

# UK Athletics submission of 10 May 2023

## PE1919/M: Ban the sale of high caffeine products to children for performance enhancement

Fundamentally, United Kingdom Athletics (UKA) believe that this is a question that is best considered and addressed by medical experts. However, we have outlined below the considerations that are relevant to the use of caffeine products within athletics.

UKA, the National Governing Body for the sport of athletics, is a member federation of World Athletics and as such, it is bound to the World Anti-Doping Code (The Code). The Code is the core document that harmonises anti-doping policies, rules, and regulations within sport organisations and among public authorities around the world. It works in conjunction with eight International Standards which aim to foster consistency among anti-doping organisations in various areas.

The Prohibited List is one of the eight International Standards, it is updated at least once annually and details substances and methods that are prohibited in sport. Currently Caffeine is not listed on the List and as such, its use is not prohibited. Some athletes will utilise caffeine whilst training and in competition. Whilst not on the 2023 Prohibited List, caffeine is listed on the Monitoring Program. The Monitoring Program includes substances that are not on the Prohibited List, but that the World Anti-Doping Agency (WADA) wishes to monitor to identify potential patterns of misuse in sport.

“Fast release caffeine gum” falls into the supplement category. UKA has a Supplements Position Statement ([UK Athletics' Supplement Position Statement | UK Athletics](#)) which provides athletes with clear advice on how to reduce risk in supplement use.

UKA advocates a “food first” approach to nutrition and cautions athletes that there can be no guarantee that any supplement is free from prohibited substances. We advise that athletes assess their nutritional needs with a qualified and registered Nutritionist. That they then understand that the principal of **Strict Liability** makes the athlete solely responsible for what they ingest, and that having decided to use a supplement, it recommends that only products which are tested as a part of the *Informed Sport* risk reduction programme are used.

This guidance would apply to the use of caffeine supplements. Whilst we do not differentiate within the Position Statement based on the age of

the athlete, we would advise that manufacturers guidance on the use of their products is always followed.

We hope this information is of use to the Committee.