
FFA Sports Supplements and Medication Guidelines

1. BACKGROUND

This document sets out the guiding principles and provides general advice to all Players and Officials in Australia on the issues surrounding the use of sport supplements, injections and medication.

These guidelines are to be read with FFA's Anti Doping Policy and are designed to underpin Football Federation Australia's (**FFA**) education programme for Players and Officials. FFA's Anti Doping Policy can be found here: <http://www.footballaustralia.com.au/insideffa/statutes>

These guidelines will be reviewed regularly by FFA, including relevant experts, to ensure they maintain their relevance.

2. NEED FOR SUPPLEMENTS

FFA discourages the use of supplements, other than well known and reputable sports drinks and energy bars. In general, good nutritional practices negate the need for the use of sport supplements.

3. AIS SPORTS SUPPLEMENT PROGRAM

Any Player that is using (or considering using) a sport supplement should access the Australian Institute of Sport (**AIS**) Sports Supplement Program for further information.

FFA endorses the AIS Sports Supplement Program which can be found on the AIS website here: www.ausport.gov.au/ais/pathways

The AIS Sports Supplement Program *"is designed to provide world's best practice in the research, education and provision of sports foods and supplements"* and is subject to regular review and updating by a panel of medical experts.

4. INFORMING THE DOCTOR

All Players should speak to their Club Doctor before taking any supplement.

All Players must inform their Club Doctor of all supplements they are taking – including those distributed by the Club, purchased by the Player and/ or given to the Player by a person not associated with the Club.

5. SUPPLEMENT CONTAMINATION

Generally speaking, it is safer to resource supplements that are manufactured in Australia than to source them from overseas.

All Players need to be aware that there *"is a small but real risk"* that a sport supplement they may be taking, contains a prohibited substance (WADA Code/ FFA Anti Doping Policy). This prohibited substance may be declared on the label, or may result from contamination during manufacture.

6. APPROVAL FOR INJECTIONS

Players must not receive any injections unless they are approved by the Club Doctor.

Players must not self inject unless this has been approved by a Doctor for medical purposes (e.g. insulin for diabetes mellitus, adrenalin for severe allergic reactions).

7. SPORTS SUPPLEMENTS COMMITTEE

Each Club must establish and maintain a Supplements Committee:

- (a) to oversee the provision and distribution of supplements by the Club; and
- (b) to ensure that these guidelines are adhered to.

This Supplements Committee must consist of at least 3 members including:

- (a) the Club Doctor (Chair);
- (b) a member of the Club's coaching or conditioning staff; and
- (c) a member of the Club's medical staff (in addition to the Club Doctor).

8. ANTIDOPING WARNING

Each Player is solely responsible for what they consume. Generally speaking, this is irrespective of whether the sport supplement was given to the Player (and deemed to contain no prohibited substances) by anyone else, including a sport scientist or Doctor.

Any Player who is found to have taken a prohibited substance will be subject to the relevant disciplinary processes under FFA's Anti Doping Policy.

9. MEDICATION

9.1 Provision of medication

No medication should be provided to a Player other than as recommended by a medical practitioner for the treatment of a specifically diagnosed medical condition. This includes the use of pain relief (i.e. analgesics) and anti-inflammatory medication. 'Over the counter' medication (e.g. analgesics, low dose anti-inflammatories) should only be provided to a Player if approved by the Club Doctor.

The Club Doctor is the only person at the Club who should prescribe medication to a Player. If a Player is taking, or has obtained, medication from another source, including another medical practitioner or Club staff member, the Club Doctor should be informed immediately.

9.2 Storage and security

Any medication kept within the Club's facilities or equipment must be stored in a secure location. Access to such medication should be restricted to the Club Doctor and certain other Club staff as authorised by the Club Doctor.

9.3 Medication register

The Club must keep a written register of all medication under its control and any medication it has distributed to its Players including:

- (a) the type of medication;
- (b) the recipient;
- (c) the person who distributed the medication;
- (d) the quantity/ dosage;
- (e) the date provided; and
- (f) signed confirmation that the distribution had been approved by the Club Doctor.

The Club Doctor must review this register on a regular basis and provide the register to the Chief Executive Officer and Board of the Club on a quarterly basis.