



POSITION STATEMENT

The Use of Ergogenic Aids by Cyclists to Enhance Cycling Performance

SENIOR DIVISIONS (Elite Men, Elite Women, U23 Men, U23 Women, Masters)

Position:

For all senior division athletes listed above, Cycling Australia endorses the information and advice provided by the **Australian Institute of Sport (AIS) Sports Supplement Program** - which has been developed to ensure that all AIS athletes use supplements and sports foods safely and appropriately. Check for up to date information at;

<http://www.ausport.gov.au/ais/nutrition/supplements/classifications>

Athlete Declaration:

All Elite, U23 and Junior athletes within a Cycling Australia, AIS or State Institute/Academy program or sub-program are responsible for the declaration of supplements used to supervising team/program coaching staff and managers.

JUNIOR DIVISIONS (including Junior U19 Men and Women)

Position:

Cycling Australia encourages junior cyclists to pursue excellence in their sport through a combination of structured training programs, healthy diet and a balanced lifestyle.

Cycling Australia (CA) strongly discourages the use of sports performance supplements which have NO nutritional or medical benefit. (eg. *Caffeine, creatine, pseudoephedrine, carnitine*)

With reference to the AIS Supplement Group Classification at;

<http://www.ausport.gov.au/ais/nutrition/supplements/classifications>

Cycling Australia strongly discourages the use of all **Group B, C, and D** supplements for all junior athletes and considers that developing junior athletes have more important priorities and more effective methods for improving their ability to perform at the highest level – specifically: physical conditioning through structured training programs, sound and balanced nutritional practices, natural recovery techniques such as stretching, racing tactics and strategies, technique development etc.

Approved:

The following **GROUP A** supplements are considered to be safe and have some nutritional value. CA does not oppose their use by junior division members provided they are used in combination with a balanced diet;

- sports drink
- electrolyte replacement supplements
- liquid meal supplements
- sports bars
- sports gels (non-caffeinated)

With Medical Supervision:

It is recommended that junior athletes seek advice from a sports dietician or medical doctor for the use of the following **GROUP A** supplements. Professional advice can assist junior athletes to ensure that these products are used in combination with a balanced diet to support training and competition performance.

- multivitamins
- iron
- calcium
- antioxidants
- sick pack
- glucosamine

Strongly Discouraged:

In addition to discouraging the use of **Group B, C and D supplements**, CA strongly discourages the use of the following **Group A Supplements** with junior athletes. They are deemed to have **NO** nutritional value. They are considered performance enhancing supplements and should be reserved for use by elite level senior athletes only, under medical supervision.

- Creatine
- Glycerol
- Bicarbonate
- Caffeine

Coach Advice:

Cycling Australia accredited coaches in both professional and volunteer positions are strongly discouraged from endorsing or providing any specific advice on the use of specific sports supplements for junior category athletes. Athletes should be referred to this document and to medical professionals for specific advice on medically related supplements

Athlete Declarations:

Junior athletes have the responsibility to declare all supplements and medications to team coaching staff at club, state and National level.

National Teams, State Institutes/Academies:

National team coaching staff and National Training Centres are strongly encouraged to support the position and advice within this Cycling Australia document when dealing with all athletes.