Rationale

Supplements include any synthetic or natural chemical in the form of a formulated food, a tablet, capsule, gummy, liquid, tincture, or powder that is consumed orally for the purpose of enhancing health and function, including athletic performance. They also include sports bars, sports drinks, sports gels, liquid meal replacements and any other oral form of ergogenic aid

Many supplements have little or no health or performance benefits. In addition, there are potential health and doping risks associated with their use. Further, supplements are not a substitute for ensuring that all training and nutrition aspects of preparation are addressed

Swim Ireland Recommendation

Swim Ireland recommends that supplements only be used in conjunction with advice and recommendations from a sports physician/doctor, sports nutritionist or sport physiologist, and as part of an overall nutrition programme.

Supplements should only be used after the following has been considered:

a. Will it put an athlete's health and safety at risk?
i.e., is it SAFE?

b. Does it comply with the WADA code? This is essential if the athlete is in a World Aquatics or Sport Ireland testing pool or competing at State, National or International level events
i.e., does it contain a BANNED SUBSTANCE?

c. Is there evidence-based scientific support for its use and has it been shown to be effective?
i.e., does it WORK?

Swim Ireland advises the following:

- Athletes should focus on a well-planned training program that develops good technique, skill and fitness, supported by adequate nutrition and recovery practices. Focusing on sound nutrition and recovery practices will give athletes a better platform for performance than supplements.

- Athletes under 18 years of age should not use supplements unless there is a specific nutrition requirement identified by a sports physician/doctor, or sports nutritionist. Ergogenic supplement use is strongly discouraged in junior athletes.

Zero Tolerance

Swim Ireland maintains a zero-tolerance policy regarding the use of supplements that are not batch-tested and/or do not display the *Informed Sport* logo (as outlined at the bottom of page 2). In exceptional cases, such as when specific performance needs or availability issues arise, athletes may request prior approval to use alternative supplements. This request must be submitted in advance, via written communication to the Head of Sport Science and Sports Medicine at: **kevinmcguigan@swimireland.ie**

If the need for alternative supplementation stems from a medical condition (e.g., an allergic or adverse reaction to an approved product), a concession may be granted upon submission of a doctor's note or medical certificate. In such instances, the Head of Sport Science and Sports Medicine will collaborate with the athlete and their home programme coach to source an equally reputable supplement that meets the necessary standards.

The zero-tolerance policy is intended to minimise the following risks to the individual and the NGB and Team:

- **Individual Risk**: Using a supplement which has not been produced to batch tested standards or has been accidentally contaminated can lead to a failed test. This also results in an athlete being unable to provide a

defence in this event, resulting in a four-year ban (first offence) or lifetime ban (second offence), plus removal of funding and NGB support and often the end of an athletic career

- **NGB & Team Risk**: In the event an avoidable failure of a test occurs, the reputation of Swim Ireland, the staff and all athletes become irreparably tarnished within the worldwide sporting community. It is each individual's responsibility to take steps to negate and minimise this risk

Supplement Overview & Must-Do's

As previously stated, it is vital that a good food-first diet forms the foundation of any athlete's nutritional strategy. However, if an athlete makes the well-informed choice to use products to supplement this (with advice and recommendations from a sports physician/doctor, sports nutritionist or sport physiologist, and as part of an overall nutrition programme), then the responsibility for what an athlete takes is solely with the athlete and athletes must ensure that these come from safe sources.

Athletes should download batch-testing certificates for all supplements they are using. If the athlete cannot do this because the company cannot provide either the appropriate testing regimen or the paperwork related to the supplement, then do not use or cease using this supplement.

Athletes should keep a small sample of each new supplement batch they are taking with a note of batch number. In the event of cross-contamination, this can be tested to establish an issue with a particular batch (if the worst happens and gives an athlete an additional line of defence)

The companies listed at the foot of this document all provide entire supplement lines which are batch-tested and approved for athlete use. From this point forwards, these are the **ONLY** providers that Swim Ireland and our key partners are happy to recommend, due to their established protocols, track records and ongoing work with numerous NGB's. Swim Ireland have sought discount codes to make them even more attractive to athletes in relation to any former providers they may have been using.

Important Cross-Reference Points

Supplement brands should only be used if they have their supplements third party audited by Informed Sport via http://www.informed-sport.com - Please become familiar with the informed sport Logo (below) and get into the habit of looking for this on the packaging of any supplement before use.

For medicines, you can check individual ingredients on the label of a medicine (and not food supplements) on Medcheck Sport Ireland for medicines bought in the Republic of Ireland or on Globaldro (Global Drug Reference Online) www.globaldro.com for medicines bought outside the Republic of Ireland. This provides athletes and support personnel with information about the prohibited status of specific medications and ingredients based on the current World Anti-Doping Agency (WADA) Prohibited List.

These processes provide "checks" on the contents of supplements that can be a reassurance but this is NOT a guarantee, and should be undertaken before purchasing and using any supplement

Note that meat products from China and Mexico are at risk of contamination from the banned substance Clenbuterol

Swim Ireland Approved Supplier
Where Swim Ireland have an approved sport supplement provider, this provider shall be named and discount codes/product may be available to National Programme members and full-time members of National Centres, with further information available via kevinmcguigan@swimireland.ie

Recommended Sports Supplement Providers

Perform Nutrition
Perform Nutrition are the current nutritional partner of Swim Ireland. You can access their Batch Tested products at the following link
Batch Tested Products – Perform

Discount Code (30% off): Swim30

HealthSpan Elite Healthspan Elite | Informed-Sport Vitamins & Supplements ***(Discount Code (20%): SINIHEALTH)***

Science in Sport SiS | Endurance Sports Nutrition | Science In Sport | Science In Sport

6D Sport Nutrition 6d Sports Nutrition | 100% science based sports nutrition | 6d Sports Nutrition

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