

STERIODS

School personnel, including coaches, shall not sell, distribute, or promote to students performance-enhancing dietary supplements that promote muscle-building. In order to minimize the health and safety risks to student-athletes, school staff members shall not supply or recommend any drug, medication, or food supplement solely to enhance an athletes performance.

The principal or designee shall ensure that the following warning is posted in every locker room of schools with classes in grades 9-12 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.

Students enrolled in health education shall receive a lesson on the effects of steroids. Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing supplement.

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.

Coaches shall educate student-athletes about the District's prohibition and the dangers of using steroids and other performance-enhancing supplements.

District administrators and staff members shall not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.

References: Education Code Sections 51260-51269 and 51262; Civil Code 1812.97; Health and Safety Code 110423.2; California Interscholastic Federation Constitution and Bylaws 2005/06

Regulation approved: January 12, 2010

FULLERTON JOINT UNION HIGH SCHOOL DISTRICT

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

(print name of student-athlete)

Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Fullerton Joint Union High School District has adopted Board Policy 5132 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating student-athletes and their parents/guardians sign this agreement.

By signing below, we agree that the student-athlete shall not use androgenic/anabolic steroids without the written prescription of a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition.

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

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

Signature of Student-Athlete

Date

Signature of Parent/Guardian

Date