



Water Polo
AUSTRALIA

WATER POLO AUSTRALIA
SPORTS SUBSTANCE AND SUPPLEMENTS POLICY

Effective from 22nd November 2014

REVIEW HISTORY

Version	Date Reviewed	Date Endorsed	Content Reviewed/Purpose
One	22 NOV 2014	Board Meeting 22 November 2014	None (New Policy)

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OVERVIEW AND APPLICATION

This Sport Substance and Supplement Policy (the “**SSS Policy**”) is approved by the Water Polo Australia Limited (“**WPA**”) and is in force in respect of all representative water polo teams nominated or selected by WPA (“**WPA representative teams**”) from the date of approval of this SSS Policy.

The SSS Policy applies to all water polo players party with WPA to an athlete agreement and / or selected by WPA in WPA representative teams (“**athletes**”) together with all coaches, trainers, managers, team staff, officials, medical personnel, paramedical personnel, dieticians and all other people who work with athletes and WPA representative teams (together “**athlete support personnel**”).

This SSS Policy is to be read in conjunction with, but subject to, the anti-doping rules adopted as the anti-doping rules of WPA (the “**anti-doping policy**”) as the anti-doping policy applies to both athletes and athlete support personnel. Athletes and athlete support personnel are also alerted to the fact that they are subject to the operation of the *Australian Sports Anti-Doping Authority Act 2006* (Cth) and the regulations made under that legislation.

The anti-doping policy adopted by WPA is approved by the Australian Sports Anti-Doping Authority (“**ASADA**”) and is consistent with the requirements of the World Anti-Doping Agency’s (“**WADA**”) World Anti-Doping Code (the “**WADA Code**”).

ALL ATHLETES AND ALL ATHLETE SUPPORT PERSONNEL MUST TAKE ALL NECESSARY STEPS TO FAMILIARISE THEMSELVES WITH THIS SPORTS SUBSTANCES AND SUPPLEMENTS POLICY AND THE WPA ANTI-DOPING POLICY, ESPECIALLY THE UNDERLYING DOCTRINE THAT AN ATHLETE BEARS ULTIMATE RESPONSIBILITY FOR WHATEVER THAT PERSON INGESTS BY WHATEVER ROUTE.

Any athlete or athlete support personnel with any questions regarding the applicability, interpretation or consequences of this SSS Policy or the anti-doping policy should in the first instance direct that inquiry to the WPA chief executive officer or the WPA chief medical officer.

Adherence to the terms of this SSS Policy and the anti-doping policy is mandatory for all athletes and athlete support personnel.

INTRODUCTION

The manufacturing and supply of nutritional and dietary supplements, used in Australia by people including professional athletes, is not appropriately regulated. Ingredients listed on product packaging may not accurately describe the actual ingredients which comprise the product. Further, the lack of governmental regulation of the supplement industry can result in accidental, negligent or even deliberate contamination of supplements as compared to the stated contents of the supplement.

The underlying doctrine of the anti-doping policy - which itself is compliant with the WADA Code published by WADA - is that athlete bears ultimate responsibility for whatever the athlete ingests, 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).

It is inherently difficult for an athlete to take utmost caution to ensure that he or she does not commit an anti-doping rule violation under the anti-doping policy if an athlete adopts a practice of using substances and supplements without being able to guarantee with reasonable certainty the composition and concentration of the substance or supplement involved.

WPA promotes a 'food first' approach to nutritional support of sports performance. There is no expectation or requirement by WPA that any athlete must use supplements. WPA acknowledges there is a place for the use of supplements in water polo. WPA is committed to ensuring that any use of supplements is safe, evidence-based and WADA compliant.

Supplement Policy Panel

WPA shall appoint a supplement policy panel (the "Panel") to oversee the implementation of, and adherence to, this SSS Policy. The Panel shall be comprised of the following persons:

- The WPA chief medical officer.
- The WPA chief executive officer or, upon his appointment, the WPA high performance manager.
- The WPA lead dietician.
- The WPA sports medicine coordinator.

The Panel shall be responsible for:

- Reviewing this SSS Policy on not less than an annual basis so as to ensure that the SSS Policy, and the practices undertaken in accordance with it, remains ethical and compliant with the WADA Code.
- Updating this SSS Policy as soon as is practicable in the event that new evidence of supplement use is identified by or brought to the attention of the Panel.
- Ensuring both that the SSS Policy is consistently applied, and that the use of substances and supplements is approved in appropriate circumstances.

This SSS Policy is prepared based on the principles and statements set out above under the heading “Introduction”.

Policy for Individual Supplement Use

1. **Schedule 1** to this SSS Policy sets out different classifications of substances and supplements which may or may not be used by athletes in particular circumstances. No substance shall be used by any athlete either:

- a) While the athlete is in camp with a WPA representative team;
- b) While the athlete is part of the selected WPA representative team;
- c) In connection with playing in a WPA representative team; or
- d) While an athlete is party with WPA to an athlete agreement;

unless the use of the particular substance is in accordance with the requirements of this SSS Policy, including **Schedule 1** and is recorded in the Athlete Management System (“AMS”). **Figure 1 of Schedule 3** summarises the decision-making pathway for individual athletes

2. Athletes are to record all use of supplements in the AMS, including:

- a) The date of use;
- b) The name of the substance or supplement and any associated brand or product name; and
- c) The name of the medical practitioner or dietician recommending the substance or supplement;

3. The WPA lead dietician will screen entries in the AMS and contact athletes if any high risk use is identified. Supplement use is considered “high risk” under the following circumstances:

- a) It is not possible to reasonably verify (including through obtaining the necessary certification from ASADA) that the substance or supplement is not, and does not contain, a prohibited substance or prohibited method (as those terms are defined by the anti-doping policy);
- b) The WPA lead dietician is not comfortably satisfied, in his or her professional opinion, that the use of the substance or supplement is not likely to lead to an athlete experiencing associated adverse health or other side effects;

- c) The WPA lead dietician is not of the reasonable opinion that the use of the substance or supplement by the athlete will result in the athlete deriving benefits which cannot be gained from a normal dietary intake appropriate for the athlete concerned.
4. An athlete must immediately cease and permanently desist from using any substance or supplement if the WPA lead dietician deems that a substance or supplement is “high risk” in accordance with clause 3 and that determination is notified to the athlete.

Policy for Supplement Provision to WPA Teams

5. A properly completed representative team registration declaration (the “**registration declaration**”) in the form which appears at **Schedule 2** listing the name, role, qualifications and accreditations of each athlete support personnel for each WPA representative team must be completed by the team manager and submitted to WPA within 48 hours after the WPA representative team first convenes in camp after selection.
6. The registration declaration must include all relevant details identifying the supplier to the WPA representative team of all substances, sports foods and supplements, including the product and brand names of all goods which are supplied.
7. Each athlete must, within 24 hours of first coming into camp for the WPA representative team in which he is selected, provide written notice:
 - a) to the WPA team manager, in the form of the acknowledgment and undertaking in the form appearing at **Schedule 2A**, signed by the athlete; and
 - b) to the WPA chief medical officer in the form set out at **Schedule 2B** all details of any therapeutic use exemptions which have been granted in respect of the athlete in accordance with the procedures set out in the anti-doping policy which is adopted by WPA and published on its website, located at www.waterpoloaustralia.com.au.
8. The following rules apply in relation to the provision of substances and supplements by WPA (references to “Groups” are references to those groups as specified in **Schedule 1**). **Figure 2 of Schedule 3** provides a summary of the decision-making process:
 - a) **Group A Substances:** will be provided by WPA where appropriate to athletes while athletes are part of WPA representative teams. Specific brands are to be approved by the WPA chief medical officer (A2 Medical Supplements and WPA lead dietician (A1 Sports Foods, A3 Performance Supplements)).

- b) **Group B Substances:** any use shall be in accordance with the guidelines set out in **Schedule 1** and subject to the approval of the WPA chief medical officer. Specific brands will be approved by the WPA lead dietician in consultation with the WPA chief medical officer.
- c) **Group C Substances:** will not be provided to athletes as per **Schedule 1**.
- d) **Group D Substances:** are prohibited as per **Schedule 1**.

Other Obligations

- 9. Any athlete who wishes to enter into any sponsorship or endorsement contract, arrangement or understanding with any producer, manufacturer or seller of supplements must obtain the prior written permission of WPA before entering into that relationship. WPA will only approve the athlete entering into the relationship if the proposed relationship is consistent with the athlete's responsibilities under the athlete agreement between the athlete and WPA (the "athlete agreement") and where the terms of the proposed relationship are consistent with the terms of this SSS Policy.
- 10. Subject to rule 11, no approval shall be granted in respect of the use of any injectable substance or supplement.
- 11. Under no circumstances shall any athlete or athlete support personnel use any injectable substance or supplement (including without limitation any injectable substance which can only be used subject to it being prescribed by an Australian medical practitioner) except in circumstances where:
 - a) The substance is prescribed by and administered by the WPA chief medical officer; or
 - b) In the case of a pre-existing diagnosed medical condition (such as diabetes mellitus or severe allergic reactions which may require the administration of adrenalin) for which an athlete is prescribed a course of treatment which includes the self-administration of substances by injection (and in respect of which the athlete has obtained and duly notified required therapeutic use exemption if the treatment is prohibited under the anti-doping policy) - where the WPA chief medical officer has approved that the athlete self-administer the injectable substance and that athlete self-administers the prescribed substance.
- 12. All athletes must:
 - a) Not (except in the case of a medical emergency or where medical treatment is required on an urgent basis such that it is not reasonably

possible for the athlete concerned to otherwise comply with this clause 12(a)) participate in or permit any medical treatment, procedure, test or investigation in relation to them that does not comply with this SSS Policy.

- b) Promptly report to the WPA chief medical officer any person's conduct (including their own conduct or an approach to engage in conduct) that they know or reasonably suspect may be a breach of this SSS Policy (the reporting athlete's identity shall be kept confidential in accordance with this SSS Policy).
- c) Promptly notify the WPA chief executive officer if they are interviewed, charged or arrested by police or a government body in respect of conduct which may be a breach of this SSS Policy.
- d) Disclose to WPA, if requested, all details of their knowledge relating to the publically available information that indicates their apparent or suspected non-compliance with this SSS Policy.
- e) Consent to the provision and recording of information about them in accordance with this SSS Policy.
- f) Stay informed of any changes to this SSS Policy (where WPA notifies the athlete of those changes to this SSS Policy).

13. An athlete who breaches the terms of this SSS Policy is liable to sanction under the athlete agreement.

Confidentiality

14. Information about an athlete or other person that is provided under this SSS Policy must not be disclosed or caused to be disclosed unless expressly authorised and required in accordance with this SSS Policy, required by law or where that person consents.

15. For the purposes of this SSS Policy, persons who report information to WPA, the WPA chief medical officer, the WPA chief executive officer or the WPA lead dietician about another person's breach of this SSS Policy will have their identity in relation to that report kept confidential unless:

- a) Their identity is required to be disclosed as part of a disciplinary procedure in accordance with the constitution of, or any rules, regulations, by-laws and policies of WPA; or
- b) Their identity is required to be disclosed by operation of law.

16. If a person has not complied with this SSS Policy, and as a consequence of any disciplinary action taken by WPA it is impractical or impossible to maintain

confidentiality, WPA is not required to keep confidential that information regarding the non-compliance with this SSS Policy.

FINAL

SCHEDULE 1 - CATEGORISATION UNDER AIS SPORTS SUPPLEMENTS PROGRAM

Group A - Supported for use in specific situations				
Sub-category	Explanation	Examples*	Permission	Documentation
A1 Sports Foods	Specialised food items used to provide a practical source of nutrients when it is impractical to consume everyday foods.	sports drinks sports gels sports confectionery sports bars protein shakes electrolyte replacement NB. Products containing performance supplements (e.g. caffeine, creatine etc.) are not included in this category.	Permitted for use by all athletes as part of a nutrition plan that focuses on whole foods Athletes are encouraged to discuss use of sports foods with an Accredited Sports Dietitian.	Individual use must be recorded in AMS. Team use must be documented in Supplement Register.
A2 Medical Supplements	Products recommended by a medical practitioner or Accredited Practising Dietitian to correct identified nutrient insufficiency.	multivitamin/mineral calcium vitamin D iron probiotics fish oil	Permitted for use by athletes when recommended by medical practitioner or Accredited Practising Dietitian.	Individual use must be recorded in AMS. Team use must be documented in Supplement Register.
A3 Performance Supplements	Supplements taken with the specific purpose of improving performance. Have good evidence of benefit and safety and when used according to evidence-based scenarios.	creatine caffeine bicarbonate beta-alanine beetroot juice	Permitted for use by athletes in senior representative teams under the guidance of a WPA dietitian.	Individual use must be recorded in AMS. Team use must be documented in Supplement Register.

Group B - Deserving of further research			
Explanation	Examples*	Permission	Documentation
May be trialled on case-by-case basis under approved circumstances.	carnitine antioxidants C&E HMB glucosamine sick pack (zinc + vitamin C)	Permitted only when investigated under a formal research or monitoring protocol. Must be approved by WPA chief medical officer.	Individual use must be recorded in AMS. Team use must be documented in Supplement Register.

Group C - Little proof of benefit: Not recommended			
Explanation	Examples*	Permission	Documentation
Includes the majority of supplements promoted to athletes.	All products not listed elsewhere in this table.	Not recommended. Athletes choosing to use Group C products must take full responsibility for assessing the safety and doping risk.	Individual use must be recorded in AMS

Group D - Banned or at high risk of being contaminated			
Explanation	Examples*	Permission	Documentation
Any substance or method classified by the WADA Code and the Prohibited List International Standard published by WADA each year and put into force under the terms of the WADA Code commencing from 1 January in each year.	Substances and methods prohibited under the Prohibited List. Refer to: http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/2014/WADA-prohibited-list-2014-EN.pdf for a copy of the 2014 Prohibited List International Standard.	Not permitted in any circumstances.	Not permitted in any circumstances.

SCHEDULE 2



Registration Declaration

(repeat for each athlete support personnel)

WPA representative team:

Name:

Role in WPA representative team:

Qualifications:

Accreditations:

Signed:

(signature of athlete support personnel)

Date:

Signed:

(signature of WPA team manager)

Supplier(s) of sports foods and supplements:

Name of product	Name of manufacturer	Best Before Date	Batch Code	Circumstances for Use

SCHEDULE 2A - ATHLETE ACKNOWLEDGEMENT AND UNDERTAKING

Water Polo Australia Limited
Policy on
Sport Substances and Supplements

I [name of athlete] acknowledge and undertake that:

- 1 I have been provided with a copy of the Water Polo Australia Limited Policy on Sports Supplements and Supplements (the “SSS Policy”).
- 2 I have read the SSS Policy.
- 3 I understand what the SSS Policy requires of me in terms of my behaviour.
- 4 I have taken the opportunity of asking team management any questions which I have about the SSS Policy.
- 5 I agree to be bound by the SSS Policy and behave in accordance with the SSS Policy as a condition of my selection by WPA in one of its representative teams.

Dated: _____

Signed:

Print Name:

Signed by the abovenamed athlete’s parent / guardian if the athlete is aged under 18 years:

Signed:

Print Name:

SCHEDULE 2B - NOTICE OF THERAPEUTIC USE EXEMPTIONS

<http://www.asada.gov.au/resources/forms.html>

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SCHEDULE 3

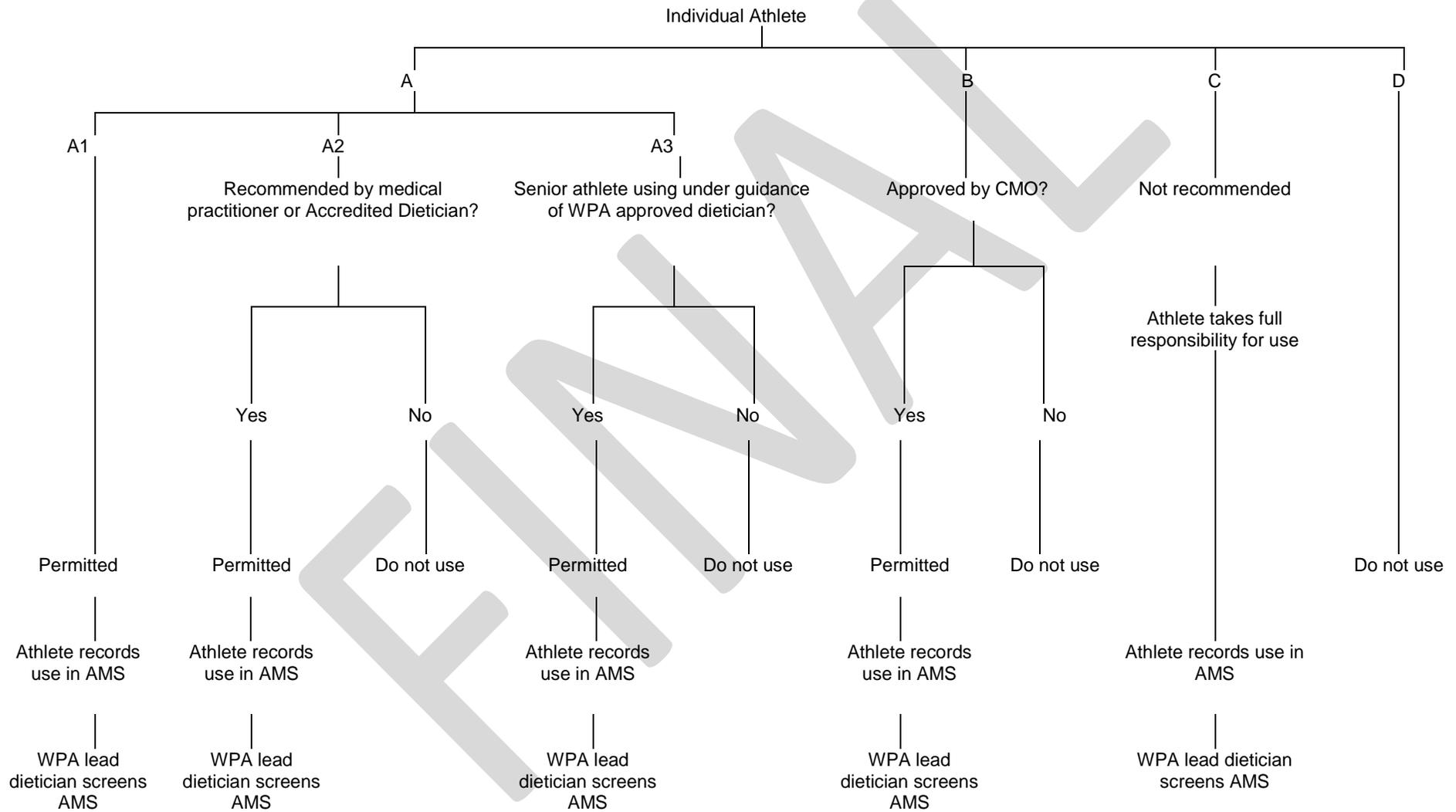


Figure 1: Decision-making pathway for individual supplement use

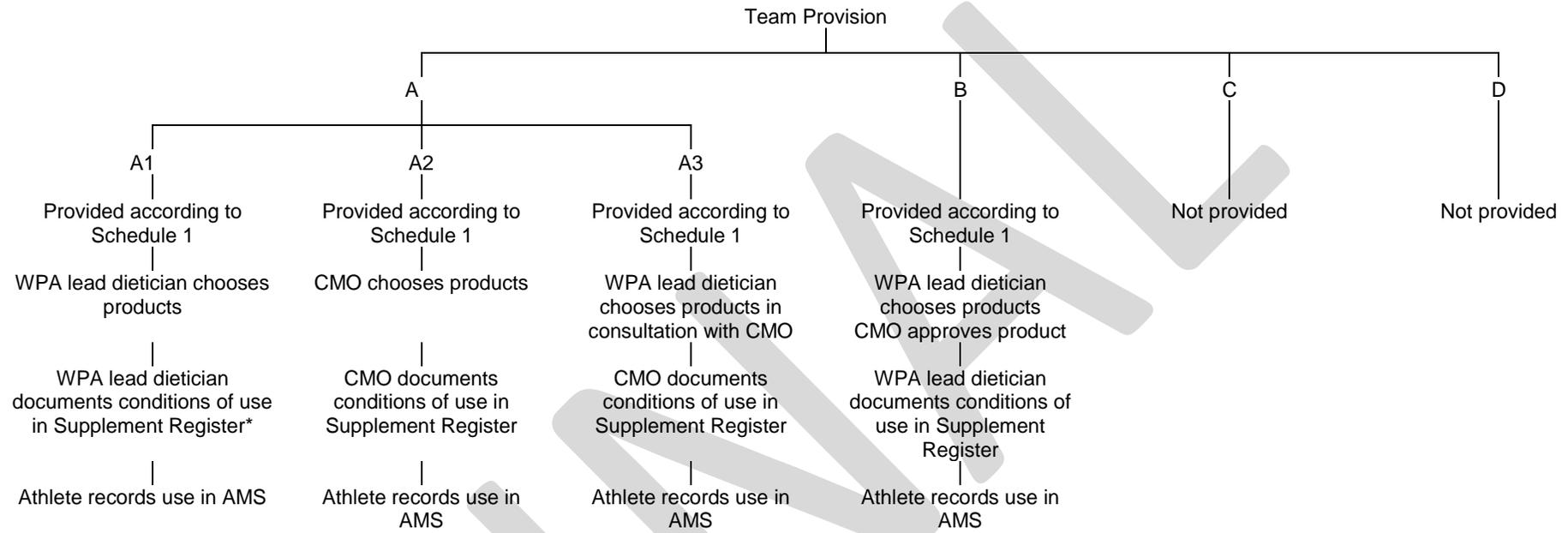


Figure 2: Decision-making pathway for provision of supplements to WPA teams