



CSI Pacific Supplement Policy – Summary and Consent Form

Updated October 18, 2021

This Policy (Version 2) is effective on and from February 17, 2017. This version of the policy was approved by the Canadian Sport Institute Pacific (CSI Pacific) Board on December 1, 2017. It is supported by the CSI Pacific Supplement Policy Operational Guide last updated July, 2020.

A 'Supplement Policy Operational Guide' has been developed in line with this policy. The operational guide outlines the systems and process in place to ensure Supplement safety and to demonstrate the utmost due diligence in ensuring the lowest risk possible for an adverse analytic finding. The Operational Guide provides further detail on Supplement safety, the ABCD Supplement Classification system outlined below, as well as considerations for choosing lower risk brands of sports foods and checklists for Athletes and Staff to consider prior to introducing a Supplement to an Athlete's nutritional program. The CSI Pacific Policy is strictly a Health and Performance Supplement Policy, and not a Policy meant to address the use of prescription medications.

Written by members of CSI Pacific's Nutrition and Physiology Discipline groups

1. Background

Whenever possible, CSI Pacific encourages Athletes to implement a wholesome natural diet. This is supported by the International Olympic Committee (IOC) statement on Supplements from both the 2010 and 2018 Nutrition Consensus meetings. From the 2010 Nutrition Consensus meeting: "the use of Supplements does not compensate for poor food choices and an inadequate diet. Of the many different dietary performance Supplements available to Athletes, a very small number may enhance performance for some Athletes when used in accordance with current evidence under the guidance of a well-informed professional. Athletes contemplating the use of Supplements and sports foods should consider their efficacy, their cost, the risk to health and performance, and the potential for a positive doping test."¹

However, CSI Pacific acknowledges the use of Supplements² among Athletes and that Supplements may assist an Athlete to achieve peak performance, although this varies between individuals. CSI Pacific is therefore committed to establishing best practice protocols for Supplement use based on the core principles of Athlete health and safety, evidence-based science, and compliance with the WADA Prohibited List.

There currently is no guarantee that any particular Supplement is completely free from the substances on the WADA Prohibited List. In fact, the potential for an inadvertent Adverse Analytical Finding (doping positive) is rising due to a combination of:

- Increased contamination of Supplements (accidental cross or deliberate contamination);
- Banned substances used in food production (Mexico & China, not in Canada); and
- Lower detection limits and increasing precision of anti-doping methods/procedures.

Ultimately, under WADA's strict liability rule, an Athlete is responsible for any substance that may be found in their body even when an AAF is due to an inadvertent contamination (see information from WADA website: <http://www.wada-ama.org>).

¹ IOC consensus statement on sports nutrition 2010. *J Sports Sci* 2011, 29 Suppl 1:S3-4.

IOC consensus statement: dietary supplements and the high-performance athlete Maughan RJ, et al. *Br J Sports Med* 2018;52:439–455

² There is no internationally recognized consistent legal definition of a "supplement". For the purpose of this policy, "supplement" includes "other" supplements such as Performance Supplements (e.g. pills, powders, creatine), Medical/Health Supplements (e.g. iron, Vit. D), and common Sports Foods (e.g. recovery bar, sports drink) which are later separated into distinct categories of risk.

Therefore, CSI Pacific experts are willing to work with Athletes and Coaches to provide consultation, and in some cases, Supplements for Athlete consumption. This would occur only after appropriate evaluation and procedures are followed thereby demonstrating the utmost due diligence in ensuring the lowest risk possible for an adverse analytic finding.

2. Position Statement

2.1. According to the Canadian Center for Ethics in Sports (CCES):

*The CCES believes that the use of most Supplements poses an unacceptable risk for Athletes and their athletic career. **Ultimately, Athletes are responsible for any prohibited substance that may be found in their sample; this is known as strict liability.** If Athletes who use Supplements test positive for a prohibited substance, this can result in a violation being declared, regardless of how the prohibited substance got into their body. Serious sanctions may be imposed. For more information on Supplements or other anti-doping information, visit www.cces.ca. If an Athlete still wishes to use Supplements, the best way to mitigate the risks associated with them is to comply with this Policy.*

- 2.2. Supplement use is a personal decision and there is no expectation or requirement that any individual associated with CSI Pacific, or any of its partner NSO/PSOs (National or Provincial Sport Organization) use and/or implement Supplements.
- 2.3. The risk of inadvertent doping is real and only a handful of Supplements have legitimate scientific evidence suggesting positive effect while thousands of Supplements and products having no supporting scientific evidence at all. Thus, CSI Pacific encourages a “food first”, periodized nutrition approach in addition to maximizing an Athlete’s training and lifestyle choices before entertaining the potential performance impact of Supplements. Once periodized nutrition is well-established via expert input from a Sport Dietitian, CSI Pacific approves the appropriate use of Supplements in accordance with this Policy to support the Athlete’s training and nutritional program if appropriate for the individual’s age and stage of athletic development.
- 2.4. This Policy should not be considered a substitute for any person seeking the professional advice of an accredited practicing dietitian or physician. As it is critical to have accurate information underlying all Supplement decisions, all Athletes, or Coaches acting on behalf of Athletes, considering or currently using Supplements should consult with a CSI Pacific and/or NSO/PSO designated IST professional (Physician and/or Sport Dietitian who has signed the CSI Pacific Supplement Policy) for more detailed information, discussions and strategies.
- 2.5. All Performance Supplements highlighted as Group A – (ii) Other Performance Supplements (see 3.1.2 below) and Group B Performance Supplements distributed to Athletes by CSI Pacific will be products that are tested for banned substances in an **ISO 17025 accredited lab**; currently Informed Sport, Informed Choice, NSF Sport Certified or LGC tested (<https://www.informed-sport.com/>, <http://www.nsf-sport.com>, <http://www.informed-choice.org>) to minimize risk of accidental doping. Provision of ISO-17025 accredited and tested Medical/Health Supplements is also preferred where possible, but is not mandatory.
- 2.6. Athletes and/or NSO/PSOs must declare their use of all Supplements and doses and update Supplement lists in Smartabase or associated documentation; adhere to directions provided by the CSI Pacific IST for Supplement use; provide feedback on the effects of a Supplement (positive and negative); provide details of any known or suspected allergies or intolerances (food or medication); provide details of all medications concurrently used with Supplements; and identify any potentially conflicting sponsorship commitments (personal and national).
- 2.7. A record of all Supplements provided to the Athlete by CSI Pacific Staff will be stored in a confidential location accessible by CSI Pacific and/or NSO/PSO designated Physician and/or Sport Dietitian - see 2.4 above) Staff only.
- 2.8. Athletes under 18 years of age should not use Supplements without medical and nutritional advice and should concentrate on learning and implementing good training regimes, proper nutrition, and recovery strategies.

3. Supplement Classification

CSI Pacific supports and has adopted (with minor modifications) the world-leading AIS Supplementation Group Classification System (<https://ais.gov.au/nutrition/Supplements>) which provides expert classification of Supplements and is subject to ongoing research, review, and updates. The AIS classifies Supplements into four groups based on their effectiveness and safety using an ABCD Classification System. This system ranks Supplements into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal, and effective in improving sport performance. The classification is made via the consensus of an expert group and can evolve based on new knowledge and practical issues. Please refer to the CSI Pacific Supplement Policy Operational Guide for the ABCD Classification System.

3.1. Group A Supplements – (i) “Sports Foods and Lower Risk Products” and (ii) “Other”

Group A Supplements are supported for use in specific situations in sport using evidence-based protocols. Group A Supplements have been separated into two distinct sub-groups. The first sub-group is (i) “Sports Foods and Lower Risk Products”. The second sub-group is (ii) “Other”, which includes Medical/Health Supplements and Performance Supplements. Two distinct sub-groups are required to draw attention to the unique nature of each class of Supplement and to highlight the different considerations and risk profile that must be evaluated prior to safe use.

3.1.1. Group A – (i): Sports Foods and Lower Risk Products

Sports Foods and Products include any commercially produced and mass marketed product in the form of North American normal grocery foods/drinks that contain specifically engineered ingredients to enhance an Athlete’s acute/chronic exercise training/adaptation and/or sport performance. If choosing to use a Group A (i) Sports Food or Product, Athletes will be directed on how to choose Group A (i) Sports Foods and Lower Risk Products to minimize risk.

3.1.2. Group A – (ii): Other (Performance Supplements and Medical/Health Supplements)

Medical/Health Supplements are used to treat clinical issues, including diagnosed nutrient deficiencies, and include Supplements such as iron or Vitamin D. Performance Supplements are used to potentially contribute to enhanced performance. In general, identified Performance Supplements have been shown in numerous scientific trials to benefit performance, when used according to a specific protocol, with specific Athletes in specific sports/events. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualized use. An Athlete may choose to use Group A ‘Other’ Supplements (Performance Supplements and Medical/Health Supplements) in individualized protocols under the direction a CSI Pacific and/or NSO/PSO designated IST (Sport Dietitian, Medical Physician or Physiologist) who has signed the CSI Pacific Policy.

3.2. Group B Supplements

Group B Supplements have received some scientific attention (not necessarily related to sport) or have preliminary data which suggest possible benefits to performance. They are deserving of further research and could be considered for provision to Athletes under a research protocol or case-managed monitoring situation. An Athlete may only use Group B Supplements in a controlled research study or under the guidance and monitoring of a CSI Pacific and/or NSO/PSO designated IST (Sport Dietitian, Medical Physician, or Physiologist) who has signed the CSI Pacific Policy. A Group B Supplement may move up to the Group A category when enough new evidence via clinical research warrants.

3.3. Group C Supplements

Group C Supplements include the majority of Supplements marketed to Athletes. They enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sport performance. A Group C Supplement may move up to the Group B category when enough new evidence via clinical research warrants. All Athletes, along with Coaches and CSI Pacific Staff acting in support of Athletes, are strictly prohibited from using and/or distributing any Group C Supplement.

3.4. Group D Supplements

Group D Supplements are banned, pose a high risk for contamination with substances that could lead to a positive drug test, or may compromise an Athlete’s health and safety. Group D Supplements include stimulants, prohormones and hormone boosters, growth hormone releasers and peptides, and all other Supplements and substances on the WADA Prohibited list (<http://list.wada-ama.org/>). All Athletes, along with Coaches and CSI Pacific Staff acting in support of Athletes, are strictly prohibited from using and/or distributing any Group D Supplements.

CSI PACIFIC SUPPLEMENT POLICY ACKNOWLEDGEMENT

I acknowledge that I have been given an opportunity to read the CSI Pacific Supplement Policy Operations Guide. I acknowledge and certify that I have read and understand the CSI Pacific Supplement Policy and agree to comply with it. I acknowledge that the CSI Pacific IST and/or NSO/PSO designated physician and/or sport dietitian will have access to my Supplement record. I understand that the Operational Guide and Supplement Policy will be stored on the CSI Pacific website and that it is my responsibility to be aware of any Policy changes.

Signature

Print Name

Date

Name of Parent or Guardian (if under 19)

Parent or Guardian Signature