

Weightlifting Ireland

Supplements Policy

Preface

Weightlifting Ireland does not support, promote or sanction the use of supplements for the use of performance enhancement. This is a personal choice made by the athletes, and should be taken with appropriate knowledge, forethought and diligence when choosing to use supplements, and in the choice of supplements used.

To aid our athletes in these decisions the following information is freely available as well as how to avoid potential doping violations.

Remember: It is the sole responsibility of the *athlete* to ensure that they maintain proper knowledge of any substance taken as part of their dietary, medication, recreational or training regime. Any adverse findings will have to be explained by the athlete, and they will bear the consequences should any prohibited substances or their metabolites be present in any samples taken.

General Guidelines

1. Athletes should focus on good eating and drinking practices to support optimum performance.
2. The use of supplements should not be recommended by schools, coaches, teachers or others involved in the training of athletes. – As per the codes of ethical conduct, coaches who have athletes test positive, and with sufficient grounds to suspect prior suspicion or knowledge of any such doping are liable to have their licence revoked.
3. Weightlifting Ireland strongly advises against the use of nutritional ergogenic aids without proper understanding as to their usage and potential harmful effects from misuse.
4. Athletes with medical conditions (for example diabetes, asthma, coeliac disease and nutritional allergies) should receive appropriate medical and nutritional advice to assist their optimum performance.

5. Subject to medical advice, athletes should check all over the counter, prescribed or dietary requirements as per the prohibited substances list as well as TUE requirements

Introduction and information from the ISC

Sports supplements are commonly used by athletes in the hope of maximising the benefits of participating in sport. Understandably sports people can be confused about the issues around sports supplements. It is important to remember that there are risks associated with supplement use.

The Irish Sports Council recommends against the use of sports supplements for the following reasons:

We believe that a correct dietary and nutritional regime will provide all the potential benefits of sports supplements.

We believe that, given the World Anti-Doping Agency (WADA) principle of strict liability, elite athletes are opening up the possibility of inadvertent positive tests by taking supplements.

We believe it is inappropriate for any junior athlete or player to be taking supplements that could have an impact on their physical development.

General Advice

Do:

Follow a dietary plan that will allow you to adapt your eating and drinking practices to maximise your performance.

Seek advice from a professional such as a Sports Dietician (e.g. a Member of the Irish Nutrition and Dietetic Institute MINDI, www.indi.ie) before taking any supplement.

Make sure that the professional is familiar with the WADA Prohibited List.

Remember that dietary alteration may replace the need for any particular supplement.

Remember that there is a variable level of risk associated with supplements. Vitamins and minerals produced by reputable pharmaceutical companies especially those with a marketing authorisation number such as a product authorisation (PA) number are less likely to be associated with health risks or inadvertent drug tests.

Check if these products are listed on www.eirpharm.com (for products bought in the Republic of Ireland) or www.globaldro.com (for products bought in Northern Ireland).

Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination with anabolic steroids, stimulants and other contaminants.

Always remember that there are no quick fixes for improving sports performance

Do Not:

Do not take a supplement just because a team mate or a competitor is taking it or recommends it.

Do not take any supplements made by a company which also manufactures substances which are on the WADA Prohibited List due to the risk of cross contamination.

Do not take any supplements that make claims that sound too good to be true. Always validate product claims through non-biased sources.

Do not take any supplements made by a company which in the past has been associated with positive drugs tests.

Do not buy supplements either over the internet or through magazines as they are more likely to be associated with an increased risk of inadvertent doping, adverse health effects and other associated problems.

Do not exceed the recommended dose - Remember more is not always better. Excessive use of one vitamin or mineral can have a negative impact on the availability or absorption of another. The recommended daily allowances (RDA) for vitamins and minerals should be used as a guide in determining nutritional needs.

Read the full Supplements and Sports Food Policy

Sports Supplements Factsheets

The Supplements and Sports Food Policy was developed by the Supplements and Sports Food Sub-Committee of the Irish Sports Council consisting of Mr Brian Mullins (Chair), Ms Noreen Roche, Dr Bill Cuddihy, Dr Rod McLoughlin, Dr Gary O'Toole, Dr Mary Flynn, Dr Elaine Breslin and Ms Lisa Regan.

In an attempt to educate athletes, coaches and parents the sub-committee commissioned the development of factsheets, for athletes over 16 years of age, which look at a range of sports supplements and outlines the potential benefits and risks of these products. Each factsheet is supported by a more in depth technical document which may be of interest to some athletes and others. Factsheets can be accessed on the Institute of Sport website.