

# WORKING TOGETHER TO CLEAN UP SPORTS NUTRITION

The BDA's Rosanna Hudson looks at how the SENr is working collaboratively to help keep sports nutrition clean



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**T**he premise of the Sport and Exercise Nutrition Register (SENr) is first and foremost protection of the athlete.

To this end, all registrants must be qualified to postgraduate level, with the ability to understand and apply the evidence base, meet industry-approved competency requirements and agree to abide by professional codes and ethics.

To strengthen this commitment to ethical practice and in light of high-profile doping cases which seem to hit the media on a regular basis, SENr has, since 2014, established an ongoing collaboration with UK Anti-Doping (UKAD), with the organisation being represented at board level. Alongside this, a partnership with Informed-Sport (the organisation responsible for certifying that nutritional supplements and/or ingredients (bearing its logo) have been tested for banned substances) commenced in April 2016. These partnerships demonstrate the commitment of SENr practitioners to clean sport and reassure their clients (athletes and coaches) working with SENr practitioners that they abide by a strict and clear ethical code.

## MAKING A COMMITMENT

Working in tandem with UKAD and Informed-Sport, in summer 2016 SENr published two crucial documents, openly declaring its absolute commitment to clean sport:

### 1. SENr Clean Sport Commitment Statement (June 2016)

This statement affirms publically the principles of clean sport that the register and thus its registrants, agree to abide by, as follows:

- all registrants will abide by the UK Anti-Doping policy and procedures in accordance with the SENr code of conduct
- all registrants will be expected to undertake the UKAD advisor course<sup>1</sup> as a pre-requisite for practitioner registration or re-registration and undertake to renew this annually as per UKAD requirements
- all SENr accredited postgraduate courses<sup>2</sup> will be required to integrate UKAD advisor

training as part of the course of study

- SENr will produce a supplement usage best practice guide in accordance with UKAD advice
- SENr will provide a space on its board for a representative of UKAD.<sup>3</sup>

### 2. SENr Supplement Position Statement (August 2016)

The aim of this position statement is to provide athlete support personnel with a guide to appropriately assess the need for supplementation, assess the risk of supplementation, understand the consequences of taking supplements from an anti-doping perspective and provide practical guidelines and tools for safe usage to support athletes and support personnel. It is vital that all members of the SENr have a clear understanding of the present risks associated with advising consumption of supplements because, although the legal responsibility falls on the athlete themselves, a key role of the athlete support personnel is to ensure that comprehensive and up-to-date advice is provided to the athlete and the wider team.

SENr believes that the impact of these two critical publications will be widespread, providing important guidance for SENr registrants but, in addition, offering a referral point to the wider sport and exercise community. In conjunction with core SENr activity, these powerful ethical statements will further promote the register as the industry standard for sport and exercise nutrition and demonstrate the value and credibility of employing suitably qualified and approved support personnel. ●



## REFERENCES

- [1 ukad.coachwisehub.com/store/1244-accredited-advisor?tab=1&is\\_lp=1](http://ukad.coachwisehub.com/store/1244-accredited-advisor?tab=1&is_lp=1)
- [2 senr.org.uk/educationtraining/accredited-postgraduate-courses/](http://senr.org.uk/educationtraining/accredited-postgraduate-courses/)
- [3 senr.org.uk/about/key-documents/](http://senr.org.uk/about/key-documents/)