
6. Where a supplement trial is deemed successful, and an Athlete chooses to continue with the trial supplement, further supply will be at their own ongoing expense. QAS Sports Dietitian will provide details of product and purchasing information to ensure Athletes purchase the lowest risk product (i.e. batch tested where applicable). This recommendation will be logged by the Sports Dietitian in the Athlete's AMS.
7. Sports Dietitian will educate and support athletes with this. Athlete responsible regularly reviewing and updating their individual AMS supplement register with a record of **any** supplement usage, including those supplied by QAS as part of a performance trial, noting the date, the manufacturer, product name, batch number, expiry date and all other required fields.

Appendix: AIS Sports Supplement Framework: ABCD Classifications

Group A

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence level: Strong scientific evidence for use in specific situations in sport using evidence-based protocols.	Sports foods Specialised products used to provide a convenient source of nutrients when it is impractical to consume everyday foods.	Sports Drinks Sports Gels Sports Confectionary Electrolyte supplements Isolated Protein supplements Mixed Macronutrient Supplement (Bar, Powder, Liquid Meal)
	Medical supplements Supplements used to prevent or treat clinical issues including diagnosed nutrient deficiencies. Should be used within a larger plan under the expert guidance of a Medical Practitioner/Accredited Sports Dietitian.	Iron Calcium Vitamin D Multivitamin Probiotics Zinc
	Performance supplements Supplements/ingredients that can support or enhance sports performance. Best used with an individualised and event-specific protocol, with the expert guidance of an Accredited Sports Dietitian.	Caffeine β-alanine Bicarbonate Beetroot juice/Nitrate Creatine Glycerol

Source: https://www.ais.gov.au/data/assets/pdf_file/0014/1000841/Position-Statement-Supplements-and-Sports-Foods-abridged_v2.pdf

Appendix: AIS Sports Supplement Framework: ABCD Classifications

Group B

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence level: Emerging scientific support, deserving of further research. Use within Supplement Programs: Considered for use by identified individual athletes within research or clinical monitoring situations.	Food Polyphenols Food compounds which may have bioactivity including antioxidant and anti-inflammatory properties. May be consumed in food forms (whole or concentrate) or as isolated extracts.	Fruit-derived polyphenols
	Antioxidants Compounds often found in foods which protect against oxidative damage from free-radical chemicals.	Vitamin C N-Acetyl Cysteine
	Tastants Food-derived compounds that interact with receptors in the mouth/gut to activate the central nervous system.	Menthol Transient receptor potential channel agonists Quinine
	Other	Collagen supplement Curcumin Ketone supplements Fish oils Carnitine

Source: https://www.ais.gov.au/data/assets/pdf_file/0014/1000841/Position-Statement-Supplements-and-Sports-Foods-abridged_v2.pdf

Appendix: AIS Sports Supplement Framework: ABCD Classifications

Group C

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence Level: Scientific evidence not supportive of benefit amongst athletes OR no research undertaken to guide an informed opinion.	Category A and B products used outside approved protocols.	Fruit-derived polyphenols
Use within Supplement Programs: Not advocated for use by athletes within Supplement Programs. May be permitted for use by identified athletes where there is specific approval from, or reporting to, a Sports Supplement Panel.	Named Products Attention is drawn to products that have been moved to a new category.	Magnesium Alpha lipoic acid HMB BCAA/Leucine Phosphate Prebiotics Vitamin E Tyrosine
	The rest If you can't find an ingredient/ product in Groups A, B or D, it probably deserves to be here.	

Source: https://www.ais.gov.au/data/assets/pdf_file/0014/1000841/Position-Statement-Supplements-and-Sports-Foods-abridged_v2.pdf

Appendix: AIS Sports Supplement Framework: ABCD Classifications

Group D

Given the WADA list is updated on an annual basis, it should be used as the first point of call for confirmation of the current list of prohibited substances and practices <https://www.wada-ama.org/>. The list in this group is identified as "examples" only.

Overview of category within AIS Sports Supplement Framework	Sub-categories	Examples
Evidence level: Prohibited or at high risk of contamination with substances that could lead to a positive doping test. Use within Supplement Programs: Not be used by athletes.	Stimulants	Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) 1,3-dimethylbutylamine (DMBA) Other herbal stimulants
	Prohormones and hormone boosters	DHEA Androstenedione 19-norandrostenedione/ol Other prohormones Tribulus terrestris and other testosterone boosters' Maca root powder'
	GH releasers and "Peptides"	
	Beta-2 agonists	Higenamine
	Selective Androgen Receptor Modulators (SARMs)	Andarine Ostarine Ligandrol
	Metabolic Modulators	GW1516 (Cardarine)
	Other Consult WADA list for all examples: https://www.wada-ama.org/	Colostrum — not recommended by WADA due to the inclusion of growth factors within its composition

Source: https://www.ais.gov.au/data/assets/pdf_file/0014/1000841/Position-Statement-Supplements-and-Sports-Foods-abridged_v2.pdf