



Sports Science and Sports Medicine Policy

Approved by the Board: 23 July 2020
Created: August 2018
Review date: August 2022



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1 Purpose

- 1.1 As the national governing body for the sport of softball, Softball Australia seeks to adopt a best practice approach to its utilization of sports science and sports medicine (SSSM) so as to maximise the experience for players and officials and to ensure their health and safety.
- 1.2 The objective of this Policy is to establish a framework for Softball Australia's SSSM operations and application.

2 Staff

- 2.1 Softball Australia will use its best endeavours to ensure that all its SSSM staff members are appropriately qualified, supervised and subject to Softball Australia's policies including its Anti-doping Policy and Code of Conduct. Softball Australia will do this by:
 - 2.1.1 employing SSSM staff through an open and competitive process with high selection standards.
 - 2.1.2 undertaking adequate checks to exclude individuals with current or past anti-doping rule violations or a history of inappropriate conduct in relation to supplements and/or medications.
 - 2.1.3 ensuring all staff employment contracts capture Softball Australia's policies including its Anti-doping Policy and Code of Conduct so that staff are bound by these policies.
 - 2.1.4 ensuring all independent contractors engaged to provide SSSM services to and for Softball Australia are similarly bound under a services agreement to comply with Softball Australia's policies including its anti-doping policy and code of conduct.
- 2.2 Softball Australia will strive to ensure that its SSSM staff (as relevant and applicable):
 - 2.2.1 attain minimum standards for professional qualifications and, if applicable, professional accreditation, that will be discipline-specific (if necessary).
 - 2.2.2 undergo constant peer-review including annual peer-review of new and existing practices and procedures.
 - 2.2.3 work to written and approved protocols in relation to ethical research.
 - 2.2.4 adhere to industry quality assurance standards and actively engage in continual professional development, thereby reducing:
 - (a) isolation of practitioners working in the field, and
 - (b) potential conflicts of interest for practitioners embedded entirely within a sport.



3 Supplementation policy

- 3.1 Softball Australia acknowledges that athletes are vulnerable to inadvertent anti-doping rule violations if they obtain supplements from their own sources.

Supplement Panel

- 3.2 The Softball Australia Supplement Panel governs Softball Australia's Supplement Policy. The Supplement Panel will comprise:

- Softball Australia COO
- Softball Australia Lead Physio and Strength and Conditioning Coordinators
- AIS Sports Dietitian
- Softball Australia Chief Medical Officer
- Softball Australia coaching representative/s.

- 3.3 The Supplement Panel will:

- meet at least twice per year either in person or electronically to review the Supplement Provision Protocol. No alterations to the Supplement Provision Protocol are permitted except by agreement with Softball Australia's Supplement Panel, and
- report to the Softball Australia Board on an annual basis in relation to the operation of the Panel, and the information provided under this Policy.

Supplement Protocol

- 3.4 The goals of the Protocol are to:

- allow Softball Australia athletes to focus on sound use of supplements and special sports foods as part of their specific nutrition plans
- ensure that supplements and sports foods are used correctly and appropriately to deliver maximum benefits for the immune system, recovery and performance
- give athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practice
- minimise the risk of an inadvertent doping offence, and
- provide the foundation for Softball Australia's High Performance Programs to adopt a consistent supplement policy.

- 3.5 This Supplement Protocol is based on the core principles of:

- athlete safety
- evidence-based science, and
- compliance with the World Anti-Doping Agency (WADA) Prohibited List.

- 3.6 The Supplement Provision Protocol will be applied consistently, regardless of personnel changes within the coaching, nutrition, science, medical or administrative staff.



- 3.7 Any questions (from an athlete or staff member) regarding a new supplement or product should first be directed to the AIS Sports Dietitian who will disseminate information to the Supplement Panel.

Individualised programs

- 3.8 Supplements and sports foods are only to be provided to athletes as part of their individualised nutrition programs.
- 3.9 Prescription is based on individual requirements. It is acknowledged that these requirements change over time based on many factors (training status, training load, competition schedule, body composition goals, injury status, blood markers, dietary adequacy etc) and as such supplement prescription will change accordingly.
- 3.10 Athletes are to be educated by the AIS Sports Dietitian or Sports Dietician involved with their local High Performance Program, regarding the appropriate use, potential benefits and any possible side effects of the product prior to provision.
- 3.11 Use of supplements must only occur on recommendation from a Sports Dietician or Medical Practitioner involved with their local High Performance Program, or an AIS Sports Dietitian.
- 3.12 Softball Australia prohibits athletes from obtaining supplement recommendations from sources external to South Australia or their local High Performance Program staff.

Record-keeping

- 3.13 Any supplement provided to an athlete must be recorded in the Supplement Register section of the Athlete Management System (AMS).
- 3.14 The register must record: supplement name, brand, reason for use, dose, date of commencement and anticipated finish date.

Education

- 3.15 All Softball Australia athletes categorised as Developing A or higher must be educated on the Softball Australia Supplement Policy annually.
- 3.16 All High Performance staff involved with direct athlete performance must be educated on this Supplements Policy annually. This includes, but is not limited to:
- coaches
 - performance services and support personnel, and
 - Softball Australia and High Performance Manager and administrators.
- 3.17 Education sessions will take place at athlete camps at the AIS in Canberra, or via approved education sessions within HPC's as approved by the Supplements Panel.
- 3.18 All athletes must sign the attendance document to indicate they have attended, heard, seen and understood the policy. Attendance will be recorded on the AMS.



Supplement classification

- 3.19 Softball Australia will utilise the AIS Supplement Group Classification System, (SGCS) (in Appendix A) which:
- permits use of all supplements in Group A and Group B of the SGCS
 - permits use of supplements in Group C of the SGCS only where there is specific approval from the Supplement Panel, and
 - prohibits the use of all supplements in Group D of the SGCS.
- 3.20 Supplement list and classification:
- The list in Appendix A is not comprehensive, but rather a list that should be particularly noted based on common supplements and potential for inadvertent doping. Athletes should continue to refer to the WADA Prohibited List <http://list.wada-ama.org>.

Development athletes

- 3.21 The provision of sports foods and supplements can only be made to athletes under 18 years of age if 'real food' options cannot be used to meet their specific nutrient or energy needs at specific times.
- 3.22 Development-age athletes can only be offered use of sports foods and supplements as per their individual program (**Individualised programs**) if:
- they have shown diligence in following a nutritious meal plan (meals, snacks and fluids) suitable for development, performance and health; or
 - specific supplementation is necessary to treat a medically diagnosed nutrient deficiency.

Supplement cautions

3.23 Network Marketing Companies

- Network marketed supplements are not recommended for use.
- It is our recommendation that athletes, coaches and other staff members avoid contact with the distributors of these companies and their products.
- We will not accept products to test on our players.

3.24 Poly-supplements

- Athletes should avoid using 'poly-supplements' (ie those with numerous ingredients) where single ingredient supplements are available.
- It is acknowledged that poly-supplements usually do not contain the required amounts of the stated 'active ingredients' per serve to provide a true benefit.
- The greater the number of ingredients in a supplement the higher likelihood of inadvertent contamination due to ingredients being sourced from various locations.



- Single ingredient supplements are a more effective way of ensuring players are obtaining specific amounts of the desired element. Ingredients in poly-supplements are not always evenly dispersed throughout the product, thereby resulting in the actual quantity of an ingredient per serve not guaranteed.

3.25 Pre-workout Supplements

- The use of pre-workout supplements is not advised given the high risk of contamination leading to inadvertent doping offences.

4 Medication policy

4.1 Athletes frequently require medication for the treatment of illness or injury. Such medications may include prescription medication or over-the-counter medication.

4.2 Athletes must:

4.2.1 only use medication (including but not only anti-inflammatory, pain relieving and sleep-inducing medications) as directed by Softball Australia's Chief Medical Officer (CMO), and

4.2.2 require athletes to report to the CMO when they have obtained or used medication from sources other than the CMO.

4.3 For teams travelling without a doctor:

4.3.1 team therapists or officials should not carry or supply prescription medications for the use of other team members,

4.3.2 team therapists may carry a small supply of basic 'over-the-counter' medication for provision to athletes in specific circumstances,

4.3.3 team members should have an appropriate personal supply of medications for prevention of illness and /or treatment of conditions which may be reasonably anticipate, and

4.3.4 medications should be carried in their original packaging, labelled with the name of the athlete. This is important, as many countries have strict customs and importation laws.

4.4 The general medication kit should contain the following:

- Analgesics – **paracetamol**
- Anti-inflammatory – **Voltaren, Nurofen** or other, as required
- Anti-histamine for allergies if required – **Telfast, Claratyne, Zyrtec** etc
- Anti-diarrhoeal – **Loperamide** (Gastrostop, Imodium)
- Betadine throat gargle
- Topical antiseptic cream
- Alcoholic gel hand rub

4.5 Team members should ensure that their vaccinations are up to date, particularly tetanus, diphtheria, pertussis and polio. Hepatitis A is not covered on the Government schedule,



but a course of two injections provides lifetime cover, and is highly recommended. Other vaccinations may be recommended for some destinations, as advised by the CMO.

- 4.6 Teams that will be away for prolonged periods, or who are travelling to destinations that do not have a high level of medical care, may also be advised to carry other prescription medications, such as antibiotics, with them.
- 4.7 If any medical issues arise when the team is touring, please contact:
Chet Gray, Chief Operating Officer, Softball Australia
t: 61 +416 227 253
e: chet.gray@softball.org.au
- 4.8 If unexpected, or emergency treatment is sourced from local medical providers, the athlete must ensure the local medical practitioner is aware of the requirement for adherence to the WADA code. Please inform Dr Kathy Yu, as soon as practical, of any locally sourced treatment, in case a retrospective TUE is required.

5 Injection policy

- 5.1 There is no role for injection of substances as a routine part of any supplementation program.
- 5.2 Athletes may NOT self-inject and NO individual other than a medical practitioner can administer an injection to an athlete. No unauthorised individual can possess hypodermic needles.
- 5.3 No substances can be injected into athletes except where the treatment of a documented medical condition requires such injection.
- 5.4 No injectable substances can be administered to an athlete by any individual other than a qualified medical practitioner. An exception to this rule may be made where the athlete has a well-documented medical condition (eg diabetes, anaphylaxis-risk), in which case the medical practitioner may provide written permission for the athlete to self-inject within specific parameters. Athletes may also be provided with written permission to possess needles for medical reasons, as outlined above.
- 5.5 Softball Australia through the CMO will keep a register of any athletes in Softball Australia who have permission to self-inject for medical purposes.

6 Education

- 6.1 South Australia will educate athletes, coaches and staff in relation to this policy, specifically in relation to the appropriate use of prescription medications and supplements.
- 6.2 Education on this policy will be included in induction policies for all new athletes, coaches, SSSM staff and other relevant Softball Australia staff.
- 6.3 Softball Australia will maintain an accurate register of all athletes, coaches and relevant staff that have/have not been provided with appropriate education, and an appropriate induction process, including familiarisation with relevant policies.



7 Enforcement

- 7.1 Softball Australia will:
- 7.1.1 investigate any alleged or suspected breaches of this Policy by employees, contractors and athletes, for example under Softball Australia's Code of Conduct
 - 7.1.2 enforce compliance with this Policy, and
 - 7.1.3 impose appropriate sanctions for breaches, and
 - 7.1.4 ensure confidentiality is maintained to allow reporting and investigation of suspected breaches.

8 Governance

- 8.1 The Softball Australia Board and senior management will regularly inform themselves as to SSSM practices of Softball Australia, to:
- 8.1.1 ensure they are best practice, and
 - 8.1.2 promote a culture of integrity; and
 - 8.1.3 comply with legislative and regulatory requirements.
- 8.2 The Softball Australia Board acknowledges that "Don't ask, don't tell" is not an acceptable position.
- 8.3 The CMO will report to the Board and provide it with information on a quarterly basis detailing the use of supplements and prescription medications by athletes over the preceding 12 months. The report will include the following minimum information from management:
- 8.3.1 How many new board members, employees, coaches and athletes have commenced with Softball Australia over the reporting period and of those, how many have undergone an induction process including familiarisation with Softball Australia's SSSM and anti-doping policies.
 - 8.3.2 Any change in key personnel involved in Softball Australia's SSSM program.
 - 8.3.3 If all SSSM staff, including consultants, have had full background checks before being hiring.
 - 8.3.4 If all SSSM staff are appropriately qualified and, if applicable, accredited by an industry accreditation body.
 - 8.3.5 If all SSSM staff are employed on either employment agreements making them bound by Softball Australia's SSSM policies or engaged under contracts requiring them to comply with the SSSM policies and including a right of termination in the event of breach.
 - 8.3.6 If any external SSSM consultants have been engaged, and if so in what capacity.



- 8.3.7 Where a search program exists, how many searches have been conducted over the reporting period on athlete accommodation.
- 8.3.8 If any policy breaches been detected in the reporting period.
- 8.3.9 Identification of any reports of suspected breaches and subsequent management action taken during the period.
- 8.3.10 If current information on the SSSM policies is up to date and available.
- 8.3.11 How many athletes are currently listed on Softball Australia's self-injection register.
- 8.3.12 If information on the Supplementation Protocol is accurate and up to date.
- 8.3.13 A list of supplements/medication being overseen and distributed by Softball Australia during the reporting period, and identification of variances in year to year usage.
- 8.3.14 A summary of any Therapeutic Use Exemption (TUE) administered during the reporting period, including the circumstances of their use and sign-off by the administering doctor, and identification of variances in year to year TUE usage.
- 8.3.15 Financial analysis of Softball Australia expenditure on supplements/medication.
- 8.3.16 Any other matters of known or suspected issues in relation to Softball Australia's SSSM policies, Anti-doping Policy and/or reported misuse of prescription medication.
- 8.4 Softball Australia management will sign off on this report as true and accurate on the same basis as financial reporting, with an assurance that all SSSM practices during the period have complied with Softball Australia's SSSM policies and Anti-doping Policy.
- 8.5 To facilitate the board's oversight function, Softball Australia management will collect and provide all relevant information as required above to the board on a periodic reporting basis.
- 8.6 Softball Australia will communicate the following to athletes and relevant staff as applicable:
- a reminder of supplement/medication program principles and goals
 - expected practice (including a statement reminding all athletes and staff not to engage in the process of taking or acquiring supplements/medications from sources external to Softball Australia without consulting and receiving documented approval from Softball Australia)
 - key documents required from each tier of Softball Australia
 - personnel responsible for specific signoffs and authorisation at each tier of Softball Australia
 - the confidential reporting process that encourages a culture of openness and overall athlete wellbeing as a top priority of Softball Australia.



Appendix A: AIS Supplement Group Classification System

In the Australian Institute of Sport (AIS) Sports Supplement Program, supplements are classified into four groups according to their effectiveness and safety.

<p>Group A</p>	<p>Supplements are supported for use in specific situations in sport and provided to AIS athletes for evidence-based uses. These sports foods and supplements:</p> <ul style="list-style-type: none"> • provide a useful and timely source of energy or nutrients in the athlete's diet. • have been shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in sport.
<p>Group B</p>	<p>Supplements are deserving of further research and considered for provision to AIS athletes only under a research protocol or clinical monitoring activity. These sports foods and supplements:</p> <ul style="list-style-type: none"> • have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance. • are of particular interest to athletes and coaches.
<p>Group C</p>	<p>Supplements have little proof of beneficial effects and are not provided to AIS athletes. This category includes the majority of supplements and sports products promoted to athletes. These supplements, despite enjoying a cyclical pattern of popularity and widespread use, have not been proven to provide a worthwhile enhancement of sports performance.</p> <p>Although we can't categorically state that they don't "work", current scientific evidence shows that either the likelihood of benefits is very small or that any benefits that occur are too small to be useful. In fact, in some cases, these supplements have been shown to impair sports performance, with a clear mechanism to explain these results. We have named many of the products that belong in this category, but others that have not been named in our supplement system more than likely belong here.</p>
<p>Group D</p>	<p>Supplements should not be used by AIS athletes. These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test.</p> <p>For further information on the classification system visit https://www.ais.gov.au/nutrition/supplements</p>



Document control

Ownership and Approval	
Responsible Officer:	Governance, Ethics and Integrity Committee
Approved By:	Softball Australia Board
Authority:	This Policy is made under Softball Australia's Constitution. It is binding on all Members of Softball Australia and is to be interpreted in accordance with Softball Australia's Constitution.
Review Frequency:	Annual
Last Reviewed:	August 2022

Version History				
Version	Release Date	Amendment Summary	Author	Approval
1		Minor amendments, formatting to Softball Australia requirements	Created by Lex Sportiva, June 2018	
2	July 2020	Reviewed by Governance, Ethics and Integrity Committee		Board

Publishing			
Version	Published date	Published by	Published in
2	August 2020	Helen Davis	Website