



April 2013

Wise Choices in Supplement Use

On behalf of Athletics Canada and the Integrated Support Team, we hope that you are training hard, keeping healthy and that preparations for major competitions taking place this year are going as planned.

This letter and its attachment are to emphasize Athletics Canada's position on the use of supplements.

It is important that coaches, athletes and support staff are aware of the supplements that their athletes are taking. It is imperative that we are all in a position of trust and accountability for the health and safety of all athletes. As an athlete, coach or support staff person, if you are "prescribing" or suggesting supplements, this is considered to be unethical unless you have professional experience in this area of sport practice or have had a discussion with either Dr. Thyer or Dr. Stellingwerff. **In the event of a positive test, you may be considered compliant.**

Athletes must be aware that labels may not list all ingredients and that manufacturers periodically make changes to ingredients and this may not be reflected on the label. If the brand/batch you are using is not being rigorously tested and certified by NSF (http://www.nsf sport.com/listings/certified_products.asp) or Informed Choice (<http://www.informed-choice.org/>) you may be at increased risk. Please find more information in the attached document on how to reduce your risk while receiving maximum benefits from supplements.

We do acknowledge the use of effective supplements as an element of performance support when directed by professionals.

Yours in sport,

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