

**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 7-8 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 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)*

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.

*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>*

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