University Of British Columbia Athletics
Sport Supplement Guidelines

These guidelines have been adapted, with permission, from the Canadian Sport Institute Pacific Supplement Policy.
The information contained in this document is accurate at the time of conception and will be updated with appropriate emergent information. These guidelines are effective as of March 1st, 2019.

Background

UBC Athletics encourages athletes to implement a wholesome natural diet. This is supported by the International Olympic Committee (IOC) statement on supplements from the 2010 Nutrition Consensus meeting: “the use of supplements does not compensate for poor food choices and an inadequate diet. Of the many different dietary ergogenic supplements available to athletes, a very small number may enhance performance for some athletes when used in accordance with current evidence under the guidance of a well-informed professional. Athletes contemplating the use of supplements and sports foods should consider their efficacy, their cost, the risk to health and performance, and the potential for a positive doping test.”

UBC Athletics acknowledges the use of approved supplements among athletes and that a small number of approved supplements may assist an athlete to achieve peak performance, although this varies between individuals. UBC Athletics is therefore committed to establishing best practice protocols for approved supplement use based on the core principles of athlete health and safety, evidence-based science, and compliance with the World Anti-Doping Agency (WADA) Prohibited List.

There currently is no guarantee that any particular supplement is 100% free from the banned substances identified on the World Anti-Doping Agency (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 (China, Mexico and India not in Canada)
- 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).

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.
Therefore, UBC Athletics experts are willing to work with athletes and coaches to provide consultation, and in some cases, minimal risk supplements for athlete consumption. This would occur only after appropriate evaluation and procedures are followed thereby demonstrating the utmost due diligence in ensuring the lowest risk possible for an adverse analytic finding.

1. Position Statement

1.1. 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](http://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.

1.2. Supplement use is a personal decision and there is no expectation or requirement that any individual associated with UBC Athletics use and/or implement supplements.

1.3. 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 have no supporting scientific evidence at all. Thus, UBC Athletics 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. UBC Athletics approves the appropriate use of supplements in accordance with this Policy to support the athlete’s training and nutritional program if good nutrition foundations have been established and if appropriate for the individual’s age and stage of athletic development.

1.4. This document should not be considered a substitute for any person seeking the professional advice of an accredited practicing dietitian or doctor. 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 an appropriate member of the UBC Athletics Integrated Support Team (IST\(^3\)) professional for more detailed information, discussions, and strategies.

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\(^3\) Appropriate members of the IST include (but may not be limited to) dietitians, physicians, sport physiologists, and strength/conditioning coaches
Whenever possible, supplements distributed to athletes by a member of UBC Athletics’ IST will be NSF Certified for Sport (http://www.nsfsport.com/), Informed Choice or LGC tested (https://www.informed-choice.org/). This is not always feasible due to the high cost of testing very low-risk items such as carbohydrate electrolyte beverages and bars. In these situations, appropriately qualified UBC Athletics’ IST experts will undertake due diligence while working with athletes, to help them choose products that satisfy the lowest risk profile possible. This may include but is not limited to mass market products, products from reputable companies with no cross-contamination history, products that are not manufactured in higher risk countries (e.g. China, India, Mexico) with less stringent food standards) and products from companies that do not manufacture any substance on the WADA Prohibited List.

1.5. Athletes must record their use of all supplements and doses; adhere to directions provided by the UBC Athletics 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).

1.6. Athletes under 18 years of age should not use supplements without medical and nutritional advice and should concentrate on learning and implementing good training regimes, proper nutrition, and recovery strategies.

ACKNOWLEDGEMENT

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

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Signature

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Print Name

________________________________________________________________________
Sport

________________________________________________________________________
Date