



## BAA Supplement Policy

A supplement should be considered to be any substance consumed deliberately by an Athlete to enhance their daily diet (a nutritional supplement) or to elicit a performance enhancing or ergogenic effect (a Performance Supplement), or to self-treat ill health or injury.

Food supplements are defined as 'any food the purpose of which is to supplement the normal diet and which is a concentrated source of a vitamin or mineral or other substance with a nutritional or physiological effect, alone or in combination and is sold in dose form'.

Medication prescribed by a doctor is not a supplement and does not fall under this Supplement Policy. In Bahrain, food supplements are unregulated and there is no requirement in law to take sport safety or doping issues into account. Ingredients in supplements may include substances prohibited by the World Anti-Doping Code. This does not take into account food legislation in other countries which are not uniform, and as such supplements bought overseas, over the internet or by mail order pose an even greater threat.

### Assess the Need

The BAA strongly advises against the arbitrary use of supplements. Before taking a supplement ask yourself if there is anything else that could be improved – are you training smart, are you giving yourself the best recovery opportunities and are you consuming enough calories to fuel your training? Are these calories primed before and after exercise for instance?

This assessment may require discussions with your coach, your parent, a nutritionist or your doctor. In athletics, no vitamin or mineral supplements should be required if an athlete is consuming adequate energy from a variety of foods to maintain bodyweight whilst training. However, there are circumstances in which the BAA may recommend athletes seek dietary assessment by a specialist before using supplements including:

- athletes following a vegetarian or vegan diet.
- athletes who have sustained an injury.
- athletes adopting a special diet for medical/religious reasons.
- athletes fasting for religious reasons.



Junior Athletes should not be using any supplements without medical prescription. Athletes under 18 years of age are advised to concentrate on learning and implementing good training, good diet and well-rehearsed recovery strategies.

### **Assess the Risk**

If a supplement is thought to be advisable after assessment (e.g. an electrolyte drink for training in hot conditions) it is important that an athlete only uses supplements following advice from the BAA, BNADO and/or the AIU. If in doubt, contact the BAA's Anti-Doping & Integrity Officer.

### **Assess the Consequence**

Any use of supplements should be regarded as the final adjustments required for performance rather than the foundation to performance. The arbitrary use of supplements brings significant risks both to your health and to your longevity in sport. All Athletes are reminded that you are solely responsible for any banned substance you use, attempt to use, or is found in your system, regardless of how it got there or whether there was any intention to cheat.

All athletes must be aware that an inadvertent positive drug test as a result of supplement use could result in a ban from all sport of up to 4 years.

September 2024