

SPORT SCIENCE AND SPORTS MEDICINE POLICY KEY MESSAGES FOR ALL PARTICIPANTS

Basketball Australia has developed a Sports Science and Sports Medicine (SSSM) Policy to regulate sports science programs and promote and guide best practice innovation and development within basketball.

- **The SSSM Policy applies to:**
 - All persons involved with Australian national teams
 - Athletes who may be subject to anti-doping control measures and their coaches
 - Boards, committees and sub-committees of Basketball Australia
 - Employees of Basketball Australia
 - Referees and other officials appointed by Basketball Australia
- **The policy covers the following topics:**
 - Staff recruitment, integrity and capability
 - The supply and use of supplements
 - The use of injections
 - The use of medications
- **Check if your medication is a prohibited substance (<http://www.globaldro.com>):**
 - You alone are responsible for what's found in your system
- **Many supplements are expensive, unproven and unnecessary**
 - You should always consult a doctor or sports dietician about using supplements
 - You should review your diet before considering the use of any supplements
 - Review the AIS classification system (<https://www.ausport.gov.au/ais/nutrition/supplements>)
 - Sourcing your own supplements may increase your risk of an anti-doping violation
- **Athletes under the age of 18 should not use supplements without a medical prescription**
- **Injections should only be administered by a doctor for justified medical reasons**
- **Basketball Australia has an Integrity Unit and may conduct investigations into breaches of the SSSM Policy.**
- **Basketball Australia has implemented an Independent Reporting Hotline for Participants to report information:**
 - Reports may be made anonymously.
 - <http://basketball.stoplinereport.com>
 - 1300 30 45 50
- **For more information, please refer to Basketball Australia's National Framework for Ethical Behaviour and Integrity in Basketball: www.basketball.net.au/integrity/**

Disclaimer

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