

## **Students**

### **STEROIDS**

The Governing Board recognizes that the use of steroids and other performance-enhancing supplements presents a serious health and safety hazard. As part of the district's drug prevention and intervention efforts, the Superintendent or designee and staff shall make every reasonable effort to prevent students from using steroids or other performance-enhancing supplements.

Students in grades 7-12 shall receive a lesson on the effects of steroids as part of their health, physical education, or drug education program.

*(cf. 5131.6 - Alcohol and Other Drugs)*

*(cf. 6142.8 - Comprehensive Health Education)*

\*\*\*Note: SB 37 (Ch. 673, Statutes of 2005) added Education Code 49030 which prohibits students participating in interscholastic high school athletics from using (1) steroids and dietary supplements banned by the U.S. Anti-Doping Agency and (2) synephrine. By March 30, 2006, the California Department of Health Services must provide a copy of the U.S. Anti-Doping Agency Guide to the California Department of Education (CDE) which will then notify districts when the guide has been posted on CDE's web site. The prohibition against use of products listed in the guide becomes effective 60 days after the CDE has posted the guide. In subsequent years, the Department of Health Services will annually notify the CDE by March 30 of any amendments to the guide. Amendments will become effective 60 days after the CDE has posted the revised guide on its web site and has notified districts of the revision. \*\*\*

\*\*\*Note: California Interscholastic Federation (CIF) Bylaw 524 mandates, as a condition of membership, that all participating districts adopt policies prohibiting the use of steroids consistent with the requirements of Education Code 49030. \*\*\*

Students participating in interscholastic athletics are prohibited from using steroids and dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine. (Education Code 49030)

*(cf. 5131.61 - Drug Testing)*

*(cf. 6145.2 - Athletic Competition)*

\*\*\*Note: As added by SB 37 (Ch. 673, Statutes of 2005), Education Code 49033 requires the CIF to adopt a bylaw, effective July 1, 2006, requiring any student participating in athletics and his/her parent/guardian to sign a statement that the student will not use steroids and dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine, unless the student has a written prescription from a licensed health care practitioner to treat a medical condition. In 2005, the CIF adopted a bylaw requiring a similar pledge. However, SB 37 requires specific language in the pledge and CIF Bylaw 524 was modified accordingly. See the accompanying Exhibit for a sample pledge.\*\*\*

## Students

### **STEROIDS** (continued)

Before participating in interscholastic athletics, a student athlete and his/her parent/guardian shall sign a statement that the student athlete pledges not to use androgenic/anabolic steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance synephrine, unless the student has a written prescription from a licensed health care practitioner to treat a medical condition.

A student who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, Board policy, and administrative regulation.

*(cf. 5144 - Discipline)*

*(cf. 5144.1 - Suspension and Expulsion/Due Process)*

*(cf. 6145 - Extracurricular and Cocurricular Activities)*

\*\*\*Note: Education Code 49032, as added by SB 37 (Ch. 673, Statutes of 2005), specifies that each high school coach must complete, by December 31, 2008, a coaching education program which includes training on the harmful effects of steroids. Paid and volunteer coaches who are authorized by a high school to be responsible for leading a school sports team are required to complete the education program. See BP/AR 4127/4227/4327 -Temporary Athletic Team Coaches.\*\*\*

Coaches shall educate students about the district's prohibition and the dangers of using steroids and other performance-enhancing supplements.

*(cf. 4127/4227/4327 - Temporary Athletic Team Coaches)*

\*\*\*Note: Pursuant to Education Code 49031, as added by SB 37 (Ch. 673, Statutes of 2005), districts are prohibited from accepting a sponsorship from any manufacturer or distributor whose name appears on the label of a dietary supplement banned by the U.S. Anti-Doping Agency. This prohibition is consistent with CIF Bylaw 22.B.12 which allows coaches and other school employees to provide only non-muscle-building nutritional supplements to students. See the accompanying administrative regulation.\*\*\*

The Superintendent or designee shall ensure that district schools do not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.

*(cf. 1325 - Advertising and Promotion)*

*Legal Reference: (see next page)*

**Students**

**STEROIDS (continued)**

*Legal Reference:*

**EDUCATION CODE**

49030-49034 *Performance-enhancing supplements*

51260-51269 *Drug education, especially:*

51262 *Use of anabolic steroids; legislative finding and declaration*

**CIVIL CODE**

1812.97 *Warning statement; posting in athletic facilities*

**HEALTH AND SAFETY CODE**

110423.2 *Dietary supplements*

*Management Resources:*

**CALIFORNIA INTERSCHOLASTIC FEDERATION BYLAWS**

*California Interscholastic Federation Constitution and Bylaws 2005-06*

**WEB SITES**

*CSBA: <http://www.csba.org>*

*California Department of Education: <http://www.cde.ca.gov>*

*California Interscholastic Federation: <http://www.cifstate.org>*

*National Center for Drug Free Sport: <http://www.drugfreesport.com>*

*National Institute on Drug Abuse: <http://www.nida.nih.gov>*

*U.S. Anti-Doping Agency: <http://www.usantidoping.org>*

Policy  
adopted: February 23, 1999  
Revised: October 18, 2005  
Revised: May 22, 2007

**VISALIA UNIFIED SCHOOL DISTRICT**  
Visalia, California

## **Students**

### **STEROIDS**

\*\*\*Note: Pursuant to Education Code 49031, as added by SB 37 (Ch. 673, Statutes of 2005), districts are prohibited from accepting a sponsorship from a manufacturer or distributor, if the distributor's name appears on the label of a dietary supplement banned by the U.S. Anti-Doping Agency, as detailed below. \*\*\*

The district shall not accept a sponsorship from any manufacturer or distributor whose name appears on the label of a dietary supplement that contains substances banned by the U.S. Anti-Doping Agency and the substance synephrine. Such supplements shall not be sold, distributed, or marketed at a school-related event. (Education Code 49031)

Marketing includes, but is not limited to, direct product advertising, provision of educational materials, product promotion by a district employee or volunteer, product placement, clothing or equipment giveaways, or scholarships. Marketing shall not include the inadvertent display of a product name or advertising by a person who is not a manufacturer or distributor. (Education Code 49031)

\*\*\*Note: California Interscholastic Federation (CIF) Bylaw 22.B.12 prohibits athletic directors, coaches, and other employees from providing prohibited substances to students, as specified below. \*\*\*

School personnel and coaches may not provide for students any dietary supplement that contains substances banned by the U.S. Anti-Doping Agency including the substance synephrine.

### **Notice**

The principal or designee shall ensure that the following warning, reproduced in 10-point bold type, is posted in every locker room of schools with classes in grades 7-12 and contained in any contracts for the lease or rental of the school's athletic facilities: (Civil Code 1812.97)

Warning: Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damaged liver function.

Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

Regulation

adopted: February 23, 1999

Revised: September 19, 2005 – Board Policy Committee

Revised: April 16, 2007 – Board Policy Committee

**VISALIA UNIFIED SCHOOL DISTRICT**

Visalia, California



**AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN  
REGARDING USE OF STEROIDS**

\_\_\_\_\_ (print name of student athlete)

As a condition of membership in the California Interscholastic Federation (CIF) and in accordance with Education Code 49030, the Governing Board of the Visalia Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids as specified below. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-Doping Agency as well as the substance synephrine, without a written prescription from a licensed health care practitioner to treat a medical condition.

We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her including, but not limited to, restriction from athletics or suspension or expulsion from school.

Signature of student athlete \_\_\_\_\_ Date\_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_ Date\_\_\_\_\_