

## NEW ZEALAND RUGBY PROFESSIONAL PLAYERS KEY INFORMATION

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### 3. SUPPLEMENTS PROTOCOL

- Players are responsible for the contents of any supplements they take.
- Each High Performance team, Franchise, PU and/or Academy/HP unit will designate a member of management (Designated Supplement Manager) to be responsible for managing their supplements program, and will inform the Players of who that member of management is.
- Where a Player is advised to take supplements by the relevant organisation these will be provided free of charge to the Player, and the relevant organisation is responsible for taking all reasonable steps to ensure the supplement is safe for the player to take. These supplements are referred to as team issued supplements.
- Unless authorised by the Designated Supplement Manager (DSM), players must only use team issued supplements. The DSM will tell you what are ‘team issued supplements’.
- Players must declare and get approval for any supplements they want to take, prior to taking them, from the DSM.
- Players must advise any changes to supplements they are taking prior to making that change, to the relevant DSM.
- Never take from or use someone else’s supplement.
- Keep strict custody over who has access to any supplement you use. Never let anyone else access it.
- If you wish to know more about any supplement and/or its contents you can contact your relevant DSM, members of your team management, NZRPA on 0800 PLAYER, Drug Free Sport or check the IRB website. BUT even then do not take supplements that are not team issued supplements which have been approved by your DSM.