

CSI Pacific Supplement Policy – Summary and Consent Form

Version 3.0 – Date: 1 February 2026

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

This Policy is effective from February 17, 2017. This policy was originally approved by the Canadian Sport Institute Pacific (CSI Pacific) Board on December 1, 2016. This updated version 3 is approved by the Canadian Sport Institute Pacific Supplement Advisory Group (CSI Pacific SAG). It is supported by the CSI Pacific Supplement Policy Operational Guide updated February 2026.

*A 'Supplement Policy Operational Guide' has been developed in line with this policy. The operational guide outlines the systems and processes in place to ensure supplement safety and to demonstrate utmost due diligence in ensuring lowest risk possible for an adverse analytic finding (AAF). The Operational Guide provides details on supplement safety, the ABCD Supplement Classification system outlined below, considerations for choosing lower risk sports food brands and checklists for athletes and Staff to review prior to introducing a supplement into 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.***

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 IOC Nutrition and Supplement^[1] 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."^[2]

Like the 2018 IOC Supplement Consensus group, CSI Pacific acknowledges the use of evidence-based supplements among athletes and that these supplements may assist an athlete to achieve peak performance, although this varies between individuals. CSI Pacific acknowledges the potential risk of supplement contamination and 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 World Anti Doping Association (WADA) Prohibited List.

1 There is no internationally recognized consistent legal definition of a "supplement". For 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 separate into distinct categories of risk (see information below).

2 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

There is no guarantee that any supplement is completely free from the substances on the WADA Prohibited List. In fact, the potential for an inadvertent Adverse Analytical Finding (AAF or doping positive) is unfortunately real and significant due to a combination of:

- Increased supplement contamination (accidental cross or deliberate contamination).
- Banned substances used in food production (e.g., Mexico, China, Guatemala; but no evidence of use in Canada due to the strict 'Safe Food for Canadians Act (SCFA); 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 the [WADA website](#)).

CSI Pacific supports and has adopted (with minor modifications) the world-leading Australian Institute of Sport (AIS) [Supplementation Group Classification System](#) which provides expert supplement classification, 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.

In summary, 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 AAF.

2. Position Statement

1. According to Sport Integrity Canada (SIC):

*SIC 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 entered their body. Serious sanctions may be imposed. For more information on supplements or other anti-doping information, visit [Home | Sport Integrity Canada](#). Complying with the CSI Pacific Supplement Policy and Operational Guide will help mitigate the potential associated risks of supplement use.*

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 or PSOs (National or Provincial Sport Organization) use and/or implement supplements.
3. The risk of inadvertent doping is real and only a handful of supplements have legitimate scientific evidence suggesting a positive effect while thousands of supplements and other products have no supporting scientific evidence. Poorly considered supplement use may therefore be an expensive distraction from other interventions that are known to support athlete health and performance such as training, recovery, nutrition and sleep. Thus, CSI Pacific encourages a "food-first" nutrition approach, in addition to maximizing an athlete's training and lifestyle choices, before considering the use of supplements for potential health and performance impact. Once a nutrition plan is well-established via expert input from a sport dietitian, CSI Pacific may approve 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.
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 Integrated Support Team (IST) professional (sport dietitian, physician and/or physiologist) who has signed the CSI Pacific Supplement Policy for more detailed information, discussions and strategies.
5. All Performance supplements (see section 4 below) highlighted as **Group A – (ii) Other Performance** supplements, **Group B** and **Group C** supplements used by athletes or distributed to athletes by CSI Pacific staff will be products that are tested for banned substances in an *ISO 17025 accredited lab* to minimize risk of accidental doping^[3]. Provision of ISO-17025 accredited

and tested **Medical/Health** supplements is also preferred where possible but is not mandatory. CSI Pacific currently endorses 3rd Party Testing from the following:

- [Informed Sport](#)
 - [Informed Choice](#)
 - [NSF Sport Certified](#)
 - [Banned Substance Control Group \(BSCG\)](#)
 - LGC tested specifically for the CSI Pacific and the COPSI network (the company that runs the Informed Sport and Informed Choice third party testing certifications)
6. As outlined by the [AIS Supplementation Group Classification System](#), **Group A** supplements are supported by strong evidence and practical application, **Group B** and **Group C** supplements reflect areas of emerging, limited, or inconsistent evidence, and their classification may evolve as new research becomes available. Decisions regarding **Group B** and **C** supplements are not based solely on published evidence. They also reflect a broader assessment that includes local availability, patterns of national and international use, access to third-party tested products, overall risk tolerance (e.g., food supply vs tested supplement), and whether current research or internal expertise provides additional insights. In many cases, expert discussion is required to balance these factors.
 7. Athletes must declare their use of all supplements and doses and update supplement lists in a medical health database or associated NSO/PSO documentation; adhere to directions for supplement use provided by the CSI Pacific IST; 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).
 8. A record of all supplements provided to the athlete by CSI Pacific Staff will be stored in a confidential and IT secure location, only accessible by the CSI Pacific and/or NSO/PSO designated physician and/or sport dietitian(s).
 9. 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 On very rare occasions a performance supplement may be obtained via the food, grocery or pharmaceutical supply chain and therefore third-party testing is a recommendation rather than a requirement.

3. Confidentiality

1. Unless an athlete has an AAF, information about an athlete or other person within an NSO/PSO who is provided for under this Policy will not be disclosed, or caused to be disclosed, unless expressly required and authorized in accordance with this Policy, required by law or that person otherwise consents.
2. All CSI Pacific Staff (employees and consultants) have a “positive obligation” to inform CSI Pacific’s CEO and a designated Technical Lead within the institute in the event of a confidential (by athlete or sport) or a public domain AAF or Anti-Doping Rule Violation (ADRV) disclosure.
3. The CEO is required to inform the Board. For public domain AAF/ADRV’s this will include the athlete’s name and sport. For private confidential AAF disclosures, the athletes name and sport will NOT be disclosed to the Board.
4. If noncompliance with this Policy occurs, and it is impractical or impossible to maintain confidentiality as a consequence of any disciplinary action taken by the CCES or WADA and the

athlete's NSO/PSO, CSI Pacific is not required to keep the information regarding the noncompliance confidential.

4. Supplement Classification

CSI Pacific supports and has adopted (with minor modifications) the world-leading [AIS Supplementation Group Classification System](#) 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 CSI Pacific version of the AIS ABCD Classification System.**

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

Group A supplements have strong scientific evidence for use and are supported for use in specific situations in sport using evidence-based, best practice 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 profiles that must be evaluated prior to safe use.

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 containing specifically engineered ingredients that contribute kilocalories or electrolytes or enhance an athlete's acute/chronic exercise training/adaptation and/or sport performance. Athletes choosing to use Group A (i) Sports Food or Products, will be directed on how to choose Group A (i) Sports Foods and Lower Risk Products to minimize risk.

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

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

2. Group B Supplements

Group B supplements have received some scientific attention (not necessarily related to sport) or have preliminary data and/or mixed scientific support which suggest possible benefits to performance in specific populations or situations. They are deserving further research and could be considered for provision to athletes under a research protocol or case-managed, clinical 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 practitioner (sport dietitian, 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. 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 either lack scientific evidence demonstrating a worthwhile enhancement of sport performance or evidence to guide an informed opinion or protocol. In general, the use or distribution of any Group C supplement by athletes, coaches, or CSI Pacific staff in support of athletes is discouraged due to lack of evidence but may be permitted for use by identified athletes where there is specific approval from, or reporting to both an NSO and designated CSI Pacific practitioner (sport dietitian, physician or physiologist) who has signed the CSI Pacific Policy. A Group C supplement may move up to the Group B category when enough new evidence via clinical research warrants.

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 athlete 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

Date

