



SPORT CLIMBING AUSTRALIA

SCA Supplements Policy

1 POLICY OBJECTIVE

The Policy aims to provide guidance and raise awareness:

- a) On appropriate use of Sports Foods, Medical and Performance Supplements within Sport Climbing and to support athletes who may choose not to use Sports Foods, Medical Supplements or Performance Supplements;
- b) To ensure that recommended supplements and sports foods are not banned in sport, have a low risk of health and doping issues, and their use is supported by scientific evidence in sporting situations;
- c) Recommending supplements and Sports Foods are used correctly and appropriately to deliver maximum benefits to training, performance and recovery;
- d) To assist athletes to minimise the risk of supplement use leading to a doping offence and / or adverse health outcomes;
- e) Provide a framework, where may be appropriate, for the provision and administration of supplements.

2 WHO THE POLICY APPLIES TO

This Policy applies to all Australian Open, Youth and Continental Team Members (“SCA athletes”), and their coaches and support team personnel (employees and contractors). It also provides a framework for developing and emerging Sport Climbing athletes, to help guide them on the safe and appropriate use of Sports Foods and Supplements.

3 POLICY STATEMENT

The philosophy of SCA is to place emphasis on real foods and promote the importance of eating a well-planned performance-focused diet to support training and competition, as well as the long-term health of the athlete. This Policy supports that philosophy and acknowledges the minor role that supplements may play, as an addition to a well-planned whole food diet, in meeting the increased demands of training and sporting performance. This Policy aims to educate athletes about supplement use and the potential risks that supplement use may pose. It clearly defines the



SPORT CLIMBING AUSTRALIA

SCA's commitment to evidence-based practice and the responsibility of SCA athletes to consult with their doctor or dietitian prior to the use of any supplement.

4 WHAT IS A SUPPLEMENT?

Supplements include any synthetic or natural chemical in the form of a formulated food, a tablet, capsule, gummy, liquid, tincture, or powder that is ingested for the intended purpose of enhancing health and function, including athletic performance. Supplements can be defined within the following categories:

- a) A formulated Sports Food or Beverage designed to provide specific nutrients often found in food in a conveniently packaged form that can be consumed before, during or after exercise for the intended purpose of enhancing exercise capability, promoting recovery / adaptations, and / or performance. Examples include protein powders, sports drinks and sports gels.
- b) A Medical Supplement designed to reverse a known nutrient deficiency, such as iron or Vitamin D; to optimise immune function, such as probiotics; or to assist in the treatment of injury and rehabilitation, such as fish oils.
- c) A Performance Supplement covers all products that claim to provide a direct enhancement of sports performance by mechanisms other than meeting the goals of everyday nutrition. Examples include creatine, caffeine and sodium bicarbonate.

5 SUPPLEMENTS AND ATHLETE RESPONSIBILITY

Australian Institute of Sport (AIS) Supplement Framework

SCA adopts the AIS Supplement Framework to guide its recommendations on the use of sports supplements for its athletes. Key areas of this Framework include:

- A classification system, which 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 to suit the needs and values of Australia's Winning Edge. These decisions are regularly re-evaluated.
- A key goal of the Framework is to minimise the risk of an anti-doping rule violation arising through the use of supplements and sports foods.
- It is recommended that all SCA athletes and personnel regularly review this Framework.



SPORT CLIMBING AUSTRALIA

Strict liability - Athletes are responsible for their own liability in accordance with the World Anti-Doping Agency and Australian Sports Anti- Doping Authorities. If any prohibited substance (or markers of) is found in a bodily substance of the athlete, the athlete will be held strictly liable for the anti-doping violation, whether the substance was intentionally ingested or otherwise.

Supplement Industry - It is important to note that the supplement industry is not tightly regulated. This means that information and products available on the market may not be scientifically proven to provide benefit in sport, may vary in quality, and may also lead to doping and / or potential risks to health. Under no circumstance, shall a SCA athlete share any supplement they may be taking with any other SCA athlete. In addition, supplements sold by “network marketing companies” are not recommended or endorsed by SCA. Network marketed supplements are considerably more expensive than a similar “over the counter” product and are not scientifically supported to produce the health and performance benefits that are claimed. SCA recommends that its coaches, athletes and other personnel avoid contact with the distributors of these companies and their products. For athletes or personnel of SCA to become distributors and sell supplements to SCA athletes and/or coaches is considered a serious conflict of interest and is therefore forbidden. For further information, please refer to the “AIS Statement on Supplements sold by Network Marketing Companies.”

Use of supplements in junior and developing athletes – It is SCA’s philosophy that junior (under 18) and developing athletes should focus on whole foods to provide their nutrition and recovery needs, and to support training and skills acquisition, in order to facilitate gains in sports performance. SCA does not recommend supplement use for junior and developing athletes.

The use of Sports Foods and beverages may be suitable for SCA junior and development athletes, but only under the strict guidance of a medical practitioner or sports dietitian.

A Medical Supplement prescribed to reverse a known deficiency, to optimise immune function, or to assist in the treatment of injury or illness, is exempt from this statement, but this must only be administered under the guidance of a medical practitioner with written notification to SCA.

6 Communication and Consultation

All SCA athletes must consult with a medical practitioner and/or dietitian prior to commencing use of any Supplement. Following consultation, athletes are required to document their supplement use and provide this to SCA upon request. The use of a Supplement must be consistent with the overall training and competition nutrition plans and only used when in conjunction with a well-planned whole food diet. Notwithstanding the above, athletes are responsible for any substance or marker found in their system which may constitute an anti-doping rule violation.



SPORT CLIMBING AUSTRALIA

7 Record Keeping

SCA athletes must keep records of their supplement use and provide copies of such records to SCA on request. Athletes must record:

- their supplement use;
- supplement use, including product, brand and frequency / dosage of use;
- update and maintain all changes to supplement use;

8 Sanctions

Any SCA athlete or personnel (employees, volunteers and contractors) who is found to breach this Policy may face disciplinary action by SCA Board. The SCA Board may recommend the following sanctions:

- a warning;
- suspension from competition for a specified period;
- suspension from SCA-organised training;

All SCA athletes and personnel are also bound by the following policies, as applicable. These include:

- World Anti-Doping Code 2015
- SCA Anti-Doping Policy

9 Changes to this policy

SCA reserves the right to vary or replace this Policy at any time. Changes are effective upon posting on the SCA website. It is the responsibility of all athletes and personnel to remain informed of any variances to this Policy. It is recommended to visit the SCA website to view the current SCA Supplements Policy.