



## Supplement Position statement

Fife College recognises that student athletes may choose to utilise supplements but feel it is the college's role to educate students of the key information and potential risks in doing so. The aim of this position statement is to ensure students have adequate information to ensure an informed decision is made on the use of supplements.

Fundamentally Fife College believes in promoting a healthy balanced diet from wholesome foods & good hydration to meet the nutritional requirements without the need for additional supplementation. However, Fife College respects the freedom of the individual to choose the most appropriate nutritional strategy for them.

Student athletes need to understand the policy of 'strict liability'. This means that it is the individual student athlete's responsibility to ensure that anything ingested by them is free from prohibited substances. This includes both unintentional and unknown usage which are both treated as a rule violation and subject UKAD disciplinary procedures.

Student athletes should be aware that many supplements may be contaminated with or contain ingredients not listed on the labelling. This could result in a rules violation in which the athlete would be liable. Therefore, Fife College would advocate the following recommendations to reduce the risk to the athlete of consuming a prohibited substance from supplements.

1. Assess the Need, Assess the Risk, Assess the Consequence (ANRAC)

It is important that the student athlete first assess the need for supplementation or whether it can be achieved by consuming a healthy balanced diet. Where possible the student may wish to discuss this with a Dietician or Qualified Nutritionist (a register of Performance Nutritionists can be found at [www.senr.org.uk](http://www.senr.org.uk)).

As stated above supplements may contain prohibited substances not listed on the label either intentional or not. Athletes should be reminded that they have 'strict liability' and thus may face a sporting ban because of a failed test. Student athletes should assess both the risk and consequence of a failed test prior to using any supplement.

2. Utilise Informed Sports ([www.informed-sport.com](http://www.informed-sport.com))

If you have followed the ANRAC protocol and feel that supplementation would still be beneficial Fife College would recommend using the Informed Sport Batch testing service. The Informed Sport programme reduces the risk of a substance containing a prohibited substance by batch testing products to check for banned substances. However, this service is not a guarantee and an athlete would still be liable in the event of a prohibited substance being found in their system. To use the service, you must check both the product and the batch number you are intending to use against the database. Furthermore, it is important that you continually check your supplement and batch numbers with this database.