

	POLICY & PROCEDURE	POLICY NUMBER: 830
	Subject: SUPPLEMENTS	08/21/2013

1. General

- a. The supplement policy applies to the sale of any supplements and energy drinks at any AZSI Sanctioned or Approved meets.
- b. A supplement is defined by Congress per the FDA statements “A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites.” Other than the manufacturer’s responsibility to ensure safety, there are no rules that limit a serving size or the amount of a nutrient in any form of dietary supplements. This decision is made by the manufacturer and does not require FDA review or approval.
- c. Energy drinks are beverages, which contain large doses of caffeine and other stimulants. The American Academy of Pediatrics recommends that adolescents get no more than 100 mg of caffeine a day and that younger children shouldn’t drink any caffeinated beverages on a regular basis. They also state “unlike sports drinks, energy drinks contain stimulants including caffeine, guarana, and/or taurine. Rigorous review and analysis of the literature suggest that energy drinks are never appropriate for children or adolescents. Because caffeine has been associated with harmful neurologic and cardiovascular effects in children, caffeine-containing beverages, including soda, should be avoided and energy drinks should never be consumed by children or adolescents.”
- d. USA Swimming does not support the use of supplements or energy drinks.

2. Policy

Arizona Swimming, following the recommendations of USA Swimming will not allow the sale of any supplements or energy drinks at any Arizona Swimming sanctioned or approved meets. This includes sales by clubs or vendors contracted or invited by the host club.