



**Australian
Taekwondo**

National Policy

Supplements

Sports Taekwondo Australia Ltd

T/A Australian Taekwondo Ltd

ACN: 167 216 033

Version: Pol 016.0

Effective Date: 11 December 2018

Policy No:	Pol.016 V1.0
Policy Owner:	CEO
Compliance:	Mandatory
Approved by:	Board
Document Type:	External
Category:	High Performance
Effective Date:	11 December 2018
Next Review	31 December 2019

© **Australian Taekwondo Limited 2018**

This work is copyright. Apart from users under the Copyright Act 1968, no part of this publication may be reproduced by any process without written permission from Australian Taekwondo Limited.

Policy Statement

Intent

This policy sets out the principles guiding Supplement use in Taekwondo in Australia.

Objectives

To ensure the safety and well-being of all Taekwondo athletes.

Scope

Taekwondo Athletes, Coaches and Trainers.

Supplement Definition

1. Supplements include any synthetic or natural chemical in the form of a formulated food, a tablet, capsule, gummy, liquid, tincture or powder that is consumed orally for the purpose of enhancing health and function, including athletic performance. They also include sports bars, sports drinks, sports gels, liquid meal replacements and any other oral form of ergogenic aid.
2. The majority of supplements have little or no health or performance benefits. In addition, there are potential health and doping risks associated with their use, and furthermore supplements are not a substitute for ensuring that all training and nutrition aspects of preparation are addressed.

Policy Principles

1. Supplements should be avoided wherever possible, and athletes under 18 years of age should not use supplements unless there is a specific nutritional requirement identified by a sports physician/doctor, or sports dietitian. Ergogenic supplement use is strongly discouraged in junior athletes.
2. Supplements should only be used in conjunction with advice and recommendations from a sports physician/doctor, sports dietitian or sport physiologist, and as part of an overall nutrition program.
3. The underlying doctrine of the Anti-Doping Policy (Pol 003), which itself is compliant with the World Anti-Doping Authority (WADA) code, is that athlete bears ultimate responsibility for whatever they ingest, by whatever route, including without limitation whether a substance is administered in the form of or as an ingredient of a food, drink, powdered supplement, tablet, lozenge, cream, injection or any other method of administration of the substance.

Australian Taekwondo Recommendation

1. Australian Taekwondo (AT) promotes a 'food first' approach to nutritional support of sports performance. There is no expectation or requirement by AT that any athlete must use supplements. AT acknowledges there is a place for the use of supplements in Taekwondo. TA is committed to ensuring that any use of supplements is safe, evidence-based and WADA compliant
2. Athletes should focus on a well-planned training program that develops good technique, skill and fitness, supported by adequate nutrition and recovery practices. Focusing on sound nutrition and recovery practices will give athletes a better platform for performance than supplements.

3. Supplements should only be used after the following has been considered.
 - Will it put an athlete's health and safety at risk? (is it SAFE)
 - Does it comply with the WADA code? This is essential if the athlete is in an ASADA testing pool or competing at State, National or International level events. (does it contain a BANNED SUBSTANCE)
 - Is there evidence-based scientific support for its use and has it been shown to be effective? (does it WORK)
4. All Australian Taekwondo Categorised Athletes are encouraged to document their entire supplement use in the AIS Athlete Management System (AMS). This is a risk management process that provides athletes with due diligence. Whenever an athlete changes their supplement program, or even just the brand of supplements used, they should register these changes within the AMS immediately.
5. Changes to a supplement program should only be made after consultation with a sports physician/doctor, sports dietitian, or sports physiologist working collectively on a sound overall nutrition and training plan.

Important Points:

- Choose supplement brands that have their supplements third party audited by companies such as www.informed-sport.com or www.hasta.org.au. Look for the certification logos from these companies on supplements as a way of ensuring the supplement you are taking offers the lowest risk.
- You can check individual ingredients on the label of a supplement on Globaldro (an online search tool). The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications and ingredients based on the current World Anti-Doping Agency (WADA) Prohibited List.
- If the supplement isn't third party tested, then check the label for banned ingredients.
- Aegis Shield, is a third-party company which independently checks the label of a specific supplement for WADA prohibited substances. Aegis Shield does not provide a guarantee that a supplement is free of banned substances, as supplements may be contaminated with banned substances not listed on the label. Using a company like Aegis Shield doesn't remove the risk of contamination or responsibility from the athlete but reduces the risk of not identifying banned substances clearly listed on the label.
- If still unsure as you can't find any information about the supplement, then contact your sports dietitian or sports physician for further advice.
- Finally you should keep a record of the Brand supplement name and batch number of any supplement you consume.
- These processes provide 'checks' on the contents of supplements that can be a reassurance, but note that this is NOT a guarantee, and should be undertaken before purchasing and using any supplement.
- Meat products from China and Mexico are at risk of contamination from the banned substance Clenbuterol.

Useful Resources

AIS Sport Supplement Framework

www.ausport.gov.au/ais/nutrition/supplements

ASADA Education on Supplements

www.asada.gov.au/anti-doping-programmes/education

Check Your Substances website

www.globaldro.com/AU/search

Associated Policies and Procedures

Pol.003 Anti-Doping Policy

Accountabilities

Implementation:	CEO
Compliance:	CEO
Monitoring and Evaluation:	Board
Development and Review:	CEO/ Medical Committee
Interpretation and Advice:	CEO/ Medical Committee

Who Should Know This Policy

1. All **Authorities Delegated** within this policy are responsible for knowing this policy and procedures that support this policy.
2. The **Board** is responsible for the approval and maintenance of this policy.
3. The **CEO** is responsible for implementation and ensuring adherence to this policy and for educating users in the content of supporting policies.

Document Management

Version	Date	Change	Authorised
1.0	11 Dec 18	Policy approved	CR108