

STEROIDS

The Board of Trustees recognizes that the use of steroids and other performance-enhancing dietary 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 effort to ensure that students do not begin or continue the use of steroids or other performance-enhancing dietary 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)

Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing dietary supplement and dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine. (Educ. Code 49030)

(cf. [5131.61](#) - Drug Testing)
(cf. [6145.2](#) - Athletic Competition)

Before participating in interscholastic athletics, a student athlete and his/her parent/guardian shall sign an agreement that the student athlete shall not use steroids, unless the student has a written prescription from a fully licensed physician, as recognized by the American Medical Association, 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 Co-curricular Activities)

Coaches shall educate students about the District's prohibition and the dangers of using steroids and other performance-enhancing supplements. Coaches shall complete the CIF/ASEP coaching education class and pass the written examination.

(cf. [4127/4227/4327](#) - Temporary Athletic Team Coaches)

Salinas Union High School District

Students

Policy #5131.63

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The Superintendent or designee shall ensure that District schools: 1) do not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.; and, 2) do not sell, distribute, and/or promote muscle-building supplements to students.

(cf. [1325](#) - Advertising and Promotion)

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>

Adopted: March 28, 2006