

Canadian Sport Centre Atlantic (CSCA) Sport Supplement Policy 2018 Operational Guide

This Operational Guide (the working aspect of the CSCA Sport Supplement Policy) is effective on and from _____ 2018

1. Rationale for New Supplement Policy and Operational Guide
2. Position Statement
3. Objectives – Why does the Policy and Operational Guide exist?
4. Application – Who does the Policy apply to?
5. Obligations – Staff
6. Supplement Classification
7. CSCA Integrated Support Team (IST)/Supplement Advisory Group (SAG)
8. Confidentiality
9. Definitions
10. Appendices
 - a. Supplement Safety
 - b. Supplement Classification
 - c. Lower Risk Supplement List
 - d. Sport Food Recommendations for Athletes
 - e. Over-the-Counter Medications for Athletes
 - f. CSCA Supplement Policy – Summary and Consent Form
 - g. Supplement Transactions: Preparation, Distribution and Tracking of Ergogenic Supplements at CSCA

1. Rationale for Supplement* Policy and Operational Guide

This Operational Guide is meant to provide a more comprehensive document for all involved in supplement* transactions with CSCA, in terms of the responsibilities to provide safe and evidence-based guidance on supplement use by athletes engaging with CSCA services. The overarching goal is to uphold the promotion of the ‘clean athlete’ and demonstrate due diligence in assisting athletes to make supplement choices, on an individual basis that offer the lowest possible risk of a WADA doping offence. Thus, the CSCA Sport Supplement Policy, together with this Operational Guide, have been put in place to ensure ‘best in class’ supplement due diligence is adhered to.

***NB. Please see section 9 for definitions of an ergogenic supplement, health supplement/medication and sports foods. In this policy, a “Supplement” can represent an ergogenic supplement, a health supplement/medication and/or a sports food.**

The potential for a World Anti-Doping Agency (WADA) Prohibited List inadvertent adverse analytic finding (doping positive) is rising due to a combination of:

- Increased cross-contamination of supplements and sports foods
- Detection of banned substances in the food supply (Mexico & China, not in Canada)
- Lower detection limits and increasing precision of doping methods/procedures.

The athlete is ***strictly liable*** (see information from WADA website: <http://www.wada-ama.org>) even when a positive analytical finding is due to an inadvertent contamination. Nevertheless, CSCA experts, providing consultation and possibly Sport Food and Supplements for athlete consumption are ethically and professionally bound to undertake supplement procedures and protocols demonstrating the utmost due diligence in ensuring the lowest risk possible for an adverse analytic finding.

2. Position Statement

- 2.1 CSCA acknowledges the use of Supplements and is committed to establishing best practice protocols for supplement use based on the core principles of athlete wellbeing, safety, evidence-based use and compliance with the WADA Prohibited List and WADA Code.
- 2.2 We encourage all National and Provincial Sport Organizations (NSO/PSO) to formulate their own policy on the use of Supplements and Sports Foods as it pertains to their individual sport and unique sport culture. Alternatively, all performance partners are welcome to adopt this CSCA Supplement Policy. It must be stressed that ALL athletes, from any NSO/PSO, obtaining supplements (a Supplement Transaction – see definition Section 10) from CSCA authorized staff, and/or engaging in the use of supplements sourced from CSCA will be required to sign-off on this policy (Appendix E).
- 2.3 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, visit <http://cces.ca/supplements>
- If an Athlete wishes to use Supplements, the best way to mitigate the potential associated risks is to comply with the CSCA Sport Supplement Policy and Operational Guide.
- 2.4 Supplement and Sport Foods use is a personal decision and there is no expectation or requirement that any individual associated with CSCA, or any of its partner NSOs, must use Supplements or Sports Foods.
- 2.5 All ‘commercial’ Supplements (see definition in section 10) distributed or recommended to athletes by CSCA staff will be NSF for Sport, or LGC (formerly known as HFL) tested. (see: <http://www.nsf-sport.com>).
- 2.6 Whenever possible, Sports Foods distributed to athletes by CSCA staff will also be NSF for Sport. Unfortunately, this is not always feasible due to the high cost of testing very low-risk items such as Gatorade or PowerBar products (note: both of these products are not tested, but maintain a similar risk profile to food). In these situations, CSCA will undertake due diligence, working with NSOs and athletes, to help them choose products that satisfy the lowest risk profile possible, considering: mass market products, products from reputable companies with no cross-contamination history, products that are not manufactured in higher risk countries (e.g. China and India) and products from companies that do not also manufacture any substance on the WADA Prohibited List (Appendix C). Nevertheless, strict liability on these products still lies with the athlete (see Item 2.10).
- 2.7 With thousands of supplements available to the consumer, the risk of inadvertent doping is real. Additionally, only a few supplements have legitimate, scientific research suggesting a positive effect on health and/or performance. Thus, in addition to maximizing an athlete’s training and lifestyle choices, CSCA endorses a “food first” philosophy before entertaining the potential performance impact of supplements. CSCA’s approach features the implementation of a balanced, high quality and periodized, performance nutrition plan (strategic use of real food) outlined by a Sport Dietitian as the key nutritional strategy for top performance. Once a food first plan is well established and supplements are deemed to be appropriate CSCA staff will discuss Supplements in accordance with this Policy. (Note, appropriate in this context includes considerations such as an individual’s age and stage of athletic development, as well as deemed beneficial (by athlete, coach and

Integrated Support Team (IST)) to support the athlete's training, performance and nutritional program.

2.8 This Policy and Operational Guide is not a substitute for the professional and individualized guidance provided by a Registered Dietitian (specializing in sports nutrition) or a doctor (specializing in sports medicine). Therefore, all coaches and athletes considering or currently using supplements are encouraged to consult with their CSCA IST or a sport nutrition/physiology professional for more detailed information, discussions, and strategies as it is critical to have accurate information underlying all Supplement decisions.

2.9 The individualized and timely use of a Supplement(s) may assist an athlete to achieve peak performance however, limitations to the regulation of the Supplement industry mean that:

2.9.1. Marketing hype may exaggerate the benefits of a Supplement;

2.9.2. Supplements containing WADA prohibited substances may list these ingredients under alternate names (i.e. geranimine is trade name for WADA banned methylhexanamine);

2.9.3. Supplements may contain a WADA prohibited substance due to accidental or purposeful cross-contamination;

2.9.4. Supplements that pose a potential health risk or negative performance impact are easily available for purchase;

2.9.5. There is currently no guarantee that any particular Supplement is completely free of substances on the WADA Prohibited List.

2.10 If an athlete uses Supplements in an unregulated manner (as outlined in 5.2), they may:

2.10.1. Risk committing an inadvertent 'doping' offence;

2.10.2. Compromise their health and/or performance;

2.10.3. Waste time and money on products that have no measurable benefit on performance;

2.10.4. Set a poor example for other members of the community

2.10.5 Cause displacement of other key nutrients in the diet, potentially resulting in nutritional deficiency or toxicity.

2.10.6. Risk loss of access to CSCA servicing. Not complying with the Policy is a breach of your Canadian Sport Institute Athlete Agreement and sanctions may follow including suspension or termination of your CSCA Supplement Access or Performance Services Support from your CSCA IST members. This is to be determined by the CSCA SAG.

2.11 CSCA supports and has adopted the Australian Institute of Sport (AIS) Supplementation Group Classification System, which provides expert classification of Supplements and is subject to ongoing research, continual review and update.
<http://www.ausport.gov.au/ais/nutrition/supplements/classification>

3. Objectives – Why does the Policy and Operational Guide exist?

This Policy and Operational Guide have been developed by CSCA to:

- 3.1 Provide standardized Supplement guidelines, education and provision protocols that must be followed by all CSCA staff, as well as CSCA registered athletes and coaches who engage in Supplement transactions with CSCA;
- 3.2 Encourage safe and healthy Supplement practices for all athletes including strict liability reminders;
- 3.3 Allow athletes and coaches to make informed decisions on Supplement use by providing access to expert information;
- 3.4 Educate athletes and coaches on the lowest risk use and potential benefits of evidence-based, legal Supplements;
- 3.5 Educate athletes and coaches on the risks associated with Supplement use and on how to identify lower risk products to minimize the risk of an inadvertent doping offence due to contamination;
- 3.6 Ensure Supplement transactions made between athletes/sporting groups and CSCA remain consistent as per established protocol, regardless of personnel changes within CSCA;
- 3.7 Establish a working group to oversee the CSCA Supplement Policy document including identifying lowest risk and research-based Supplements that may be used by athletes; and
- 3.8 Establish a minimum standard of qualification for those persons responsible for Supplement transactions and advice at CSCA.

4. Application – Who does the Policy and Operational Guide apply to?

- 4.1 All CSCA staff involved with Supplement education and transactions including ordering, handling and provision, must comply with and sign consent to the Policy. For further detail, please see Section 5 Obligations.
- 4.2 In order for athletes to obtain a Supplement transaction via CSCA staff, the athlete must also comply with and sign consent to the policy.
- 4.3 There may be rare cases that a coach or NSO may need to sign the Policy, but only if they have satisfied the conditions of a transaction.
- 4.4 For all athletes choosing not to obtain product via CSCA IST, the purpose of this policy is to provide guidance and education in relation to lowering the risk of a potential anti-doping violation or adverse health outcomes associated with supplement use. There is no requirement to comply with this policy unless an athlete decides to undergo a Supplement transaction with CSCA.

5. Obligations

5.1. CSCA Sport Dietitians, Sports Physiologists, Medical Doctors and authorized staff (or any authorized staff engaging in a transaction):

- 5.1.1. Adopt, implement and comply with this Policy, which includes:
 - Attend an internal CSCA education session on the Policy and Operational Guide (lunch and learn or online session);
 - Read the current WADA list of Prohibited Substances and Methods and any further updates to the WADA code on an annual basis (website: <http://www.wada-ama.org>);
 - Each staff member will sign off with the CSCA Performance Services Coordinator annually to confirm updated WADA list and prohibited lists have been read;
 - Read and sign the CSCA Supplement Policy within the first three months of a new Olympic Quad cycle, and in the case of new employees, as part of human resources orientation to CSCA.

- 5.1.2. Ensure the Operational Guide is made available to those bound by the policy;

5.1.3. Ensure that each athlete, appointed coach or relevant NSO staff member involved in a supplement transaction/s receives appropriate education relating to this Policy, this includes:

- CCES annual education online learning video (confirmation can be provided by NSO)
- CSCA education session on the Policy and Operational Guide (lunch and learn)
- Read and sign the appropriate CSCA Supplement Policy and Consent Form (Appendix F);

5.1.4. Ensure that each Athlete, Coach and relevant NSO staff is notified via email update of any change to this Policy;

5.1.5. Ensure that the information recorded on the centrally-documented system pursuant to this Policy, is subject to strict and appropriate access controls in accordance with Canadian privacy legislation;

5.1.6. Ensure that there are opportunities for each CSCA Sport Dietitian, Physiologist and other key members of the Sports Science / Sports Medicine Staff to have their existing practices and procedures peer reviewed;

5.1.7 Remain committed to ongoing research and expert advice from recognized regulatory bodies in relation to sports nutrition and Supplement use;

5.1.8. Ensure that all new CSCA sport physiologists, dietitians and Medical staff with a role in supplement transactions have appropriate qualifications and accreditations, read and sign the Supplement Policy and Operational Guide as part of the CSCA Performance Services staff member orientation, determine what induction practices they have undergone and whether their contracts bind them to comply with this Policy;

5.1.9. Carefully consider the risks of any inadvertent Doping Offence as a result of providing and advising Athletes about Supplements;

5.1.10 Keep all Supplements in secure locked storage in the CSCA facility prior to any Supplement transactions with athletes, coaches or NSO staff. Once a Supplement transaction has taken place, it is the receiver's responsibility to keep the Supplements secure;

5.1.11. Track all incoming and CSCA prepared Supplements and Supplement transactions to CSCA registered athletes, coaches or NSOs in the CSCA Supplement Dispensing Log, found on Google Drive – CSCA Supplement Tracking (Appendix F);

5.1.12. Not enter into any sponsorship or other agreement that does not comply with this Policy and if unsure, will check with the IST/SAG.

5.2 Athletes choosing to sign the Policy will:

5.2.1 Accept the rules and conditions of the CSCA Supplement Policy and Operational Guide.

5.2.2 Be required to participate in CCES education online learning (confirmation can be provided by NSO);

5.2.3 Be required to participate in CSCA education on Supplement safety, the Policy and the Operational Guide (online session or via team Sport Dietitian);

5.2.4 Read the current WADA Prohibited List and Methods annually;

5.2.5 Record all batch numbers for Supplements consumed (either via CSCA staff on the Supplement Transaction Log or by appointed NSO or coaching staff involved in

supplement transactions. Athletes are reminded of strict liability and are encouraged to also self-record batch numbers of all Supplements. Of greater importance is the recording of batch numbers for supplements obtained through other means (online, storefront) where the batch number is not otherwise recorded by CSCA staff or the appointed NSO or coaching individual.

- 5.2.6 Accept liability of Supplement safety once a Supplement transaction has occurred and possession is transferred from CSCA (i.e. Supplements and/or Sports Foods are dispensed to the athlete).

5.3 National Sport Organizations working with CSCA will:

- 5.3.1. Be made aware of and be encouraged to implement and comply with this Policy;
- 5.3.2. Appoint a representative to be the key contact person to sign off on this Policy if the NSO is undertaking supplement transactions;
- 5.3.2. Accept liability of Supplement safety once a Supplement transaction has occurred and possession is transferred from CSCA (i.e. Supplements and/or Sports Foods are dispensed to the coach or NSO staff);
- 5.3.3 Realize that all sponsorship deals with Supplement and/or Sports Foods companies carry associated risk and NSOs should aim to broker sponsorship agreements that include the testing of products for banned substances or carry products that are either NSF for Sport tested.

5.4 Difference of opinion

In the event that there is any difference of opinion between an NSO's Team Doctor and its Sport Dietitian and/or Physiologist, CSCA staff will support the recommendations of its Team Doctor to the extent they comply with this Policy. If an NSO Team Doctor, Coach and/or other staff have Supplement and/or Sports Food approaches outside of this policy, CSCA staff will not be obligated to assist in any Supplement and/or Sports Food interventions.

6. Supplements

6.1. Group A – Sports Foods and Products Conditions

An athlete may use or, a CSCA designated IST member (Sport Dietitian, medical doctor or physiologist) may provide an athlete with a product from the Lower Risk Sports Foods and Products list on the following conditions:

- 6.1.1. they are used in support of a nutrition program that emphasizes appropriate timing, quantity and high quality whole food based meals and snacks;
- 6.1.2. athlete and designated IST staff have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement as well as any potential adverse health effects and the athlete development level;
- 6.1.3. athletes are educated and designated IST staff are informed about the evidence-based use of the Supplement and only recommend dosages that are supported by high-level scientific research and in scenarios where evidence supports use for positive performance or training adaptations within an appropriate training and or competition-based sports nutrition program;

6.2. Group A – Sports Foods and Products Process

An athlete does not require CSCA consultation to use an item listed on the Lower Risk Sports Food and Products list; however, CSCA IST members must only provide athletes with or recommend items listed on the Lower Risk Sports Food and Products list.

6.3. Group A – Sports Foods and Products Rationale

According to CSCA, Lower Risk Sports Foods and Products:

- 6.3.1. provide a convenient and timely source of energy and nutrients in an athlete's diet; and/or
- 6.3.2. have been shown in scientific trials to benefit health or performance, when used according to a specific protocol;
- 6.3.3. have a sufficiently low risk profile so that consultation to use is not required as determined by the CSCA SAG.

6.4. Group A – Other Supplements Conditions

An athlete may use, or a CSCA designated IST member (Sport Dietitian, medical doctor or physiologist) may provide or recommend to an athlete any Group A Supplement other than the Lower Risk Sports Foods and Products outlined above, on the following conditions:

- 6.4.1. the athlete has consulted with their Sport Dietitian, medical doctor or physiologist;
- 6.4.3. the athlete and designated CSCA IST are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and
- 6.4.4. the athlete and CSCA IST have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement.

6.5 Group A – Other Supplements Process

If an athlete wishes to use a Group A - Other Supplement, they must first:

- 6.5.1 only source that Supplement (or recommendation) from a CSCA Sport Dietitian, medical doctor and/or physiologist
- 6.5.2 obtain the supplement themselves using the Lower Risk Supplement List and use as directed by their CSCA Sport Dietitian, medical doctor and/or physiologist;

6.6. Group A – Other Supplements Rationale

According to CSCA, Group A - Other Supplements:

- 6.6.1. provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
- 6.6.2. have been shown in scientific trials to benefit performance, when used according to a specific protocol.

6.7. Group B Supplements – Conditions and Process

Group B supplements follow the same Conditions and Process as Group A - Other Supplements. Please see point 6.1.

6.8. Group B Supplements – Rationale

According to CSCA, Group B Supplements:

6.8.1. have received some scientific attention (not necessarily related to sport), or have preliminary data which suggest possible benefits to performance without adverse health effects; and

6.8.2. are to be used under the conditions of close monitoring for the purposes of scientific research including individual athlete or team case study or trials.

6.9. Group C Supplements – Conditions

6.9.1 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.

6.9.2 if you can't find an ingredient or product in Groups A, B or D, it probably deserves to be here. 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.

6.9.3. According to CSCA and the AIS, Group C Supplements:

6.9.4. Have little meaningful proof of beneficial effects.

6.9.5. Not provided to athletes within supplement programs.

6.9.6. May be permitted for individualised use by an athlete where there is specific approval from (or reporting to) a sports supplement panel.

6.10. Group C Supplements – Process

6.10.1. When signing this policy, athletes understand the considerable risks associated with use of supplements not represented in either Groups A or B and understand that they are strongly discouraged from using by CSCA qualified experts.

6.11. Group C Supplements – Rationale

6.11.1. include the majority of Supplements promoted to athletes;

6.11.2. enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sport performance;

6.11.3. possess benefits that have a very small likelihood of occurring, are too small to be useful or have little or no current scientific evidence;

6.11.4. in some cases, have been shown to impair sport performance;

6.11.5. may present a serious health risk

6.12. Group D Supplements – Conditions, Process and Rationale

All athletes are prohibited from using and all CSCA staff are prohibited from providing any Group D Supplement. When signing the Policy athletes understand Group D Supplements are banned by WADA or are at high risk of being contaminated with substances that could lead to a positive drug test or are at high risk of compromising an athlete's health and safety.

7. CSCA IST/Supplement Advisory Group (SAG)

7.1. CSCA IST will act as a Supplement Advisory Group to:

- 7.1.1. classify Supplements and Sports Foods under this Policy to determine whether they are considered of acceptable (lowest possible) risk or otherwise;
- 7.1.2. consider supplement provision plans submitted for approval by Sport Science/Sport Medicine staff
- 7.1.3. review and monitor the information recorded on the centrally-documented system pursuant to this Policy;
- 7.1.4. provide advice and recommendations on Supplement use
- 7.1.5. review the effectiveness of this Policy
- 7.1.6 the SAG will meet annually in April (and as necessary during the year) to review the policy and the updated WADA Banned substance list
- 7.1.7 at least 80% of the IST must attend a SAG meeting for final decisions to be made (Skype and conference calling satisfying attendance)

7.2 Members of the IST SAG can include (but not limited to):

- 7.2.1. the CSCA Chief Medical Officer (Chair);
- 7.2.2. the CSCA Lead Dietitian;
- 7.2.3. the CSCA Director of Research and Innovation;
- 7.2.4. the CSCA Physiology Lead;
- 7.2.5. an external representative –external representative

8. Confidentiality

8.1. Information about an Athlete or other person within an NSO who is provided for under this Policy must 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.

8.2. Any CSCA staff member who becomes aware of a breach of this policy or possible doping violation must notify:

- 8.2.1. the CSCA Chief Executive Officer (CEO) immediately;
- 8.2.2. the information regarding the breach should be kept in confidence by the CSCA Staff unless the CEO requests it to be shared;
- 8.2.3. it will be at the CEO's discretion as to who is informed and the immediate course of action. Persons informed may include appropriate CSCAI or NSO staff / SAG / Board / CSCA lawyer etc.)

8.3. Any person who reports information to the SAG or to a CSCA staff member about another persons' breach of this Policy will have their identity in relation to that report kept confidential unless:

8.3.1. their identity is required to be disclosed as part of a disciplinary procedure;

8.3.2. their identity is required to be disclosed by law.

8.4. If a person has not complied with this Policy, and as a consequence of any disciplinary action taken by the CCES and their NSO it is impractical or impossible to maintain confidentiality, CSCA is not required to keep confidential the information regarding the non-compliance with this Policy.

9. Definitions

Athlete means any **Participant** who has entered into an Athlete Agreement with CSCA.

CSCA Chief Medical Officer means the chief medical officer of CSCA.

Doping Offence means an offence under the WADA Anti-Doping Code.

Ergogenic Supplement – any amino acids, edible substances, foodstuffs, herbs, minerals, pro- or pre-biotic, synthetic nutrients, and/or vitamins sold singly or in mixtures in controlled dosage forms as cachets, capsules, liquids, lozenges, pastilles, powders or tablets. Ergogenic supplements are intended to increase the intake of certain substances normally derived from food and to top up substances already present in the body with the sole purpose of improving an athlete's adaptation to training and/or sport performance. (Please refer to Appendix C for further details on the few ergogenic supplements considered acceptable by this policy).

Health Supplement/Medication – any clinically indicated (MD or RD) amino acids, edible substances, foodstuffs, herbs, minerals, pro- or pre-biotic, synthetic nutrients, and/or vitamins sold singly or in mixtures in controlled dosage forms as cachets, capsules, liquids, lozenges, pastilles, powders or tablets. These health supplements/medications may be required to be taken by an athlete to correct a known nutrient deficiency or to optimize health and wellbeing as specifically directed and monitored. These supplements are not to be used to compensate for a poorly planned diet. The use of all Health Supplements should be closely monitored and regularly reviewed by the MD and/or RD to reduce the possible adverse effects of toxicity with these supplements. Examples include iron or Vitamin D to address a deficiency. (Please refer to Appendix E to see lower risk Over-The-Counter Health Supplements & Medications).

NSO – National Sport Organization

Participant refers to any person that by way of a CSCA Registration Form, or other instrument, has agreed to be bound by the constitution of the CSCA Supplement Policy. In most situations this is the Athlete or the Coach.

Operational Guide means this current Guide, which is the operational aspect of the Policy

Policy means the Sport Supplement Policy of CSCA.

SAG or CSCA IST will act as the Supplement Advisory Group as described in Article 7 (CSCA Supplement Advisory Group (SAG)).

Sports Food – may be any commercially produced, and mass marketed product in the form of food, gel, confectionary or drink that contains specifically engineered or naturally occurring ingredients and is produced with the purpose of providing a convenient and timely delivery of macro or micronutrients around specific training and competition scenarios to maximize adaptations and performance outcomes. Sports foods may contain concentrated forms of carbohydrates, proteins amino acids, edible additives, herbs,

vitamins, minerals, pro- or pre-biotic, and/or natural and synthetic nutrients. Sports foods are not to be used as a replacement for real food but as a convenient option used at specified times as determined by the CSCA Sport Dietitian in conjunction with the athlete. (Please refer to Appendix C for further details on the lower risk Sports Foods recommended by this policy).

Staff – Sports Science / Sports Medicine Staff of **CSCA**, meaning those members of an Integrated Support Team (IST) that are trained health professionals, including doctors, sport dietitians, physiologists and strength & conditioning staff that may be involved in Supplement transactions. Appendix F highlights the CSCA Sports Science / Sports Medicine Staff ‘authorized’ to conduct Supplement transactions.

Team Doctor refers to the senior medical practitioner of an NSO.

Supplement Transaction – refers to any situation where a CSCA staff directly provides any ‘Ergogenic Supplement’, ‘Health Supplement/Medication’ and/or ‘Sports Food’ to an Athlete, Coach or relevant NSO staff member. This operation may or may not involve a monetary transaction. There are many different types of transactions, including:

- CSCA staff selling to an athlete, coach or NSO
- CSCA staff handing out Supplements to athlete(s) or NSO support staff, as paid for by the NSO
- CSCA staff selling and coordinating to a third-party distributor, who then sells to an athlete, coach or NSO (Example; another CSI/C affiliated Registered Dietitian purchasing supplements from CSCA authorized staff to then sell on to athletes)
- CSCA staff handing out free samples
- CSCA staff selling through a website
- CSCA staff working a “recovery” station on behalf of an NSO at training or competition

World Anti-Doping Agency (WADA) – was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the [World Anti Doping Code \(Code\)](#) – the document harmonizing anti-doping policies in all sports and all countries.

WADA Prohibited List – the World Anti-Doping Agency List of Prohibited Substances and Methods is an International Standard identifying substances and methods prohibited in-competition, out-of-competition and in particular sports. It was first published in 1968 by the International Olympic Committee. Since 2004, WADA has been responsible for the preparation and publication of the List, which it updates every year effective January 1. For further information and to download the most recent copy of the list visit: <http://list.wada-ama.org/>

Whole Foods means food generally procured at a grocery or a farm that has been processed or refined as little as possible before being consumed.

Appendices:

A. Supplement Safety

B. Supplement Classification

C. Lower Risk Supplement List

D. Sport Food Recommendations for Athletes

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I. Supplement Transactions: Preparation, Distribution and Tracking of Ergogenic Supplements at CSCA

10. Appendices

Appendix A – Supplement Safety

***NB. Please see section 9 for definitions of an ergogenic supplement, health supplement/medication and sports food. In this Policy/Operational guide, a “Supplement” can represent an ergogenic supplement, a health supplement/medication and/or a sports food.**

Research has found some supplements to be contaminated with low levels of steroids and stimulants prohibited by WADA, and although NO product can provide a 100% “free of banned substances” guarantee there are several programs that work closely with manufacturers and suppliers testing supplements to minimize the incidence of banned substance contamination. Currently the two third party testing programs that are recognized by CSCA are:

NSF Certified for Sport™

Both of these quality assurance programs help athletes identify sport nutrition products that have been tested for prohibited substances and are manufactured to high quality standards minimizing the risk of inadvertent doping.

Why Does CSCA only recognize NSF Certified for Sport™?

NSF and LGC use testing methods validated and accredited to the ISO 17025 standard in supplements/ingredients. This is the key standard for analytical laboratory testing providing confidence that if contamination exists above the defined limit of detection, then it will be identified and called "positive". Laboratories that do not meet this standard may call a "negative" simply because they are unable to find the contamination, NOT because it is absent.

Some sport nutrition supplements claim to be Good Manufacturing Practices (GMP) certified. Does this mean the supplement is banned substance free?

No. GMP certification, which many companies claim is adequate, only certifies that the manufacturer has processes and controls in place to ensure product quality, traceability and competence. GMP certification does not require the product to be tested for banned substances at an ISO 17025 accredited laboratory. Inadvertent contamination from banned substances is still possible in GMP Certified manufacturing facilities.

Some sport nutrition supplements claim to be WADA certified. Does this mean the supplement is banned substance free?

No. WADA’s role is to bring consistency to anti-doping policies and regulations within sport organizations and governments across the world. WADA is not involved in the testing of, or certification process regarding supplements and therefore does not certify or endorse manufacturers or their products. For more information, please see: <https://www.wada-ama.org/en/questions-answers/dietary-and-nutritional-supplements>

What about the terms Athlete Tested or NPN (Natural Product Number)?

The term Athlete Tested can be found on supplement labels but does not mean third party, certified free of banned substances. NPN simply means that the product has been tested for safety, claims and quality but again is not tested for banned substances.

If a banned substance is not listed on the label, does this mean the product is safe?

This is a common mistake that has resulted in the suspension of some elite athletes. Prohibited substances may appear on the label, but under a different name than what is on the WADA list. For example, a product may contain an ingredient called geranamine. This does not appear on the WADA list, but its chemical name methylhexaneamine does. In this case, an athlete could unknowingly use a supplement they believed to be safe, only to fail a drug test because they did not do their homework.

Additionally, some raw materials may have low levels of cross-contamination or naturally occurring steroidal compounds found in some herbal ingredients and some products are deliberately contaminated with substances that are not listed on the label.

It is very important to research each ingredient that you do not 100% understand. This is easily done using:

- NSF - <http://www.nsf-sport.com/contact.asp>
- Your CSCA Sport Dietitian to answer any supplement questions you may have

Bottom Line – it is recommended to only use products that have been screened for banned substances using ISO 17025 accredited methods.

Three Ways to Source a Third Party Tested Product

At the Store

Look for NSF Certified for Sport™ seal



Some companies test only a few of their products so it is critical to look carefully for the NSF for Sport label on each product, every time you make a purchase. It is also important to cross-check your supplement purchase against the lot or batch numbers which are listed on the NSF for Sport websites. It is also a good idea to take a screenshot of your search and save it to your own files in case it is ever needed in the future.

Additionally some companies produce NSF certified products which is a different certification than NSF Certified for Sport™. These products are not tested for WADA prohibited substances. Be sure to know the difference between these labels.

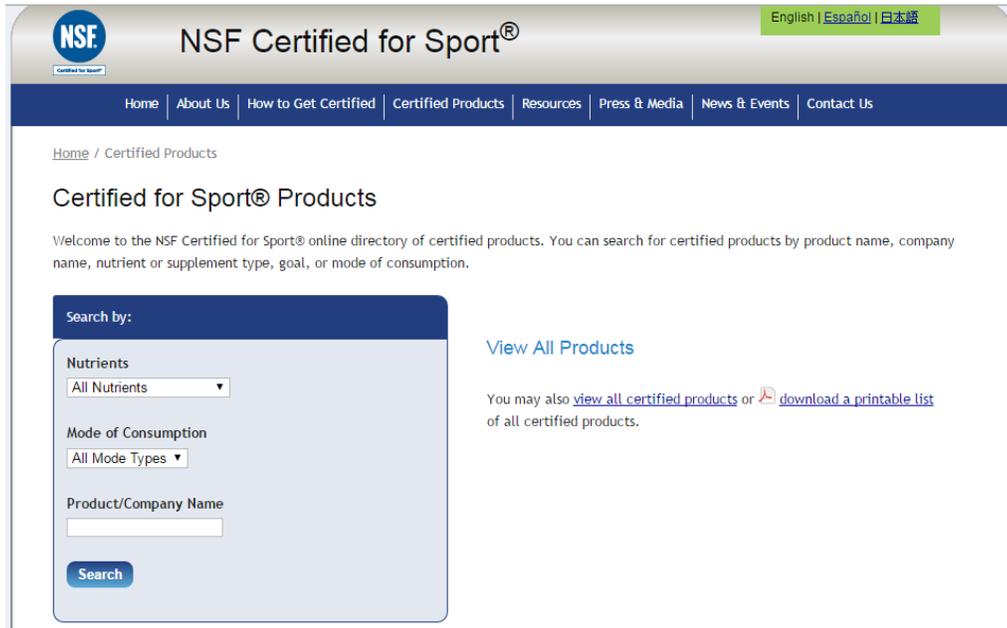


Online

Check out:

- http://www.nsf-sport.com/listings/certified_products.asp to search for NSF for Sport certified products by product name, company name, nutrient or supplement type, goal, or mode of consumption and for a printable list of NSF Certified for Sport™ products.

- the NSF for Sport App – available for download at: http://www.nsf-sport.com/sport_app.asp



The screenshot shows the NSF Certified for Sport website. At the top, there is a navigation bar with the NSF logo and the text "NSF Certified for Sport®". Below the navigation bar, there is a search interface with the following elements:

- Search by:** A section with three search criteria:
 - Nutrients:** A dropdown menu currently set to "All Nutrients".
 - Mode of Consumption:** A dropdown menu currently set to "All Mode Types".
 - Product/Company Name:** A text input field.
- Search Button:** A blue button labeled "Search".
- View All Products:** A blue link labeled "View All Products".
- Additional Information:** Text stating "You may also [view all certified products](#) or [download a printable list](#) of all certified products."

Through CSCA

CSCA purchases from INFINIT Nutrition Canada whom regularly send batches of specific products for testing through LGC labs. These products are tested specifically for purchase by Canadian Sport Institute athletes and NSOs and can be purchased at your CSCA Halifax location.

Can I Use an Untested Supplement?

Some supplements an athlete may consider using are not currently available as either NSF for Sport certified. Many of these products are considered low-risk. Low-risk Supplements includes products from large multinational companies such as Gatorade or Nestle Power Bar or Canadian sourced multivitamin and mineral supplements or pharmaceutical grade iron supplements. See below for a list of products that CSCA has identified as low-risk due to NSF for Sport certification, pharmaceutical grade or company reputation.

Remember that no product can provide a 100% "free of banned substances" guarantee and that even with third party certified products it is important to remember that not EVERY supplement container from a certified batch is tested (only a sample is tested). Thus, there is still a small risk of potential supplement contamination. CSCA is therefore not responsible or liable if an athlete tests positive as a result of taking dietary supplements and the athlete accepts full liability for the supplements they ingest. Be a wise consumer; to help assess the risk profile of any supplement, always seek advice from a qualified Sport Dietitian prior to the purchase and use of any supplement.

Further Reduce Your Risk

If you choose to use supplements that are not NSF for Sport certified you should take the following additional precautions to minimize your risk. These precautions may help demonstrate that you were not significantly at fault if a violation occurs as a result of supplement use. Although in most circumstances a

violation will still be declared, proof that the utmost caution was observed may be taken into consideration when the sanction is imposed.

- Chose products from reputable companies only
- Avoid products from, or manufactured from ingredients from China, India or Mexico
- Make a direct enquiry to the manufacturer and get a written guarantee that the product is free of any substances on the WADA Prohibited List. Be aware though that in the case of a small company or a company that primarily services the general public, a positive test associated with their product may not matter to them at all.
- Ask if the manufacturer makes any products that do contain prohibited substances at the plant where the supplement is produced. If prohibited substances are present in a manufacturing plant, the risk of cross-contamination with the supplement is very high – **DO NOT USE!**
- Ask if the manufacturer is prepared to stand behind its product. If they are not – do not use their products.
- Have proof showing the sensible and obvious precautions you took before taking the supplement to address the various risk factors associated with its use.
- Record all batch numbers of the Supplements used for potential presentation to WADA, the Canadian Centre for Ethics in Sport and/or your sport federation in the event an inadvertent doping offence occurs.

The Following Guidelines or Check Points Are Necessary Prior To and During Supplementation:

- 1) Assessment completed by Medical Doctor and Registered Dietitian.
- 2) Consider the pros and cons associated with supplement use (including anti-doping risk, health risks, evidence for use and cost)
- 3) Discussion with coach.
- 4) Protocol outlined with Registered Dietitian and/or physiologist before taking supplements.
- 5) Use of low risk, or certified banned substance free supplements only (see below for definitions)
- 6) Trial supplements in training and several competitions before use in a major competition.
- 7) Supplements need to be reviewed prior to each International competition and the Health Services Team and NSO IST should be made aware of all supplements being used by an athlete either by direct communication or by an entry into the appropriate major games Electronic Medical Records.

Appendix B – Supplement Classification

AIS Supplementation Group Classification System (adapted for CSCA)

<http://www.ausport.gov.au/ais/nutrition/supplements/classification> (As of May, 2018)

Category	Supplement – see Lower Risk Sport Food and Products and Lower Risk Supplement lists for specific brands
<p>Group A Sport Foods and Products CSCA Policy: May be used in support of a nutrition program. Rationale for Policy: Shown to benefit performance, when used according to a specific protocol.</p>	<p>Carbohydrate-electrolyte beverages Sport gels Sport confectionary such as gummies, beans or blocks Liquid meal replacements Whey protein Sport bars Electrolyte replacements</p>
<p>Group A – other CSCA Policy: May be used in support of a nutrition program. Rationale for Policy: Shown to benefit performance or health, when used according to a specific protocol.</p>	<p>Iron supplements Calcium supplements Multivitamin and mineral supplement Vitamin D Probiotics Caffeine Creatine Beetroot juice (nitrate) Beta alanine Sodium Bicarbonate</p>
<p>Group B CSCA Policy: May be used in support of a nutrition program. Rationale for Policy: Generally deserving of further research or shown to benefit performance only in specific sports/sport situations</p>	<p>Quercetin Tart (Montmorency cherry) Exotic berries (acai, goji, etc.) Curcumin Anti-oxidants (Vitamins C and E) Carnitine HMB Glutamine Fish Oils Vitamins and minerals outside group A</p>
<p>Group C CSCA Policy: Prohibited Rationale for Policy: Not provided to athletes within supplement programs. May be permitted for individualized use by an athlete where there is specific approval from (or reporting to) a sports supplement panel.</p>	<p>If an ingredient or product cannot be found in Groups A, B or D, it probably deserves to be here. 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>
<p>Group D CSCA Policy: Prohibited. Rationale for Policy: Banned or at high risk of contamination.</p>	<p>All products and substances listed on the WADA prohibited list. Please refer to the WADA website http://list.wada-ama.org/ to download the most up to date WADA prohibited list of banned substances;</p>

Last updated May 2018. For annual review in January by CSCA. Please see the WADA website for the most comprehensive and up to date list of banned substances. <http://list.wada-ama.org/>

Appendix D – Sports Food Recommendations for Athletes

Below are some specific Sport Foods assessed to be lower risk products that have not undergone batch testing for WADA banned substances. This list only considers risk and does not take into account the specific nutritional qualities of a particular product. If you are uncertain about whether a product is right for your training and competitive goals, please contact your CSCA Sports Nutrition, Medical or Physiology practitioner.

If you use Sport Foods and Beverages, we recommend you consider the following:

Always aim to choose sport foods that are tested for WADA banned substances. The number of products available is growing every year. For specific products please see:

http://www.nsf sport.com/listings/certified_products.asp

Batch tested products on these websites are considered lower risk. Be sure to match the batch number on the product you are planning to purchase with the batch number on the above website's product list.

CSCA also endorses both INFINIT Nutrition Gold products or specific batch tested Precision Nutrition products. Although not registered on the NSF for Sport websites, these companies both produce LGC batch test products specifically for CSI. Please order online at:

<http://infinittenutrition.ca/productcart/pc/viewCategories.asp?idCategory=29>

<http://www.bodyenergyclub.com/catalogsearch/result/?cat=0&q=hf>

or you can purchase through the CSCA Halifax location.

As per this policy, CSCA recommends athletes bound by this policy keep record of batch numbers for the Sports Foods used, noting this is an added precaution for the athlete's benefit. Recording of batch numbers for Sports Foods is the sole responsibility of the athlete.

Guidelines for Untested Sport Foods

If the product you would like to use is not NSF for Sport, LGC tested, consider the following guidelines to select a low-risk product always keeping in mind that you are fully responsible for everything you consume and that WADA follows a policy of strict liability that resides with the athlete

Choose:

- Major companies without a publicly documented history of a positive analytical finding in any of their products (i.e. Nestle, Power Bar or Gatorade)
- Larger, established companies (i.e. 1 million or greater in sales) producing low risk products such as eload or Clif.
- Canadian companies must comply with Health Canada's quality control regulations which are very stringent. Purchasing products sourced and made in Canada may be lower risk than products made in other countries with differing manufacturing laws.

Specific Sport Foods Currently Not Tested for Banned Substances

Carbohydrate Electrolyte Beverages and Gels: Gatorade, PowerAde, E-load, Power Bar.

Bars: Elevate, Power Bar, Clif or “food ingredient only” bars such as Lara bars. Be sure to check the labels of bars from small or lesser known companies as many contain whey or soy proteins.

Protein Powders: Please see Lower Risk Supplement List or only use whey protein isolates, caseins, branched chain amino acids or plant-based proteins that have been tested for WADA banned substances by a certified third party such as NSF for Sport.

*Some products such as Gu or Vega are not specifically named on the above list only because they are either NSF for Sport tested and can be located via the NSF websites.

If you have any questions please seek expert advice from a CSCA Sport Dietitian or CSCA medical practitioner.

Appendix E – Over-the-Counter Medications for Athletes

There are many companies that sell “over the counter” products for the treatment of individual health concerns. It is recommended that any medication consumed is *under the direction of a medical doctor*. Medications will not have not undergone batch testing and some products contain active ingredients that are not permitted in competition. It is important to read labels as the products and their ingredients change over time. You **must** check all ingredients on Global Dro (<http://www.globaldro.com/CA/search>) to be sure they are safe and either approved for out of competition or in competition or both. When possible, try to review your choices with a pharmacist, who knows you are an athlete who is part of a testing pool and make them aware of the global DRO website.

Appendix F – CSCA Supplement Policy – Summary and Consent Form

This Policy was approved by the CSCA Board and is effective on and from _____, 2018. It is supported by CSCA Supplement Policy Operational Guide published May, 2018.

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 ABD Supplement Classification system outlined above, as well as lower risk brands of sports foods and over the counter medications and checklists for athletes and staff to consider prior to introducing a supplement to an athlete’s nutritional program.

Written by Elizabeth Johnson, Susan Boegman, Trent Stellingwerff and Rebecca Hall – CSI Pacific 2015. Modified by Angela Dufour – CSCA 2018.

1. Background

Whenever possible, CSCA encourages athletes to implement a wholesome natural diet. This is supported by the International Olympic Committee (IOC) statement on supplements from the 2018 Nutrition Consensus meeting: “Some supplements, when used appropriately, may help athletes to meet sports nutrition goals, train hard, and stay healthy and injury-free. A few supplements can directly enhance competition performance. However, it takes considerable effort and expert knowledge to identify which products are appropriate, how to integrate them into the athlete’s sports nutrition plan, and how to ensure that any benefits outweigh the possible negative side effects, including the potential for an Anti-Doping Rule Violation (ADRV). A strict risk-benefit analysis involving a decision tree approach to the effectiveness, safety and risks should identify the small number of products that may benefit the athlete. Such an analysis requires the input of a well-informed sports nutrition professional.”¹

However, CSCA acknowledges the use of supplements² among athletes and that supplements may assist an athlete to achieve peak performance, although this varies between individuals. CSCA 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 WADA Prohibited List.

There currently is no guarantee that any particular supplement is completely free from the substances on the WADA Prohibited List. In fact, the potential for an inadvertent adverse analytical finding (doping positive) is rising due to a combination of:

- Increased contamination of supplements (accidental cross or deliberate contamination);
- Banned substances used in food production (Mexico & China, not in Canada); and
- Lower detection limits and increasing precision of 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 a positive analytical finding is due to an inadvertent contamination (see information from WADA website: <http://www.wada-ama.org>).

Therefore, CSCA 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

¹ IOC consensus statement on dietary supplements and the high-performance athlete 2018. *J Sports Med* 2018;0:1-17.

² There is no internationally recognized consistent legal definition of a “supplement”. For the purpose of 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 separated into distinct categories of risk.

and procedures are followed thereby demonstrating the utmost due diligence in ensuring the lowest risk possible for an adverse analytic finding.

2. Position Statement

2.1. 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.*

- 2.2. Supplement use is a personal decision and there is no expectation or requirement that any individual associated with CSCA, or any of its partner NSOs or PSOs (National or Provincial Sport Organization) use and/or implement supplements.
- 2.3. 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, CSCA 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, CSCA 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.
- 2.4. This Policy should not be considered a substitute for any person seeking the professional advice of an accredited practicing dietitian or doctor. 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 CSCA IST professional for more detailed information, discussions and strategies.
- 2.5. All Performance Supplements highlighted as Group A – (ii) Other Performance Supplements (see 3.1 below) distributed to athletes by CSCA will be products that are tested for banned substances in an **ISO 17025 accredited lab**; currently NSF, or LGC tested (<http://www.nsf-sport.com>) 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.
- 2.6. Athletes and/or NSOs must declare their use of all supplements and doses and update supplement lists in relevant databases or associated documentation; adhere to directions provided by the CSCA 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).
- 2.7. Athletes under the age of majority (19 years of age in NS) 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. Supplement Classification

CSCA supports and has adopted the world-leading AIS Supplementation Group Classification System <http://www.ausport.gov.au/ais/nutrition/supplements/classification> 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 CSCA Supplement Policy Operational Guide for the full list of supplements in the ABD Classification System.

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

Group A supplements are supported for use in specific situations in sport using evidence-based 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 profile that must be evaluated prior to safe use.

3.1.1. 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 that contain specifically engineered ingredients to enhance an athlete’s acute/chronic exercise training/adaptation and/or sport performance. If choosing to use a Group A (i) Sports Food or Product, athletes will be directed to the Group A (i) Sports Foods and Lower Risk Products list as those on the list have been identified as having a lower risk profile.

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

Medical/Health Supplements are used to treat clinical issues, including diagnosed nutrient deficiencies, and include supplements such as iron or Vitamin D. Performance Supplements are used to potentially contribute to enhanced performance. In general, identified Performance Supplements have been shown in numerous scientific trials to benefit performance, when used according to a specific protocol, with specific athletes in specific sports/events. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualized use. An athlete may choose to use Group A ‘Other’ supplements (Performance Supplements and Medical/Health Supplements) in individualized protocols under the direction a CSCA designated IST (Sport Dietitian, Medical Physician or Physiologist).

3.2. Group B Supplements

Group B supplements have received some scientific attention (not necessarily related to sport) or have preliminary data which suggest possible benefits to performance. They are deserving of further research and could be considered for provision to athletes under a research protocol or case-managed monitoring situation. An athlete may only use Group B Supplements in a controlled research study or under the guidance and monitoring of a CSCA designated IST (Sport Dietitian, Medical Physician, or Physiologist). A Group B Supplement may move up to the Group A category when enough new evidence via clinical research warrants.

3.3. Group C Supplements

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. If an ingredient or product can not be found in Groups A, B or D, it probably deserves to be here. Note that the Framework will not longer name Group C supplements of supplement ingredients in this top line layer of information. This will avoid the perception that these supplements are special.

3.4. 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 CSCA staff acting in support of athletes, are strictly prohibited from using and/or distributing any Group D Supplements.

ACKNOWLEDGEMENT

I acknowledge and certify that I have read and understand the CSCA Sport Supplement Policy and agree to comply with it.

Signature

Print Name

Date

Name of Parent or Guardian (if under 19)

Signature

Appendix G. Supplement Transactions: Receiving, Storage, Distribution and Tracking of Ergogenic Supplements at CSCA

Transaction- refers to any situation of a CSCA staff directly handing out an 'Ergogenic Supplement', 'Health Supplement/Medication' and/or 'Sports Food' to an Athlete or NSO. This operation may or may not involve a monetary transaction.

1. Supplement Receiving and Storage

Receiving Supplements:

All tested supplements purchased by CSCA will be received in the following standardized manner: CSCA staff will complete the Supplement Transaction Log found on the Google Drive:

Storage

All supplements (including powder products, vitamins, bicarbonate, sodium citrate, caffeine etc.- see Supplement definition in Section 10) will be kept in secure locked storage at each of the CSCA Halifax location until a Supplement Transaction takes place with an Athlete or NSO representative.

2. Supplement Tracking and Distribution

Transaction Log

To allow for optimal tracking, all Supplement transactions to athletes or NSO representatives by CSCA staff must be listed in the CSCA Supplement Transaction Log, which can be found on Google Drive:

Only supplements purchased, prepared and/or dispensed by CSCA will be tracked via our Transaction log.

NSOs that have their own Supplement and/or Sports Food sponsorship agreements will be completely responsible for their own dispensing logs and dispensing their Supplements and Sports Foods directly to their own athletes.

CSCA Staff Approved to Conduct Supplement Transactions

Supplement Transactions, as defined in Section 10 of the CSCA Sport Supplement Policy and the beginning of this appendix, will only be permitted to occur with staff who meet the following criteria:

2.1 CSCA Staff including Medical, Nutrition, Physiology who have signed the Sport Supplement Policy and have taken the annual on-line CCES program Risk Management Workshops for National and Multi-Sport Organizations and have undergone the Supplement Education induction annually. The workshop consists of a two-day workshop aiming to enhance the effectiveness of decision-making among sport leaders. Other discipline areas such as Strength and Conditioning and Athlete Coach Services may also be included in certain circumstances where it makes sense either logistically or from a service delivery perspective (i.e. Rugby).

2.2 CSCA IST STAFF

2.2.1 Nutrition

- Lead Performance Dietitian
- Performance Dietitians
- Interns

2.2.2 Physiology

- Lead Physiologist
- Physiologists
- Interns

2.2.3 Other

- Medical Sports Physician
- Strength and Conditioning Coaches
- CSCA Office Manager
- CSCA Athlete Services Manager
- Additional staff may be trained to provide supplements when above staff are unavailable