



AIS

AIS Sports
Supplement
Framework

Achieving best practice in the use of
supplements and sports foods as part of
Australia's Winning Edge 2012-2022

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Executive summary

- > The use of supplements and sports foods by Australian athletes involves a balance between potential benefits (for example, contribution to an evidence-based sports nutrition program) and potential risks (for example, waste of resources, distraction, poor role modelling, anti-doping rule violations).
- > Events in 2013 demonstrated that poor practice with supplements can lead to substantial problems; as a result, Australian sporting organisations have been called upon to implement clear guidelines for athletes so their use of supplements and sports foods is safe, effective and legal.
- > The AIS Sports Supplement Framework ('the Framework') is a leadership initiative of the AIS. It provides the expertise and resources developed during the implementation of the AIS Sports Supplement Program (2000–13) for *Australia's Winning Edge*, allowing Australian sporting organisations and agencies to develop their own sports supplement programs and guidelines.
- > The AIS Sports Supplement panel provides oversight of the Framework and reports directly to the Australian Sports Commission.
- > The Framework was developed following consultation with key stakeholders in the Australian sports system, particularly via the 2013 AIS Sports Supplement Summit. Australian sporting organisations are invited to use the components of this Framework and integrate its elements of provision, education, research and governance into their own sports supplement programs and guidelines.
- > The specific components of the Framework include the following:
 - The **ABCD classification system**. This provides a simple education tool to rank sports foods and supplement ingredients according to the scientific evidence – allowing them to safely and practically contribute to an athlete's performance goals
 - An **open-access website** for public education on supplements and sports foods that provides a simplified version of the Framework.
 - **Fact sheets and research summaries** on individual sports foods and supplement ingredients, particularly for products within the A and B categories. There is an opportunity for enhanced versions of these resources to be provided to Australian sporting organisations for restricted access use by members within their sports supplement programs
 - **Proactive research programs** to continue to evolve best practice protocols for the use of supplements and sports foods within the A and B categories
 - Facilitation of **third-party auditing programs** for supplements and sports foods used or provided to Australian athletes as part of their sports supplement programs. These will minimise the risk of anti-doping rule violations.
 - Access to the **AIS Sports Supplement panel** to provide feedback or audit the development of sports supplement programs and guidelines.
- > The management team behind the Framework will be expanded in 2014 to include key people from Australian sporting organisations and form ad-hoc and permanent 'Tiger' teams. These teams will work on activities to expand and evolve the Framework into a truly national project.

Background

AIS Sports Supplement Program 2000-13

The AIS Sports Supplement Program ('the Program') was initiated in 2000 following a major review of supplement practices by AIS athletes and related issues.

It was designed to achieve world's best practice in the research, education and provision of sports foods and supplements for AIS athletes and coaches, including to:

- > allow AIS athletes to focus on sound use of supplements and special sports foods as part of their individual nutrition plans
- > ensure supplements and sports foods are used correctly and appropriately to deliver maximum benefits to the immune system, recovery and performance
- > give AIS athletes the confidence they receive 'cutting-edge' advice and achieve 'state of the art' nutrition practices
- > minimise the risk of supplement use leading to an inadvertent doping offence.

The Program was overseen by the AIS Sports Supplement panel, whose members included those from the AIS and Australian Sports Commission whose roles intersected with supplement use by AIS athletes. The panel regularly updated the principles and practices of the program.

The management of the Program was driven largely by the AIS Sports Nutrition team. The team's daily activities included the maintenance of high-level education resources related to supplements and sports foods, a proactive research program, and a database to track the use of supplement products by AIS athletes.

The Program provided free and transparent information to its users and the general public about its activities and resources via the AIS sports nutrition section of the [Australian Sports Commission website](#).

The Program was further developed as a leadership activity of the AIS, with its principles and resources offered to national sporting organisations and the National Institute Network (NIN) in Australia via a non-exclusive, royalty-free license.

In 2011 a separate, 'members area' version of the Program was developed. This provided upgraded resources to people nominated by national sporting organisations, the NIN and other agencies within the 'Green and Gold' campaign for the London 2012 Olympic Games. The 'members area' version was hosted at the password-protected [Clearinghouse for Sport](#). These resources provided specific and additional details of best practice protocols for the use of supplements and sports foods, delivering a competitive advantage to the high performance Australian sports system.

Australia's Winning Edge 2012-2022 – from the AIS Sports Supplement Program to AIS Sports Supplement Framework

In November 2012 *Australia's Winning Edge 2012-2022* ('*Winning Edge*') was launched, with the aim of increasing Australia's international sporting success via a new funding and governance model.

The closure of AIS sports programs on 31 December 2013 terminated the model under which the AIS controlled and delivered daily training and competition preparation programs to Australian athletes and teams. The operation of the AIS Sports Supplement Program also ceased, with the responsibility for the use of sports foods and supplements within Australia's high performance sports environment now falling under the oversight of national sporting organisations and other sporting organisations/agencies.

During the transition period of 2013, the AIS identified areas and activities in which it could provide leadership to assist Australian sporting organisations and agencies achieve the governance requirements of the Australian Sports Commission and its *Winning Edge* performance targets. The spotlight on poor supplement practices among several professional Australian sporting codes or teams highlighted the risks involved with this area of sports nutrition/medicine/science and the value of the expertise gathered by the AIS during the implementation of its Sports Supplement Program from 2000 to 2013.

Interaction with key stakeholders in the Australian sports community – including strategic activities conducted at the AIS Sports Supplement Summit hosted in Canberra in October 2013 – produced the following model to commence implementation in February 2014:

- > The expertise and resources developed during the implementation of the Program have been remodelled into the AIS Sports Supplement Framework. Its aims are to:
 - provide information and tools to assist Australian sporting organisations/agencies develop and implement their own sports supplement programs and guidelines to direct the sports food and supplement use by high performance athletes under their governance
 - facilitate the implementation of other activities related to the safe, effective and legal use of supplements and sports foods in the Australian high performance sports environment.
- > Experts on sports foods and supplements within the AIS have formed two groups to assist with the present and ongoing role of the Framework: the AIS Sports Supplement panel to provide oversight and the Framework management team to drive its daily activities and further development. External experts will be invited to join these groups to provide transparency and ensure the Framework is developed with a national perspective to support *Winning Edge*.

Overview – AIS Sports Supplement Framework

ABCD Classification system (see Appendix 1)

- > The ABCD Classification system ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance.
- > The classification is made via the consensus of an expert group (to be expanded in membership and function as a Tiger team activity) and can evolve based on new knowledge and practical issues.
- > General guidelines are provided for appropriate levels of provision/use of products for each group and sub-group within a sporting organisation or agency's supplement program.
- > Fact sheets and research summaries are provided on many individual sports foods and supplement ingredients (particularly for products from Groups A and B) to allow sports to develop their own best practice protocols of use in their sports supplement programs.

Education resources

Following the completion of the AIS Sports Supplement Program ('the Program'), the following resources have been updated and transferred into the Framework:

AIS Sports Supplement Framework website

The section of the Australian Sports Commission website hosted by AIS Sports Nutrition will be re-launched, with a section on supplements to host publicly available resources on the Framework.

The key goals of the website are to:

- > provide the public with a clear, consistent and simple message regarding supplement use within the Australian sports system
- > provide a common password-protected entry point for members of Australian sports organisations and agencies to access special resources related to their sports supplement programs.

The following resources will be provided on the website:

- > Brief history on the Program and its evolution from one implemented within the AIS sports program environment to a leadership initiative that informs and assists national sporting organisations and other sporting organisations/agencies when developing their own sport supplement programs.
- > A simplified version of the ABCD Classification system, with simplified education resources including:
 - A to Z of fact sheets and research summaries on supplements and sports foods of interest
 - other fact sheets on issues of supplements and sports food use
 - policies on matters of supplement and sports food use within *Winning Edge* environment.
- > Logos to acknowledge Australian sports organisations/agencies that are aligned with the Framework.
- > A portal to the Clearinghouse for Sport, with access to member resources (see below).

Clearinghouse for Sport resources for the AIS Sports Supplement Framework

The key goals of the Framework section on the Clearinghouse for Sport website are to:

- > host the special/upgraded resources of the Framework for its members and assist the implementation of specific sports' supplement programs
- > promote communication between key players in the Australian sporting system and the various sport supplement programs to encourage evolution of best practice in the use of supplement and sports products
- > facilitate the activities of the Tiger teams of the Framework and make the outputs available to members.

Membership will be open to:

- > people nominated by Australian sporting organisations/agencies whose sport supplement programs are aligned with the Framework and who need access to these resources to contribute to the Framework's ongoing activities or to implement their programs
- > people nominated by the AIS Sports Supplement panel or management team who need access to these resources to contribute to the Framework's ongoing activities.

The membership resources will include separate versions of the resources provided on the public supplement website, with additional information providing:

- > specialised knowledge regarding best practice protocols for supplement and sports food use that the AIS wishes to keep within the *Winning Edge* or Australian sporting system
- > details regarding the access, provision and/or use of supplements and sports foods within the *Winning Edge* system or a specific sport's supplement program that is only relevant to the specific Australian sporting organisation/agency.

The present resources include:

- > member version of the ABCD Classification system, where additional products (particularly in Group B) will be listed
- > member fact sheets on Group A and Group B supplements
- > member research summaries for Group B supplements and Group A performance supplements
- > policies on use of supplements and sports foods within the *Winning Edge* system or a specific sporting organisation or agency's supplement program.

Following the 2014 activities by the Framework's Tiger teams, the AIS anticipate additional resources will be added for members, including:

- > resources to assist the monitoring of the use of Group B products (for example, tools for research and clinical case management activities)
- > specific sub-websites where an individual sport's supplement program resources can be housed, including individualised versions of the Framework fact sheets.

Research program

The AIS has a proactive research program focusing on event-specific uses of Group A and Group B products. It will continue to provide this role and to facilitate a collaborative approach to such research within the AIS sports system and university sector. The Clearinghouse for Sport will continue to be used to communicate research opportunities and outcomes.

Facilitation of third-party auditing into Australia

The AIS Sports Supplement panel is currently working to facilitate the implementation of third-party auditing programs within Australia to reduce the risk that contamination of supplements used by Australian athletes will lead to an anti-doping rule violation. Activities will include:

- > supporting the LGC company to set up programs such as 'Informed Choice' and 'Informed Sport' in the Australian sporting environment
- > identifying the products that are high priority for auditing and communicating support for brands/products that have been appropriately audited.

Coordinated working teams

The expertise of various AIS personnel has been harnessed into a coordinated model to develop and provide oversight of the Framework. These teams will also assist Australian sporting organisations/agencies to develop their own individual supplement programs.

A summary of the various teams is provided in the 2014 program below.

Program for 2014

The following model has been identified to assist Australian sporting organisations/agencies to develop successful sports supplement programs. Priority activities for 2014 are:

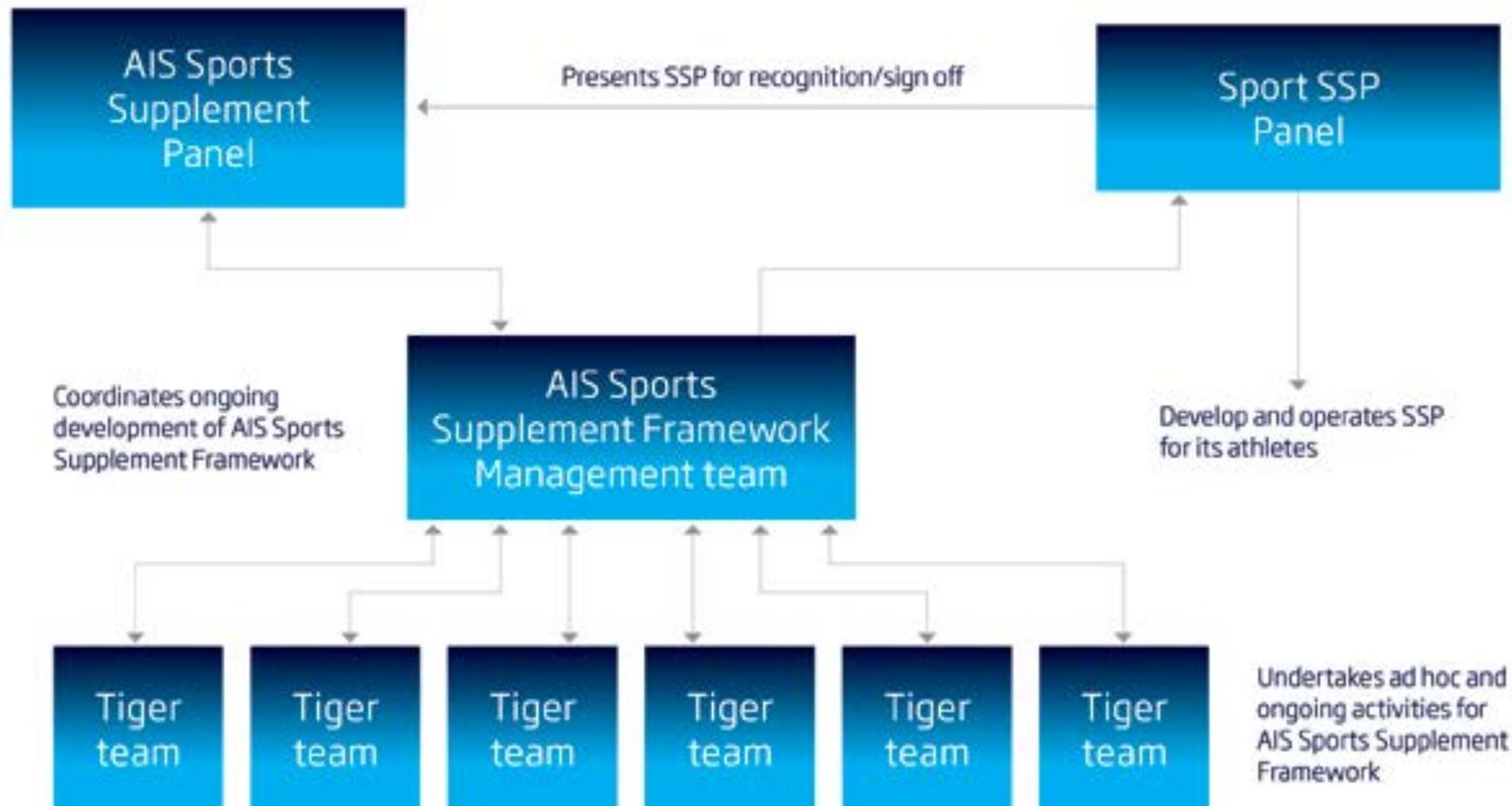
- > launching the AIS Sports Supplement Framework and related resources
- > providing assistance to Australian sporting organisations/agencies to develop their own sports supplement programs, with recognition of those that are aligned with the Framework and have ongoing membership
- > coordination of Tiger team activities involving experts from the AIS and across the Australian sporting system to further develop the Framework into an ongoing national project (see Appendix 2).

Note – expressions of interest for initial Tiger teams should be addressed to Louise Burke (louise.burke@ausport.gov.au; 0422 635 859) by 30 June 2014.

Group	Members	Roles
AIS Sports Supplement panel (includes internal (AIS) and external members)	Louise Burke (AIS) Alison Cooke (ASC) Chris Gore (AIS) David Hughes (AIS) Gary Slater (USC/ARL) Sue White (ASDMAC/SAL) Mark Osborne (SAL) Chris Whittock (AFL)	<ul style="list-style-type: none"> > Interact with major stakeholders. > Ensure governance activities of Framework. > Provide oversight/recognition of national sporting organisation (NSO) sports supplement program activities as invited.
AIS Sports Supplement Framework management team	Louise Burke and AIS Sports Nutrition team. Other key people in AIS and Australian sporting system with an interest in supplement management.	<ul style="list-style-type: none"> > Maintain daily running of Framework. > Organise the secondment of Tiger teams to undertake projects (ad-hoc and ongoing) to support the development and maintenance of Framework. > Communicate with NSOs to provide resources and assistance to set-up individual sport supplement programs. > Facilitate communication within <i>Winning Edge</i> environment and between NSO sports supplement programs.
Tiger teams	Individuals seconded from AIS, NSOs and <i>Winning Edge</i> environment.	<ul style="list-style-type: none"> > Undertake ad-hoc and ongoing projects to keep the Framework evolving as best practice within the <i>Winning Edge</i> environment.
NSO Sports Supplement panel	Individuals from NSOs or seconded to NSOs to manage their sport supplement program.	<ul style="list-style-type: none"> > Develop own individual sports supplement program, with policies on use of sports foods and supplement ingredients by athletes and provision by the NSO > Educate athletes about the policy. > Monitor supplement use by athletes in adherence with policy. > Contribute key people to Tiger teams and communicate with the Framework management team to share experience within <i>Winning Edge</i> environment.

Model for integration of AIS Sports Supplement Framework

Recognises aligned Sports SSP
Provides oversight of AIS Sports Supplement Framework



Appendix 1: ABCD Classification system

Notes:

- > The ABCD Classification system ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance. Decisions regarding the placement of a product are made by an expert group convened by the AIS Sports Supplement Framework to suit the needs and values of *Australia's Winning Edge*. These decisions are regularly re-evaluated.
- > A key goal of the Framework is to minimise the risk of anti-doping rule violations arising through the use of supplements and sports foods. During 2014, a separate program will be implemented to facilitate third-party auditing and batch testing of supplements and sports foods within Australia. The Classification system will be updated to include information on individual brands of supplements and sports foods that require auditing and those which have implemented appropriate programs.
- > The Classification system focuses on sports foods and individual ingredients rather than supplement products and brands. The list in each group is identified as 'examples' to note the list may not be complete. In addition, the Framework identifies concerns regarding two separate types of supplement products that may be involved in all categories:
 - **Supplements sold via network marketing:** Network marketing involves the promotion/distribution of supplements and sports foods via activities that ignore the need for an appropriate scientific evidence base. The policy of the Framework is that these products should not be provided or supported by sports supplement programs
 - **Multi-ingredient products:** These products contain a large list of individual ingredients. In some cases the doses of these ingredients are not stated on the label, with the excuse that it is a 'proprietary blend' over which the manufacturer has special ownership.

Concerns about these products include the lack of an effective dose of some of active ingredients, potential for harmful interactions between ingredients and the increased risk of inadvertent contamination due to the sourcing of ingredients from various locations. Unless an expert panel has deemed such a product is likely to be safe and effective, it should not be included in sports supplement programs. Furthermore, they should be identified as high priority for third-party audit programs.

Group A

Overview of category	Sub-categories	Examples
<p>Evidence level: Supported for use in specific situations in sport using evidence-based protocols.</p> <p>Use within supplement programs: Provided or permitted for use by some athletes according to best practice protocols.</p>	<p>Sports foods – specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods.</p>	<p>Sports drink Sports gel Sports confectionery Liquid meal Whey protein Sports bar Electrolyte replacement</p>
	<p>Medical supplements – used to treat clinical issues, including diagnosed nutrient deficiencies. Requires individual dispensing and supervision by appropriate sports medicine/science practitioner</p>	<p>Iron supplement Calcium supplement Multivitamin/mineral Vitamin D Probiotics (gut/immune)</p>
	<p>Performance supplements – used to directly contribute to optimal performance. Should be used in individualised protocols under the direction of an appropriate sports medicine/science practitioner. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualised and event-specific use.</p>	<p>Caffeine B-alanine Bicarbonate Beetroot juice Creatine</p>

Notes about updates to Group A:

- > Several products previously included in Group B have been elevated to Group A (for example, beetroot juice/nitrate and B-alanine).
- > Group A supplements have been separated into three sub-groups (sports foods, medical supplements and performance supplements) to note the different focus of their actions and the different provision models that should be involved in their use.
- > Fact sheets will be provided for all Group A supplements.
- > Research summaries will be provided for all Group A performance supplements.

Group B

Overview of category	Sub-categories	Examples
<p>Evidence level: Deserving of further research and could be considered for provision to athletes under a research protocol or case-managed monitoring situation.</p> <p>Use within supplement programs: Provided to athletes within research or clinical monitoring situations.</p>	<p>Food polyphenols – food chemicals which have purported bioactivity, including antioxidant and anti-inflammatory activity. May be consumed in food form or as isolated chemical.</p>	<p>Quercetin Tart cherry juice Exotic berries (acai, goji etc.) Curcumin</p>
	<p>Other</p>	<p>Anti-oxidants C and E Carnitine HMB Glutamine Fish oils Glucosamine</p>
	<p>Sick pack Purpose-built, multi-supplement pack used to address specific health or wellbeing issues. Requires individual dispensing and supervision by appropriate sports medicine/science practitioner.</p>	<p>Zinc Vitamin C</p>
	<p>Sleep pack Purpose-built, multi-supplement pack used to address specific issues related to sleep. Requires individual dispensing and supervision by appropriate sports medicine/science practitioner.</p>	<p>TBA</p>
	<p>Rehabilitation pack Purpose-built, multi-supplement pack used to address specific issues related to injury or return to play. Requires individual dispensing and supervision by appropriate sports medicine/science practitioner.</p>	<p>TBA</p>

Notes about updates to Group B:

- > Group B has been expanded to include several high priority areas in which a 'multi-pronged' supplement approach may be useful to achieve goals of athlete wellness and recovery. Specific ingredients or products for these areas are yet to be identified but will be incorporated into Framework activities. These supplement packs will not be identified on the website version of the Framework until such activities have taken place.
- > Fact sheets will be provided for all Group B supplements.
- > Research summaries will be provided for all Group B supplements.
- > The development of monitoring and research tools to use with Group B supplements is a high priority activity for the Framework.

Group C

Overview of category	Sub-categories	Examples
<p>Evidence level: Have little meaningful proof of beneficial effects.</p> <p>Use within supplement programs: Not provided to athletes within supplement programs. May be permitted for individualised use by an athlete where there is specific approval from (or reporting to) a sports supplement panel.</p>	Category A and B products used outside approved protocols.	See list for Category A and B products.
	<p>The rest – if you can't find an ingredient or product in Groups A, B or D, it probably deserves to be here.</p> <p>Note that the Framework will no longer name Group C supplements or supplement ingredients in this top line layer of information. This will avoid the perception that these supplements are special.</p>	Fact sheets and research summaries on some supplements of interest that belong in Group C may be found via on the 'A-Z of Supplements' page in the AIS Sports Nutrition section of the ASC website.

Notes about updates to Group C:

- > Group C has been simplified to remove the names of individual ingredients following feedback that products gain 'notoriety' due to their placement in this group.
- > Fact sheets and research summaries may be produced on ingredients in this group but will be presented on the website as part of an 'A-Z of supplements' compilation. The fact sheet will identify that such ingredients have been placed in the Group C category without drawing undue attention to them.

Group D

Overview of category use within AIS system	Sub-categories	Examples
<p>Evidence level: Banned or at high risk of contamination with substances that could lead to a positive drug test.</p> <p>Use within supplement programs: Should not be used by athletes.</p>	<p>Stimulants World Anti-Doping Agency (WADA) list</p>	<p>Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants</p>
	<p>Prohormones and hormone boosters WADA list</p>	<p>DHEA Androstenedione 19-norandrostenione/ol Other prohormones Tribulus terrestris and other testosterone boosters Maca root powder</p>
	<p>GH releasers and 'peptides' WADA list</p> <p>Technically, while these are sometimes sold as supplements (or have been described as such) they are usually unapproved pharmaceutical products.</p>	
	<p>Other WADA list</p>	<p>Glycerol used for re/hyperhydration strategies – banned as a plasma expander</p> <p>Colostrum – not recommended by WADA due to the inclusion of growth factors in its composition</p>

Notes about updates to Group D:

- > 'Peptides' has been added as a new sub-category.
- > The sub-categories are hyperlinked to WADA list to place responsibility on athlete to check for banned substances and to note that items named in the list are examples rather than an exhaustive list.
- > Colostrum and glycerol have been maintained in Group D due to the concerns expressed by WADA.

Appendix 2: Tiger team activities for 2014

Note – expressions of interest for initial Tiger teams should be addressed to Louise Burke (louise.burke@ausport.gov.au; 0422 635 859) by 30 June 2014.

Tiger team project	Role of the project	Tasks	Required outcomes	Team and deadlines (to be developed)
<p>Inclusion project Ad-hoc team to define role and scope of AIS Sports Supplement Framework.</p> <p>Note – ‘ad hoc team’ refers to a team assembled for a short-term project. When the ongoing activities of the Framework are decided, they will be undertaken by ongoing Tiger teams.</p>	<p>Focus of Framework underpinning national sporting organisation (NSO) programs within the broader context of Australian Sport.</p>	<p>Setting primary focus of AIS/NSO sports supplement programs.</p>	<p>Focus of NSO sport supplement programs on Winning Edge outcomes. Clear delineation of athletes who are covered by <i>Winning Edge</i>.</p>	<p>Professional team representation AOC representation Sport partnership managers AIS Sports Nutrition team</p>
		<p>Finalisation of state institutes and academies of sport (SIS/SAS) and AIS roles in delivering NSO programs.</p>	<p>Understanding that institutes now deliver NSO programs rather than deliver own programs.</p>	
		<p>Consideration of Olympic sports that are not part of <i>Winning Edge</i>.</p>	<p>Consideration of whether these sports should be invited to share resources.</p>	
		<p>Consideration of the role of the Australian Olympic Committee (AOC), Australian Paralympic Committee (APC) and Commonwealth Games Association (CGA) in sports supplement programs.</p>	<p>Consideration of whether these organisations should have official sports supplement programs (ad-hoc for Olympic, Paralympic and Commonwealth Games or permanent).</p>	
		<p>Consideration of professional teams.</p>	<p>Consideration of whether these sports should be invited to share resources.</p>	
		<p>Involvement of NSO supplement programs in schools programs</p>	<p>Understanding of the various systems and whether they should be considered as a sports agency.</p>	

Tiger team project	Role of the project	Tasks	Required outcomes	Team and deadlines (to be developed)
System Categorisation Project 1 Ad-hoc team to define role and scope of Framework and set up a permanent team to manage this function.	The system for updating the ABCD categories.	ABCD categorisations and wording around each category.	Wording around each group.	
		Review system.	Processes for periodic review and ad-hoc adjustments. Template for making a case to have product added/altered in list. Key characteristics for As and Bs. Decision-makers and timelines.	
		Resource development/maintenance.	Process of updating fact sheets and research summaries.	
System Categorisation Project 2 Ad-hoc team	Maximising the value of the B Group.	Group B	Template for research protocols. Template for case management protocols. Promotion of benefits of the approach and streamlining of unnecessary red-tape. Registration for 'B-minus' classification for preliminary research.	
System Categorisation Project 3 Ad-hoc team	Identifying rather than glorifying the C Group.	Group C	Criteria for Group C – should it include brands/ specific products or just ingredients? Website recognition – should items be named in website grid or given less prominence by having a fact sheet included within the 'A-Z factsheet' section, noting that the item belongs in Group C? Resources – when should resources be expended in preparing research summaries/ fact sheets for Group C items? If fact sheet is prepared on ingredients or products/brands, should it include a statement of why the product is considered Group C?	

Tiger team project	Role of the project	Tasks	Required outcomes	Team and deadlines (to be developed)
System Categorisation Project 4 Ad-hoc team	Minimising the doping and safety issues of the D Group.	Group D	Group D – message crafted to include health concerns within doping risk messages? Click through to lists of brand-names which are known to contain banned substances (labelled) or known to have been associated with contamination or health issues. Other resources that could be provided regarding these products.	
Third-party audit systems Ad-hoc team	Minimising the contamination and inadvertent anti-doping rule violation risk of supplement usage.	Facilitation of HFL system (and others) into Australian landscape. Decision on products that need to be tested before being provided to athletes.	Facilitate entry into Australian market and marketing/advertisement of program. Wording around NSO statement regarding requirement? Encouragement? To use only products that have been third-party party audited. List of A/B supplements that need to be tested before being used by NSOs within sport supplement programs. List of A/B supplements that have been tested. List of C Group supplements that have been tested and can then be used by athletes outside NSO program provision (according to some rules).	

Tiger team project	Role of the project	Tasks	Required outcomes	Team and deadlines (to be developed)
Governance Ad-hoc group	Setting up transparency and governance models for use by NSOs in implementing their sport supplement programs.	AIS Sports Supplement panel terms of reference		
		Summary details of NSO's sport supplement program needed for sign-off.	NSO Policy Template of information that NSO needs to provide to allow sign-off.	
		Ideal memberships of NSO sport supplement program panels.	Ideal list of participants on an NSO supplement program panel. Inclusion of medications issues within remit. Help for small sports – independent panel that could provide basic guidelines for NSOs that cannot manage their own systems.	
		Education/awareness module – compliance issues identified.	App or e-learning tool to allow athletes covered by NSOs to know of the sport supplement program and its requirements. Opportunity for logging of completion of module by athlete/coach/NSO employee. Contact with education companies to identify economy of scale approach to developing NSO specific tool.	
		Reporting requirement of athlete supplement use.	Athlete 'database' of supplement use. Process of recording and reporting in NSO sport supplement programs.	
		Outcomes of non-compliance.	Options for dealing with athletes or scenarios of non-compliance with a sport supplement program.	

Tiger team project	Role of the project	Tasks	Required outcomes	Team and deadlines (to be developed)
Provision Ad-hoc team	Setting up models and resources that NSOs can consider.	Models of provision of product to athletes.	Models for sports to provide free products to athletes. Models or sports to provide products to athletes with cost recovery. Models for athlete self-sourcing products following 'permission/prescription'.	Greg Shaw
		Database to log provision.	Models for logging provision.	
Education Ad-hoc team	Setting up models and resources that NSOs can consider.	Awareness model – education issues identified.	Setting up and resourcing.	
		Clearinghouse for Sport maintenance	Set up and resourcing	
		Website	Discussion regarding the feasibility of a single website shared/supported by the AIS, Australian Sports Anti-Doping Authority (ASADA), National Integrity of Sport Unit (NISU), et al. to host a single educational resource about supplements with two layers: 'Free content' about principles of supplements. Password-protected access to individual NSO sports supplement programs.	
		The idea of a iPhone/Android App	What role would the App serve?	

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