

# Athletics Australia – Performance supplement application

The Athletics Australia (AA) Supplements in Sport policy outlines AA's position on the use of supplements in sport and is based on the Australian Institute of Sport Supplements Framework (<http://www.ausport.gov.au/ais/nutrition/supplements/overview>).

Athletes supported through an Athletics Australia program, including Junior (U17/U19), Para and Able-bodied NASS, must submit a performance supplement application form prior to use for the following classes;

- Group A Performance supplements (creatine, B-alanine, caffeine, bicarbonate, beetroot juice/nitrate)
- Group B
- Group C

Group D supplements are not permitted for use.

Athletes selected to Athletics Australia supported Teams, who are currently using a relevant supplement (Group A Performance, Group B, Group C) must immediately submit an application upon selection.

The completed application is to be submitted by email to [performanceservices@athletics.org.au](mailto:performanceservices@athletics.org.au).

The outcome of sport supplement applications will be advised within 7 days of confirmation of the receipt.

## **Athlete details**

Athlete	
Date of birth	
Event(s)	
State Institute / Academy of sport (as relevant)	
Sports Dietician	
Athlete Performance Advisor (as relevant)	

## **Supplement application – athlete to complete**

Requested supplement	
Recommended dose	
Clinical / performance indications (why are you planning on taking this supplement?)	
Source of advice (who has recommended this supplement?)	
Is this application based on your involvement with an Ethics approved research project?	

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Athletes must refer to the AIS Sports Supplement framework and confirm the relevant classification and confirm that the substance(s) is not within a prohibited category on the WADA Prohibited List (check substances: <https://checksubstances.asada.gov.au/>)

## AIS Supplement Framework Classification

Group A Performance (creatine, B-alanine, caffeine, bicarbonate, beetroot juice/nitrate)	<input type="checkbox"/>
Group B	<input type="checkbox"/>
Group C	<input type="checkbox"/>
Group D - NOT PERMITTED	<input type="checkbox"/>
N/A	<input type="checkbox"/>

## Anti-Doping compliance

<p>Is the supplement classified under any of the categories of the "The Prohibited List"?</p> <p>Confirm "NO" by checking the relevant box</p>	<u>Prohibited List substance class</u>	<u>No</u>
	S0 Non approved substances	<input type="checkbox"/>
	S1 Anabolics	<input type="checkbox"/>
	S2 Peptide hormones, growth factors and related substances	<input type="checkbox"/>
	S3 Beta-2 agonists	<input type="checkbox"/>
	S4 Hormones and metabolic modulators	<input type="checkbox"/>
	S5 Diuretics and masking agents	<input type="checkbox"/>
	S6 Stimulants	<input type="checkbox"/>
	S7 Narcotics	<input type="checkbox"/>
	S8 Cannabinoids	<input type="checkbox"/>
S9 Glucocorticoids	<input type="checkbox"/>	

## Supplement application – Referring Sports Dietician / Sports Physician or GP to complete

Name	
Practice / institution	
Email	
Phone number	
Date of referral	

Brand name	
TGA approval number (AUSTR or AUSTL number)	

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<p>Ingredient list please note:</p> <ul style="list-style-type: none"> <li>- single / multiple ingredients</li> <li>- comprehensive list of ingredients</li> <li>- any pharmaceuticals in product</li> </ul>	
<p>Manufacturer please note:</p> <ul style="list-style-type: none"> <li>- Australian / overseas manufacturer</li> <li>- pharmaceutical company</li> <li>- network marketing company</li> <li>- food company</li> <li>- marketing targets (e.g. sport, health, body building)</li> </ul>	
<p>Third party auditing including batch testing if relevant, please note:</p> <ul style="list-style-type: none"> <li>- details/type of source testing</li> <li>- informed sport</li> <li>- informed choice</li> <li>- NSF</li> </ul>	
<p>In absence of third part testing; please confirm if company / factory make any products that include banned substance?</p>	
<p>Other comments</p>	

## **Office use – AA to complete**

Received (performanceservices@athletics.org.au)	
Received (AC / LB)	
Outcome	<i>Approved</i> <input type="checkbox"/>
	<i>Rejected</i> <input type="checkbox"/>
Approval conditions (e.g. date of expiry)	
Athlete notified	
Referring professional notified	
Any other follow up needed	