

8.0 SUPPLEMENT POLICY

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| Policy Category: | Performance Services |
| Approval Authority: | CEO |
| Lead Responsibility: | Nutrition and Physiology |
| Approval Date: | July 2020 |
| Next Review Date: | Bi-Annual July 2022 |

POLICY STATEMENT

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. This policy applies to all CSI Pacific employees, volunteers and contractors. All Staff must read and sign the CSI Pacific Supplement Policy Operations Guide upon hire and may need to verify updates to the supplement policy on an annual basis depending on job role or duties.

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.

APPLICATION

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.*

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.

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.

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.

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.

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).

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 Staff only.

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.

Staff should refer to CSI Pacific Standard Operating procedures and guidelines provide further detail on the supplement policy