

Supplements and Anti-Doping

For some athletes, the will to win is so deep-seated they will go to extraordinary lengths to enhance their performance. Strategies are required to prevent the use of prohibited substances to ensure that the true spirit of sport is maintained and to protect the rights, health and wellbeing of athletes.

Australia has adopted the World Anti-Doping Code and Anti-Doping Framework under the auspices of the World Anti-Doping Authority (WADA) and the Australian Sports Anti-Doping Authority (ASADA).

Each Australian sport is responsible for the anti-doping rules for their sport through the development of policies consistent with the World Anti-Doping Code. Athletes rely on their sport's anti-doping policy to protect their health, the integrity of the competition and their right to compete against clean athletes.

Australian Sports Anti-Doping Authority

ASADA provides a range of anti-doping programs to protect Australia's sporting integrity. ASADA's vision is clean, fair sport.

ASADA's anti-doping programs include:

- investigating doping violations;
- collecting and analysing anti-doping intelligence;
- delivering anti-doping education including e-learning courses;
- drug testing of athletes, including the Athlete Biological Passport (an electronic record of an athlete's biological values); and
- monitoring athlete whereabouts to facilitate testing.

A policy of strict liability exists in elite sport whereby athletes are responsible for the substances found in their bodies. ASADA recommends that to avoid the inadvertent use of a prohibited substance athletes check the status of any medication or substance, by consulting the WADA Prohibited List at <https://www.wada-ama.org/en/content/what-is-prohibited>

Through its intelligence program, ASADA has created a facility to report doping activities confidentially that assists ASADA investigators with tips and leads about doping violations in sport.

ASADA has many easy to use e-learning courses and school lesson plans available at: <https://elearning.asada.gov.au>

Supplements

In Australia supplements are a major cause of failed anti-doping tests. General advice from ASADA is that athletes should not risk their careers by taking supplements, as no supplement is guaranteed safe to use.

Current as at November 2019



However, it is recognised that there may be circumstances where supplements are recommended by health professionals or athletes may choose to use supplements as part of their nutrition program.

There are several risks to using supplements, including:

- the product may not actually provide a benefit;
- time, money and belief might be being focused away from other factors that can enhance health, recovery and performance; and
- the risk of a positive 'doping' outcome.

Research shows that some supplements are contaminated with low levels of prohibited substances, usually due to cross contamination during manufacturing or poor raw ingredient sourcing.

Human and Supplement Testing Australia (HASTA) and Informed-Sport are two companies operating in Australia that test and screen supplements and sports nutrition products. Supplement products and/or raw material that carry the HASTA or Informed-Sport logo have been tested for banned substances.

Athletes wishing to check the status of supplement products can go to <https://hasta.org.au/> or <https://www.informed-sport.com/>

Alternatively, the ASADA Clean Sport Mobile App provides a list of supplements that have been screened for prohibited substances by ASTA or Informed Sport and provides a risk analysis for non-tested supplements. The App can also be used to complete online education modules, report doping, check the status of a medication, and give ASADA feedback on testing missions.

Further information

Australian Sports Anti-Doping Authority

As Australia's national anti-doping organisation, ASADA provides a range of information, programs and advice to assist athletes to understand and avoid doping violations.

www.asada.gov.au

Sport Australia

Sport Australia recognises the authority and responsibility of ASADA in safeguarding Australia's sporting integrity. Sport Australia's Anti-Doping Policy specifically states that doping is fundamentally contrary to the spirit of sport. For more information on anti-doping visit

www.sportaus.gov.au/integrity_in_sport

Play by the Rules

Play by the Rules provides helpful advice and resources to help athletes understand what they can do to prevent an anti-doping violation. For more information visit

www.playbytherules.net.au/got-an-issue/integrity-in-sport/what-can-you-do/anti-doping

Tasmanian Institute of Sport

The Tasmanian Institute of Sport provides anti-doping information to support its athletes. For more information visit

<http://www.tis.tas.gov.au/anti-doping>