4 November 2020

**Warning Supplement Use**

World Skate Medical Commission wishes to re state the warning to all World Skate participants about the dangers of supplement use .

Review of Doping Control Forms from the 2019 World Roller Games indicates that a large variety of supplements are being consumed by World Skate athletes some of which are listed as dangerous for sport participation. The prohibited substance may not be listed on the label or it may be listed under a different name. An example is “pouching tea extract”. If you search “pouching tea extract” in google it tells you it contains “AMP citrate” or DMBA, a prohibited substance. The evidence is that supplements either don’t work or they contain a banned substance that we know is performance enhancing. Supplements purchased over the internet have even greater risk.

While it can never be guaranteed that a supplement does not contain a prohibited substance you can reduce the risk by checking for the substance and batch number on [www.informed-sport.com](http://www.informed-sport.com) and / or USADA site supplement411. You need to create an account to view supplement 411 but this is easy and free

**Supplement Use – Athletes all levels – What if I Test Positive?**

* If you are claiming the AAF was because of a contaminated supplement some points to consider
	+ You should have recorded the supplement on the DCF
	+ You should be able to provide the supplement
	+ You have to prove you weren’t using the supplement for performance enhancement
	+ You need to prove that you have researched the product for prohibited substances – 1 in 5 supplements contain prohibited substance often not declared on the label
	+ Researched the product on google or similar
	+ Researched on webpages and apps provided for the purpose including independent “batch testing” companies. These companies can’t give a guarantee that the product is free from prohibited substances but the risk is very much reduced. Some examples are of third party analysis companies are – click the link to access the site
		- [NSF International Certified for Sport](https://www.nsfsport.com/)
		- [HASTA supplement checking](https://hasta.org.au/supplement-testing/)
		- [Informed Sport](https://www.informed-sport.com/supplement-search/tags/informed-sport-australia)
	+ Some more useful sources of information
		- [USADA supplement guide](https://www.usada.org/athletes/substances/supplement-411/supplement-guide/)
		- [Sport Integrity Australia – Supplements in Sport](https://www.sportintegrity.gov.au/what-we-do/anti-doping/supplements-sport)
		- Sport Integrity Australia Clean Sport Mobile app from apple stores or google play
		- Globaldro does not contain advice re supplements or naturopathic product
* As detection of very small amounts of prohibited substances is now possible WADA is working to provide threshold levels for substances likely to be contaminants and in quantities unlikely to enhance sporting performance
* World Skate best advice is don’t use any supplements especially if they are unregulated supplements”.

**Food Contamination – Clenbuterol**

* We are aware that clenbuterol is a contaminant of meat in some countries including
	+ China, Mexico, Guatemala
* You have to be in one of these countries when or shortly before the test was done
* A food diary is helpful
* Recorded level has to be low and compatible with food contamination

If the results management team is not satisfied with your explanation, after the investigation process, you will receive a letter of charge which will contain details of the test, offer of B sample analysis, possible sanctions, options to reduce sanctions and right to a fair hearing.

Given that evidence is that at least 1 in 5 of supplements marked for sport contain a banned substance really think “do I really need to take this product or is there a better way to improve performance?”

Under the WADA code and World Skate Anti-Doping Rules 2021, the athlete takes full liability for substances found in his sample and the consequences are severe. A sports ban or sanction which can be four (4) years means that the athlete cannot participate in any sport that is a signatory to the WADA code in any capacity until the ban expires.

World Skate advises all participants to think carefully before using supplements and examine other ways of enhancing sports performance such as modification to training programme, nutrition and life-style generally.

Attached is a web link to a video interview with an Australia athlete who tested positive for higenamine included under a different name in a supplement she was taking. It clearly demonstrates the effect this experience has had on the athlete

**https**[**://www.youtube.com/watch?v=s3p5xNRyZsQ**](http://www.youtube.com/watch?v=s3p5xNRyZsQ)