



BASEBALL AUSTRALIA (BA)
NATIONAL INTEGRITY FRAMEWORK:
SPORTS SCIENCE SPORTS MEDICINE POLICY

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Contents

| | |
|---|---|
| 1. Introduction | 1 |
| 2. Application of Policy..... | 1 |
| 3. Scope..... | 1 |
| 4. Policy Advisory Panel | 2 |
| 5. Education | 2 |
| 6. Staff Integrity and Capability | 2 |
| 7. Supplement Policy | 3 |
| 8. Medication Policy..... | 4 |
| 9. Injection Policy | 5 |
| 10. Prohibited Conduct | 6 |
| 11. Reporting and Oversight..... | 6 |
| 12. Detection and Enforcement..... | 6 |
| 13. Changes to this Policy | 7 |

1. Introduction

- 1.1. Athletes face increasing pressure to perform across a range of sports, both in Australia and internationally. BA recognises that some of the companies, practitioners and individuals who associate themselves with sport are promoting products and practices that are not in the best interests of athletes or the integrity of Australian baseball.
- 1.2. BA has developed this Sports Science and Sports Medicine (**SSSM**) Policy to operate in conjunction with the BA National Integrity Framework (**Framework**), the existing BA Anti-Doping Policy and Illicit Drugs Policy and the principles set out in the Australian Institute of Sport (**AIS**) SSSM Best Practice Principles in protecting athlete health and wellbeing and upholding the integrity of Australian baseball. This Policy provides a framework to ensure that:
 - (a) Appropriately qualified practitioners are selected;
 - (b) The correct process is used for selecting supplements, where relevant, and that those chosen are safe, appropriate and conform to the World Anti-Doping Agency (**WADA**) Code;
 - (c) Medications are selected and used appropriately;
 - (d) Injections are only administered as part of appropriate medical treatment;
 - (e) Education is provided on this Policy;
 - (f) Breaches of this Policy are detected and subject to enforcement; and
 - (g) There is clear reporting and oversight on SSSM matters to BA.

2. Application of Policy

- 2.1. This Policy is to be read with the provisions set out in the Framework. Capitalised terms have the meaning given in the Framework.
- 2.2. Nothing in this Policy limits the rights and obligations under the BA Anti-Doping Policy, applicable Codes of Conduct, the BA Illicit Drugs Policy or any other relevant agreements and policies.

3. Scope

- 3.1. This Policy applies to:
 - (a) All BA-contracted Athletes;
 - (b) All Athlete and Team Support Personnel providing support to those Athletes;
 - (c) All Participants and Clubs participating in or involved with the following Competitions or Events:
 - (i) The Australia Baseball League;
 - (ii) BA-sanctioned domestic national competitions;
 - (d) Directors, Employees and Volunteers of BA; and
 - (e) Any other person identified by BA who has agreed to be bound by this Policy.
- 3.2. BA strongly encourages Participants in our sport to read and understand this Policy. BA will endeavour to provide information, guidance and support throughout all levels of the sport relating to the matters covered by this Policy.

4. Policy Advisory Panel

- 4.1. BA recognises the need for expert advice and guidance on issues relating to SSSM, the appropriate qualification and registration of practitioners, the provision by BA of supplements and necessary updates to Policy statements and SSSM procedures and practices. BA will invite appropriate experts, including at least one independent member, to be part of an advisory panel (**Advisory Panel**) who may meet as required. Advisory Panel members will be consulted on any amendments proposed to the Policy, and may be consulted on an ad-hoc basis if critical SSSM issues arise.
- 4.2. This Advisory Panel will advise for the relevant industries the appropriate level of qualification, experience and accreditation SSSM practitioners should have in order to work with BA.

5. Education

- 5.1. BA recognises the importance of providing Participants with high quality education on BA's SSSM policies and position statements, particularly in relation to the issues relating to the appropriate use of prescription medications and supplements.
- 5.2. For the purposes of clause 9 of the Framework, BA will include in its education strategy material that specifically addresses the matters covered under this Policy. BA will either use existing programs or will develop and implement appropriate education and initiatives designed to promote the key messages of this Policy. The programs will be delivered to target groups through appropriate mediums.
- 5.3. Athletes and Athlete and Team Support Personnel will be required to attend education regarding SSSM policies as part of BA's education strategy. BA will maintain a record of all Athletes and Athlete and Team Support Personnel and others who attend such education. Evidence of attendance at education sessions may be provided to Sport Integrity Australia (**SIA**) to provide evidence of the Athlete's efforts to fulfil their obligations.

6. Staff Integrity and Capability

- 6.1. BA is committed to protecting the welfare of athletes and ensuring that SSSM services are provided by appropriately qualified, accredited and supervised staff that are subject to this Policy, the Framework, the Anti-Doping Policy, Illicit Drugs Policy and Code of Conduct.
- 6.2. Recruitment of SSSM staff should be by an open and competitive process and checks must be undertaken to exclude individuals who have a history of inappropriate conduct relating to supplements and/or medications, or those who have a current or past anti-doping rule violation.
- 6.3. Any Contractors engaged to provide SSSM services should be obliged under their respective contract to comply with this Policy, the Anti-Doping Policy, Illicit Drugs Policy, Code of Conduct and any other relevant BA policies including those relating to child safety.
- 6.4. Any person employed to provide SSSM services, whether as Employees or Contractors, must:
 - (a) Meet the mandatory requirements of the AIS "SSSM Practitioner Minimum Standards" which outlines discipline specific standards for professional qualifications and accreditation;
 - (b) Be professionally accredited to work as a SSSM practitioner and work within the scope of practice as outlined by their relevant professional accrediting body;
 - (c) Undergo regular peer-review including annual peer-review of new and existing practices and procedures;

- (d) Work in accordance with written and approved best practice protocols and adhere to industry quality assurance standards and actively engage in continual professional development;
 - (e) Maintain accurate, comprehensive and up to date medical records; and
 - (f) Maintain appropriate levels of professional indemnity and public liability insurance (as relevant).
- 6.5. The Advisory Panel should be consulted where advice is required on the appropriate standards and capabilities required of individuals employed by or contracted to BA or Member Organisations to provide SSSM services.

7. Supplement Policy

- 7.1. Athletes are vulnerable to inadvertent Anti-Doping Rule Violations under BA's Anti-Doping Policy if they obtain supplements from their own sources. BA's Supplement Policy, as set out in this clause 7, governs the use of supplements by Athletes and the provision of supplements by BA.
- 7.2. BA has no expectation or requirement that any Athlete has a need for supplement use. Athletes must accept strict liability for all substances entering their bodies, including in circumstances where an Anti-Doping Rule Violation was as a result of the use of a supplement.
- 7.3. Athletes should:
- (a) Focus on a well-planned training program that develops good technique, skill and fitness, supported by performance focused nutrition practices; and
 - (b) Only use supplements selectively, with advice from appropriately qualified health professionals such as a sports dietitian or medical officer. Prior to using any supplement, Athletes should consider whether the supplement is safe to use, permitted in sport and its effectiveness supported by evidence, noting that many supplements have no health or performance benefits and have potential health and inadvertent doping risks associated with their use.
- 7.4. Athletes should not obtain supplements independently, without first receiving written permission to do so from BA. BA must ensure that a record is made of all use of supplements by Athletes. The BA Integrity Unit will provide a report to the Board on an annual basis detailing Athlete supplement use.
- 7.5. Use of any supplement must align with the AIS "Sports Supplement Framework" and the following requirements:
- (a) BA does not support the use of supplements, other than sports drinks and foods, in Athletes under the age of 18 without medical prescription. In all Athletes sound nutrition is to be preferred over sports foods;
 - (b) BA uses the "ABCD Classification System" as published in the Sports Supplements Framework from time to time to define those supplements that Athletes may be permitted to use;
 - (c) BA prohibits the use of any product from Group D by any Athlete under any circumstances;
 - (d) Athletes must seek the advice of their doctor or dietician to use supplements from Group A, B or C. BA notes there is no scientific evidence for using supplements from Group C and, in the absence of proof of benefits, Group C supplements will not be provided from BA or Member Organisations budgets or recommended to Athletes. Irrespective of the

classification, any supplement must be cleared by a sports medicine practitioner or against the World Anti-Doping Agency Prohibited List, if possible. Athletes should keep a record of all supplements consumed, including batch numbers, and use the Sport Integrity Australia (SIA) "Clean Sport" mobile app which lists all supplements sold on Australian shelves that have been screened for prohibited substances by internationally recognised third-parties (such as HASTA: www.hasta.org.au or Informed Sport: www.informed-sport.com);

- (e) Athlete and Team Support Personnel must not use or possess items from Group D as these may lead to an Anti-Doping Rule Violation; and
 - (f) Supplements purchased over the internet and from countries that do not mandate complete ingredients lists on packaging (such as the United States) pose a high risk of Anti-Doping Rule Violations and BA warns all athletes to avoid these under any circumstance.
- 7.6. Supplements categorised as Group A and B supplements within the AIS Sports Supplement Framework may be provided to, or advised for use by, Athletes in accordance with this Supplement Policy in the following circumstances:
- (a) As part of an individualised nutrition program or medical plan to address a diagnosed nutritional deficiency, provided the Athlete is educated on the appropriate use, potential benefits and any possible side effects of the supplement prior to provision and records the use of all supplements consumed, including batch numbers; or
 - (b) Group A sports foods and fluids can be provided by the BA, Member Organisation or Club nutrition lead for group use by Athletes.
- 7.7. Any supplement provided (or suggested for use) to Athletes by BA, a Member Organisation or a Club must have been audited via an internationally recognised third-party program for supplements and sports foods such as HASTA and Informed Sport. For the avoidance of doubt, these third party auditing programs only mitigate risk and do not remove the risk of Anti-Doping Rule Violations completely.
- 7.8. Where a Club or Team has arrangements in place to provide supplements, Athletes must not use supplements from other sources, unless they receive specific prescription to do so from their doctor.
- 7.9. Athletes who have individual supplement sponsors should avoid directly or indirectly associating their supplement sponsor with BA, a Member Organisation or a Club unless approved in writing.
- 7.10. All persons bound by this Supplement Policy must disclose to the BA Integrity Unit any commercial affiliations with supplement companies.

8. Medication Policy

- 8.1. Athletes should only use over the counter medications and/or prescription medications supplied or approved for their use by a medical practitioner, and in the manner directed by the medical practitioner. Athletes should not take any medications supplied, dispensed, approved or administered by any other BA or Member Organisation Employee or Contractor.
- 8.2. Athletes must not share with or give away any prescription or other medications to any other person (including painkillers, anti-inflammatories and sleeping tablets).
- 8.3. Athletes are responsible for checking all medications to determine whether they are permitted for use, have conditions on their use, are prohibited substances or require a Therapeutic Use

Exemption (**TUE**). Athletes must complete or arrange for the completion of a TUE for all relevant medications for which a TUE is required.

- 8.4. Medical practitioners engaged or approved by BA, a Member Organisation or Club must record and maintain records of any medications (both prescription and over the counter) prescribed, supplied, dispensed or administered to Athletes. Athletes must record all medications consumed.
- 8.5. Athletes must report any use, or proposed use, of medications not prescribed by a medical practitioner engaged or approved by BA, a Member Organisation or Club, prior to taking any such medication or as soon as possible after taking the medication if prior reporting is not feasible. If such a report is made, the information must be recorded in accordance with clause 8.4.
- 8.6. While Athletes will be responsible for medications prescribed for their own use, it may be necessary when Teams travel to certain locations to have supplies of additional medication carried and controlled by a person other than a medical practitioner. In these cases the Team's manager will identify an appropriate person who will accompany the team and manage medications and appropriate paperwork. This person may be a physiotherapist, sports scientist or allied health professional, however, no medication will be provided to any Athlete without the prescription and authorisation of the Team's doctor, who will remain the central point of authorisation for the provision of all medication, including non-planned use of any medication prior to treatment. Medications must be securely stored.
- 8.7. The use of anti-inflammatory medications or painkillers must strictly comply with this Medication Policy set out in this clause 8, regardless of whether they are classified as being over the counter or prescription-only.
- 8.8. Sleeping tablets are prescription-only medications and must be supplied to a player only with the approval of a medical practitioner engaged or approved by BA, a Member Organisation or Club and after appropriate medical consultation. Sleeping tablets should generally be used in short-term doses. The use of sleeping tablets on a longer-term basis should only be recommended by a medical practitioner after consideration of non-medical approaches (e.g., counselling, non-medication sleep strategies).

9. Injection Policy

- 9.1. There is no role for the injection of substances as part of any supplements program.
- 9.2. No injectable substance should be administered to an Athlete except where the treatment is:
 - (a) for a documented medical condition; or
 - (b) to prevent a medical condition (e.g., immunisation/vaccination),and should only be administered by or under the direct supervision of a medical practitioner engaged or approved by BA, a Member Organisation or Club or an appropriately qualified medical practitioner acting on the orders of such a medical practitioner.
- 9.3. The Athlete Injection Declaration Form (Appendix A) must be completed by any Athlete who requires an injection and signed by the treating doctor. This Form must be sent to the BA Integrity Unit who will have it reviewed, and signed if appropriate, by the BA Chief Medical Officer. Every injection administered to an Athlete will be accurately recorded by the Integrity Unit in an appropriate register of Athlete injections.
- 9.4. No Athlete and Team Support Personnel, other than a medical practitioner engaged or approved by BA, a Member Organisation or Club, may:
 - (a) inject players with the exception of any medical emergencies (e.g., EpiPen); or

- (b) carry any object or material used for an injection or any injectable substance (excluding objects or materials to be used for personal medical reasons), without the prior written approval of such a medical practitioner.

9.5. Athletes who need to self-inject for a documented medical condition must:

- (a) have the written approval of a medical practitioner engaged or approved by BA, a Member Organisation or Club to self-inject for a documented medical condition;
- (b) if required, have a TUE issued in accordance with the BA Anti-Doping Policy; and
- (c) be appropriately trained by an appropriately qualified medical practitioner on how to properly self-inject.

10. Prohibited Conduct

10.1. For the purposes of clause 12 of the Framework, it is Prohibited Conduct if any person bound by this Policy:

- (a) has engaged in conduct and/or demonstrated an attitude contrary to the objectives, spirit and implementation of this Policy; or
- (b) does or fails to do anything that amounts to conduct that is reasonably deemed by the National Integrity Officer to be a breach of this Policy.

10.2. Clause 10.1 does not prevent:

- (a) action being taken in accordance with BA's Anti-Doping Policy in the first instance; or
- (b) an allegation of Prohibited Conduct being referred to an external party in accordance with clause 14.4 of the Framework.

11. Reporting and Oversight

11.

11.1. All instances of Prohibited Conduct under this Policy should be reported in accordance with clause 13 of the Framework.

11.2. In accordance with Article 6A of the BA Anti-Doping Policy, where information relevant to a possible anti-doping rule violation is known, the information must be passed on to SIA.

11.3. SIA and/or BA may decide to investigate a possible or suspected anti-doping rule violation. If SIA or BA has reason to believe a Person may have relevant information, then an interview or information may be requested with that Person. In accordance with Article 6A of the Anti-Doping Policy, the Person must agree to cooperate with any such request.

11.4. The National Integrity Officer shall provide the Chief Executive Officer and Board with regular reports of BA's SSSM activities and issues under this Policy.

12. Detection and Enforcement

12.1. Investigations into conduct that may constitute Prohibited Conduct under this Policy will be conducted in accordance with clause 14 of the Framework.

12.2. An allegation of Prohibited Conduct under this Policy including an alleged breach of this Policy will be managed in accordance with clause 15 of the Framework.

12.3. A Person subject to an allegation of Prohibited Conduct or an alleged breach of this Policy may have their matter referred to a hearings tribunal in accordance with clause 15.2 of the Framework and to an appeals tribunal in accordance with clause 15.4 of the Framework.

12.4. A hearings tribunal or appeals tribunal may apply sanctions in accordance with clause 15.3 and clause 15.4, respectively, of the Framework.

13. Changes to this Policy

BA reserves the right to vary or replace this Policy at any time. Changes are effective upon posting the amended Policy on BA's website. It is the responsibility of all Participants to remain informed of any amendments or updates to this Policy. Printed copies of this Policy may not be up to date; it is recommended that the current version of the Policy be accessed via BA's website.

Appendix A – Athlete Injection Declaration Form

BA’s Injection Policy only allows for the injection of medically indicated therapeutic substances by a medical practitioner in certain circumstances.

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| Name of Athlete: | |
| Date of Birth: | |
| Gender: | |
| Team/Category: | |
| Coach: | |
| Date of injection: | |
| Medication injected (Commercial and Generic names): | |
| Volume of medication: | |
| Route of injection (IV, IM, SC): Please note: Intravenous infusion requires a TUE (banned method) and an ASDMAC and/or International Federation TUE should be sought by the treating Doctor for this | |
| Clinical history: | |
| Diagnosis: (Supporting evidence should be attached) | |
| Name of treating Doctor who administered the injection: | |
| Qualifications: | |
| Signature of treating Doctor: | |

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| <p>By my signature, I hereby confirm that the information in this form is true and accurate and that the injection was medically justified and necessary in accordance with the BA Injections Policy:</p> <p>Place:</p> <p>Date:</p> <p>Signature of BA Chief Medical Officer:</p> |
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