

SPORT SUPPLEMENTS



The GAA recognises the demands of Gaelic games and indeed the training and nutrition challenges they present. The Association also recognises that there are many factors that contribute to optimal athletic performance such as genetics, training, commitment, motivation, rest and recovery, along with good nutrition and hydration practices. Using a sport nutrition supplement will not substitute for a less than adequate nutrition and/or hydration strategy. Another important factor for consideration is that all GAA players are subject to the Irish Anti-Doping Rules. It's Your Body, It's Your Responsibility!

THE DO'S AND DON'TS OF SPORTS SUPPLEMENTS USAGE

Do's

- Follow a dietary plan that will allow you to adapt your eating and drinking practices to maximise your performance
- Use the online resources on learning.gaa.ie to understand the risks of taking supplements
- Seek the opinion of a qualified medical practitioner
- Choose supplements based on the ingredients that are desired after discussion with a nutritionist
- Gather as much information about a supplement manufacturer as possible
- Ensure all sports supplement choices are from brands that clearly demonstrate a batch testing and quality assurance process that is registered with and/or aligned to Informed Sports-
www.Informed-Sport.com

Don'ts

- Take sports supplements if you are under 18
- Use a sports supplement unless you have first maximised your nutrition strategy
- Take a sports supplement without knowing how and why it is going to maximise your athletic performance
- Assume that supplements are safe, effective and necessary
- Take supplements that cannot clearly demonstrate a batch testing and quality assurance process that is registered with and/or aligned to Informed Sports.
- Take advice from someone who is not appropriately qualified in the area of sports nutrition supplementation
- Take for granted information in articles from obscure internet blogs as they are not regulated and/or backed by sound science

For further information and advice on Sport Supplements and the GAA's Anti-Doping policy and educational resources see www.learning.gaa.ie/Antidoping