

## TERRITORY SPORTS ACADEMY

### TSA Sport Supplement Guidelines

*October, 2021*

#### OVERVIEW

The TSA Sports Supplement Program is:

- A cutting-edge program, following the supplement practices of the Australian Institute of Sport (AIS).
- Designed to provide world's best practice in the research, education and provision of supplements for TSA athletes & coaches
- Follows the recommendations made by the AIS Sports Supplement Governance Committee, whose membership includes key stakeholders AIS, National Sporting Organisations, National Institute Network and Sport Integrity Australia.
  - The AIS Sports Supplement Framework is a leadership activity involving the engagement of key stakeholders within the Australian high performance sport network to provide expertise and resources to enhance insights gained during the implementation of the Australian Institute of Sport (AIS) Sports Supplement Program (2000-2012). The AIS Sports supplement Framework supports Australia's sporting organisations and agencies to develop their own Sports Supplement Policies, Programs and Guidelines which achieve Best Practice, including compliance with the requirements of Sport Integrity Australia and the National Anti-Doping Scheme.

**The TSA Sports Supplement Program has been designed for the specific needs of TSA athletes. It is recommended that other Northern Territory athletes and groups seek independent advice before using any supplement.**

Supplements can assist TSA athletes achieve peak performance. However poor regulation of the supplement industry allows athletes to be bombarded with marketing hype that exaggerates or completely invents unproven benefits arising from the use of supplements. Unfortunately, the driving force behind the supplement practices of many athletes is not sound science applied to the specific needs of the sport. Instead, some athletes are motivated by fear that their competitors might be taking supplements and they can't afford to miss out on any 'performance edge'.

The results of the present frenzy of sports supplements are:

- a small but real risk of a positive 'doping' outcome
- money being wasted on products that simply do not work
- time, money and belief being distracted away from the factors that can really enhance health, recovery and performance
- the use of supplementation before it is truly beneficial when good training and nutritional habits have been established.

The TSA Sports Supplement Program aims to:

- Accurately determine if an athlete is ready to consider supplementation
- Allow athletes to focus on sound use of supplementation and special sports foods as part of their special nutrition plans
- Ensure that supplements and sports foods are used correctly and appropriately to deliver maximum benefits to the immune system, recovery and performance.
- Give athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutritional practices.

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- Minimise significantly the risk of supplement use leading to an inadvertent doping offence.

### CLASSIFICATION

In line with the AIS Sports Supplement Program, supplements are classified into four groups according to their effectiveness and safety.

The table below outlines the categories and their associated supplements. Unless otherwise guided by the AIS Sports Supplement Program, only Group A supplements will be considered for use by TSA residential athletes.

Category	Supplements
<p><b>Group A</b></p> <ul style="list-style-type: none"> <li>- Supported for use in specific situations in sport.</li> <li>- May be recommended for use by TSA athletes if specific criteria is met.</li> </ul>	Sports Drinks Sports gels Sports confectionery Liquid meals Whey protein Sports Bars Calcium supplements Iron supplements Probiotics Multi-vitamins or minerals Vitamin D Electrolyte replacements Caffeine Creatine Bicarbonate Beetroot juice/nitrate
<p><b>Group B</b></p> <ul style="list-style-type: none"> <li>- Deserving of further research</li> <li>- Considered for provision to athletes under a research protocol (TSA athletes may potentially be considered in AIS research protocols)</li> </ul>	Beta-alanine Anti-oxidants C and E Carnatine HMB Fish oils Quercetin Probiotics for immune support Other polyphenols as anti-oxidants and anti-inflammatory
<p><b>Group C</b></p> <ul style="list-style-type: none"> <li>- No or insufficient meaningful proof of beneficial effects.</li> <li>- Not recommended to TSA athletes</li> </ul>	Ribose Lactaway Coenzyme Q10 Vitamins outside of category A use Ginseng Other herbals (cordyceps, rhodiola rosea) Glucosamine Chromium picolinate Oxygenated waters MCT Oils ZMA Inosine Pyruvate

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<p><b>Group D</b></p> <ul style="list-style-type: none"> <li>- Banned or at a high risk of contamination</li> </ul>	<ul style="list-style-type: none"> <li>Ephedrine</li> <li>Strychnine</li> <li>Sibultramine</li> <li>Methylhexanamine</li> <li>Other herbal stimulants</li> <li>DHEA</li> <li>Androstenedione</li> <li>19-norandrostenedione/ol</li> <li>Other pro-hormones</li> <li>Tribulus terrestris</li> <li>Other testosterone boosters</li> </ul>
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### IDENTIFYING ATHLETES FOR SUPPLEMENTATION

The TSA Sports Supplement program does not automatically recommend Group A supplements to athletes. Use of supplements is voluntary and only recommended to athletes that pass a strict criteria. Failure to meet all parts of the criteria will result in supplements use not being recommended or supported by the TSA. The criteria will be evaluated by all departments within the Athletes Services network at the TSA

The criteria for supplement consideration is the following

- **Athlete Driven:** As a matter of course, only athletes who show an interest in supplementation will be considered. No athlete will be expected to use supplements as part of their involvement at the TSA
- **Good Training Habits:** The athlete must be identified by the coach as being a hard trainer with a strong possibility to progressing to higher levels of their sport. The athlete must be consistent in their approach to training. The athlete must be coach-able, willing to work on all aspects of their performance
- **Strong Training Base:** In addition to the qualities identified by the coach, the athlete must be identified by the strength & conditioning coach as having a strong training base, has good stability, mobility and flexibility and has shown progression in their physical characteristics,
- **Sound nutritional habits:** The athlete must show the sports nutritionist that they have sound dietary habits & have a thorough understanding of the need for good nutrition to improve performance
- **Medical Clearance:** The athlete must show that they have no other medical issues that may be impacted by supplementation or injury issues that require attention.

### GROUP A SUPPLEMENTS

Group A supplements are supported for use in specific situations in sport and may be recommended to TSA athletes

#### These supplements;

1. Provide a useful and timely source of energy and nutrients in the athletes diet
2. Have shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in sport.
3. Are safe for use in recommended doses.

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The table below outlines current Group A supplements. Fact sheets will be provided if an athlete is identified and shows interest in using the supplementation. These fact sheets can be found in most cases, on the AIS Sports Nutrition webpage.

<b>Group A Supplements</b>
Sports Drinks
Sports gels
Sports confectionery
Liquid meals
Whey protein
Sports Bars
Calcium supplements
Iron supplements
Probiotics
Multi-vitamins or minerals
Vitamin D
Electrolyte replacements
Caffeine
Creatine
Bicarbonate
Beetroot juice/nitrate

### GROUP B SUPPLEMENTS

Group B supplements are deserving of further research and considered for provision to AIS athletes only under a research protocol. These supplements are presently not recommended for TSA athletes except as part of an AIS research protocol.

These supplements;

1. Have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance
2. Are of particular interest to athletes & coaches
3. Are safe for use in recommended doses.

The table below outlines current Group B supplements. Fact sheets will be provided if an athlete is identified and shows interest in using the supplementation. These fact sheets can be found in most cases, on the AIS Sports Nutrition webpage.

<b>Supplements</b>
Beta-alanine
Anti-oxidants C and E
Carnatine
HMB
Fish oils
Quercetin
Probiotics for immune support
Other polyphenols as anti-oxidants and anti-inflammatory

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Group supplements will only be recommended to TSA athletes only under the following conditions;

- As part of a supervised study or trial involving placebo/control groups and adequate monitoring of performance or health benefits
- Clinical management plan overseen by AIS doctor or TSA medical supervisor, including the provision of the supplement to the athlete and adequate monitoring.
- Inadvertent doping risk of Group B supplements is carefully considered before approval.

Although Group B supplements are not illegal, their use by athletes outside of these guidelines is not recommended by the TSA and their use is the responsibility of the athlete or sporting body.

### National Institute Network Research Protocols

All research trials carried out by the National Institute Network (state & territory institutes and academies and the AIS) are subject to strict, independent ethics review to ensure safe practices. These trials often require additional university ethics review.

### GROUP C SUPPLEMENTS

Group C supplements have little proof of beneficial effects and are not recommended to TSA athletes.

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

The table below outlines current Group C supplements. Fact sheets will be provided if an athlete is identified and shows interest in using the supplementation. These fact sheets can be found in most cases, on the AIS Sports Nutrition webpage.

<b>Supplements</b>
Ribose
Lactaway
Coenzyme Q10
Vitamins outside of category A use
Ginseng
Other herbals (cordyceps, rhodiola rosea)
Glucosamine
Chromium picolinate
Oxygenated waters
MCT Oils
ZMA
Inosine
Pyruvate

## **TERRITORY SPORTS ACADEMY**

In the absence of proof of benefits, Group C supplements are not recommended to TSA athletes.

### **GROUP D SUPPLEMENTS**

Group D supplements should not be used by TSA athletes under any circumstances.

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

The table below outlines current Group C supplements.

<b>Supplements</b>
Ephedrine
Strychnine
Sibultramine
Methylhexanamine
Other herbal stimulants
DHEA
Androstenedione
19-norandrostenedione/ol
Other pro-hormones
Tribulus terrestris
Other testosterone boosters



## TERRITORY SPORTS ACADEMY

### Signing Page:

I have read, understood and agree to abide by the terms of the TSA Sport Supplement Guidelines (2021).

Signature: \_\_\_\_\_

Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

(Tear off and return this signing page to the NTIS once complete)