

LAGUNA BEACH UNIFIED SCHOOL DISTRICT

Board Policy No. 5041:

**PARTICIPATION IN INTERSCHOLASTIC ATHLETICS –
PROHIBITED USE OF STEROIDS AND OTHER
PERFORMANCE ENHANCING DIETARY SUPPLEMENTS**

- A. The purpose of this Policy is to comply with the Articles and Bylaws of the California Interscholastic Federation (CIF) and applicable federal and state law with respect to the prohibited use by student athletes of steroids and performance enhancing dietary supplements. This Policy applies to all students who participate in interscholastic athletics covered by the CIF rules and regulations. Except as set forth in this Policy, the District prohibits students from participating in interscholastic athletics who use or abuse androgenic/anabolic steroids and/or other performance enhancing dietary supplements as specified in this Policy.
- B. Steroids are synthetic substances related to the male hormone testosterone. The medical term for such substances is anabolic/androgenic steroids frequently referred to in this Policy as “anabolic steroids.”
- C. The term “anabolic steroids,” as defined in Title 21, U.S.C. section 802, includes, but is not limited to, any drug or hormonal substance chemically and pharmacologically related to testosterone (other than estrogens, progestins, corticosteroids, and dehydroepiandrosterone). Each athletic coach shall keep a current list of those substances related to testosterone for parent and student reference.
- D. The term “dietary supplement” is defined in Title 21 U.S.C. section 321 to include vitamins, minerals, herbs or other botanicals, amino acids, substances to increase dietary intake, and other substances identified as dietary supplements.
- E. All students participating in interscholastic athletics and their parents or legal guardians shall sign an agreement as a condition of participating in interscholastic athletics that the student will not use androgenic/anabolic steroids as defined in paragraph C of this Policy without a written prescription from a fully licensed physician recognized by the American Medical Association to treat a medical condition.
- F. Students participating in interscholastic athletics that use or abuse androgenic/anabolic steroids, or any other performance-enhancing dietary supplements prohibited by this Policy, shall be restricted from participating in interscholastic athletics and shall be subject to disciplinary action, including suspension or expulsion in accordance with law and board policy.
- G. All high school sports coaches, paid and unpaid, will have completed a coaching education program that complies with Education Code section 35179.1 including, but not limited to, the harmful effects associated with the use of steroids and performance-enhancing dietary supplements for adolescents. For the purposes of this paragraph G, a “high school sports coach” means an employee or a volunteer who is authorized by the District to be responsible for leading a school sports team of student athletes as provided by Title V, California Code of Regulations, sections 5593 and 5594 and/or California Education Code sections 45125, 45125.01 and 45125.1.
- H. An athletic director, sports coach, school official, employee, volunteer or booster club/support group member may provide only nonmuscle-building nutrition to a student athlete at any time for the purpose of providing additional calories and electrolytes.

- I. School personnel, and volunteers, including coaches, shall not sell, distribute, or promote to students stimulant energy drinks or performance-enhancing dietary supplements that promote muscle building.
- J. Neither the District nor a District school may accept a sponsorship or donation from a dietary supplement manufacturer that offers muscle-building nutritional supplements in their product line.
- K. The Principal or designee shall ensure that the following warning shall be conspicuously posted in 10-point bold type 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.

“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.”

- L. Pursuant to Education Code section 44930, effective July 1, 2006, upon notification to the District by the California Department of Education of the posting of the United States Guide to Prohibited Substances and Prohibited Methods of Doping on its web site, students participating in interscholastic high school sports are prohibited from using dietary supplements, as defined by subsection (ff) of section 321 of Title 21 of the United States Code, to include synephrine and any substance enumerated in the Guide or any annual amendment thereto. In addition, all of the following rules shall apply:
 - 1. No school in the District may accept a sponsorship from a manufacturer of a dietary supplement, including synephrine or a supplement described in the Guide, or from the distributor of such supplements whose name appears in the labeling of the dietary supplement.
 - 2. Except as provided in subdivisions (d) (2) and (e) of Education Code section 49031, no dietary supplement described in subparagraph 1 above may be marketed, sold or distributed on a school site or at a school-related event. For purposes of this subparagraph 2, “marketing” includes, but is not limited to, all of the following:
 - a. direct product advertising
 - b. provision of educational materials
 - c. product promotion by a school district employee or District volunteer
 - d. product placement
 - e. clothing or equipment giveaways
 - f. scholarships
 - 3. Students participating in interscholastic athletics and their parents or guardians will be notified of the requirements of Education Code section 49030 and required to sign a pledge not to use a dietary supplement prohibited by Education Code section 49030.

- M. The District shall offer in-service training to credentialed staff who provide health education, physical education, or life science education to students to include, where appropriate within the in-service training for any one of those subjects, new developments in the scientific understanding of anabolic steroids as well as new education techniques directed at preventing the use of anabolic steroids.
- N. The Superintendent shall ensure that coaches and students participating in interscholastic athletics are informed of the contents of this Policy.
- O. As a condition of participation in interscholastic athletics, each participating student and his/her parent or caregiver shall sign and return the attached California Interscholastic Federation Southern Section, Code of Ethics - Athletes.

Legal Reference:

Title 21, United States Code section 802.

Education Code sections 35179.1, 44645, 45125, 45125.01, 45125.1, 49030, 49031, 49032, 49033, and 51262

Health and Safety Code section 110423.2

CIF Articles and Bylaws: Article 22, sections B.9 and B.12, and Bylaw 524

Title V, C.C.R. sections 5593 and 5594

Date Policy Adopted By The Board: June 27, 2006

Date Policy Revised By The Board: April 24, 2012