

# Supplement Policy

June 2016

<b>Policy Approved</b>	June 2016
<b>Review cycle</b>	Three year or as necessary
<b>Last review</b>	2016
<b>Next review</b>	2019
<b>Responsible staff member</b>	CEO
<b>Responsible group</b>	Anti-Doping & Integrity Panel
<b>Inform</b>	Whole Sport
<b>Authorised by</b>	Council

# 1. Introduction and policy statement

## Background

In October 2015, a revised Supplement Policy was considered and published. This was to replace the existing policy. This matter was discussed at the March 2016 Anti-Doping Advisory Panel meeting with the outcome that the revised policy be proposed for formal adoption by the Board and subsequently the Council. The revisions were approved by Council on 7<sup>th</sup> June 2016.

## Supplement Policy

A supplement should be considered to be any substance consumed deliberately by a rower to enhance their daily diet, (a nutritional supplement) or to elicit a performance enhancing or ergogenic effect (a Performance Supplement), or to self-treat ill health or injury.

Medication prescribed by a doctor is not a supplement and does not fall under the Supplements Policy. All medications should be checked on Global DRO to ensure they are not banned for sports participation.

In the UK, supplements must comply with food labelling regulations of 1996. There is no requirement in food law to take sport safety or doping issues into account. Ingredients do not have to be listed on product labels if they are less than 25% of the final product. These ingredients may include substances prohibited by the World Anti-Doping Code. Food laws within Europe and the rest of the world are not uniform, and as such supplements bought overseas, over the Internet or by mail order pose an even greater threat.

## Assess the Need

Before taking a supplement ask yourself if there is anything else that could be improved – are you training smart, are you giving yourself the best recovery opportunities and are you consuming enough calories to fuel your training - are these calories primed before and after exercise for instance? This assessment may require reference to the GBRT Basic Nutrition Guide and discussions with your coach, your parent, a nutritionist or your doctor. The GBRT Basic Nutrition guide provides practical information on nutrition for an aspiring rower and recipes which in some areas will provide a cost effective alternative to supplement use (e.g. hydration drinks, protein shakes). The guide can be found on the British Rowing website: <https://www.britishrowing.org/knowledge/online-learning/training-advice/>

In our sport, no vitamin or mineral supplements should be required if a rower is consuming adequate energy from a variety of foods to maintain bodyweight whilst training. However for rowers following a vegetarian diet, or have sustained an injury or who need to make weight, individual specialist dietary assessment may be required.

**Junior rowers** should not be using any supplements without medical prescription; rowers under 18 years of age are advised to concentrate on learning and implementing good training, good diet and well-rehearsed recovery strategies.

## **Assess the Risk**

If a supplement is thought to be advisable after assessment (e.g. an electrolyte drink for training in hot conditions) it is important that a rower uses **ONLY** batch-tested supplements. All batch-tested supplements in the UK are listed on [www.informedsport.com](http://www.informedsport.com).

## **Assess the Consequence**

Supplements should be regarded as the final tweaking in performance rather than the foundation to performance. The arbitrary use of supplements brings significant risks both to your health and to your longevity in sport - an inadvertent positive drug test could bring a ban from sport of up to 4 years.

British Rowing strongly advises against the arbitrary use of supplements.

British Rowing