



## Guide to Supplements and Other Substances in Netball

Oakdale Netball Club accepts that their athletes may require medication in the best interest of their own health and well-being and we are guided by Netball Australia 'B: Supplements and Other Substances in Netball Rule'.

The club aims to take steps to be aware of supplements in sports (i.e. netball) and will take steps to avoid their use by educating and supporting the health and wellbeing of our members (athletes, coaches, umpires, club official and volunteers). The club will, when necessary, identify and escalate such inappropriate use of supplements to the most appropriate governing authority.

The Club:

- Accepts to educate our athletes that whilst some supplements can assist them to achieve peak performance; the use of supplements should be part of the athlete's overall nutrition plan, guided by experts, sound science and specific needs of the athlete.
- Acknowledges that a 'food first' position, whereby Athletes are encouraged to meet nutritional needs via diet, before considering using ergogenic-aid type supplements for performance enhancement
- Our members are aware of the principle of World Anti-Doping Agency and Australian Sports Anti-Doping Authority frameworks and the Australian Institute of Sport (AIS) Sports Supplement Program
- Acknowledges that there are certain **professions** that may be subject to legally disclose information and do so with respect to confidentially

For further information please refer to the 'Netball Australia Policy Document, Integrity in Netball Framework' and includes the Attached 'Rule: B: Supplements and Other Substances in Netball' or email Netball Australia's Integrity unit at email: [integrity@netball.com.au](mailto:integrity@netball.com.au)

### References

Australian Institute of Sport (AIS) Sports Supplement Program and website <https://www.ausport.gov.au/ais/nutrition/supplements> Cited June 2018

Australian Sports Anti-Doping Authority (ASADA) website <https://www.asada.gov.au/rules-and-violations/anti-doping-rule-violations>. Cited June 2018 Ref to Netball Aust website.

Netball Australia Policy Document: 'Integrity in Netball Framework', effective 24 February 2017. Cited June 2018

Netball Australia 'B: Supplements and Other Substances in Netball Rule', effective 24 February 2017, Cited June 2018.

This guideline is reviewed and endorsed by the Committee of the Oakdale Netball Club. Last reviewed M Kroschel January 2023

Signed:

*Bronwyn Thain*

Bronwyn Thain President of Oakdale Netball Club

Date: January 2023

[oakdalenetballclub.com.au](http://oakdalenetballclub.com.au)