

The Board of Trustees 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 effort to ensure that students do not begin or continue the use of 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.

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

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

1. Student athletes and their parents/guardians shall sign a *Conditions of Participation* form and a *Code of Ethics* form that include information on prohibiting the use of anabolic steroids or any substance to increase physical development or performance without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition **(Exhibits A and B)**.
2. School personnel, including coaches, shall not sell, distribute, or promote to students performance-enhancing dietary supplements that promote muscle-building. School personnel and coaches may provide only non-muscle-building nutritional supplements to student athletes for the purpose of providing additional calories and electrolytes. Permissible non-muscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.
3. School personnel, including coaches, shall follow the manufacturer's recommendations when discussing the use of any drug or food supplement with a student athlete. In order to minimize the health and safety risks to student athletes, school personnel shall not supply or recommend any drug, medication, or food supplement solely to enhance an athlete's performance.
4. Coaches shall sign a *Code of Ethics* form that includes information on prohibiting, suggesting, providing or encouraging any athlete to use non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance **(Exhibit C)**.
5. 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.

6. The principal and athletic director/s shall sign a *Statement of Compliance* which will be forwarded to the Commissioner of Athletics no later than the start of competition for each season of sport (**Exhibit D**).

Legal References:

Education Code

44645	Inservice Training: Anabolic Steroids
51260	Drug Education
51261	Course on Drug Education in Teacher Training
51262	Legislative Finding and Declaration (Anabolic Steroids)
51263	Model Drug and Alcohol Abuse Prevention Programs
51264	Inservice Training, Gangs, Violence, Drug and Alcohol Abuse Prevention
51265	Legislative Intent (Inservice Training Programs)
51266	Model Curriculum
51266.5	Rural Gang Task Force Subcommittee
51268	Avoidance of Duplicative Efforts
51269	Collaboration and Consultation

Civil Code

1812.97	Anabolic Steroids Warning Requirement
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Health and Safety Code

11056	Controlled Substances-Schedule III
11999	Legislative Findings and Declarations (Drugs and Alcohol)
110423.2	Dietary Supplements

Title 5

5596	Code of Ethical Conduct
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California Interscholastic Federation Constitution and Bylaws 2005-06

524	Performance Enhancing Substances
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Web Sites

- California School Boards Association: <http://www.csba.org>
- 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>

Board of Trustees
September 8, 2005

A

**Anaheim Union High School District
Conditions of Participation
Androgenic/Anabolic Steroid Contract**

Printed name of student athlete

Grade

School

As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Anaheim Union High School District has adopted Board Policy 8706.01 prohibiting the use and abuse of androgenic/anabolic steroids. 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 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 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, suspension, or expulsion.

Signature of student athlete

Date

Signature of parent/guardian

Date

8/05

Anaheim Union High School District
Code of Ethics
Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition (Article 524).

By signing below, both the participating student athlete and the parent/legal guardian/caregiver hereby agree that the student 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, there could be penalties for false or fraudulent information. We also understand that the Anaheim Union High School District's policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed name of student athlete

Signature of student athlete

Date

Signature of parent/guardian/caregiver

Date

A copy of this form must be kept on file in the Athletic Director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

**Anaheim Union High School District
Code of Ethics
Coaches**

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context and in accordance with Title 5 of the California Code of Regulations that the following Code of Ethics is presented.

1. Show respect for players, officials and other coaches.
2. Respect the integrity and judgment of game officials.
3. Establish and model fair play, sportsmanship and proper conduct.
4. Establish player safety and welfare as the highest priority.
5. Provide proper supervision of students at all times.
6. Use discretion when providing constructive criticism and when reprimanding players.
7. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
8. Properly instruct players in the safe use of equipment.
9. Do not exert undue influence on a pupil's decision to enroll in an athletic program at any postsecondary educational institution.
10. Do not exert undue influence on pupils to take lighter academic course(s) in order to be eligible to participate in athletics.
11. Do not suggest, provide or encourage any athlete to use non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
12. Do not recruit athletes from other schools.
13. Follow the rules of behavior and the procedures for crowd control as established by the local board and the league in which the school participates.
14. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
15. Support the principles of Pursuing Victory with Honor™.
16. Accept and fulfill the contractual and sponsorship commitments made by the CIF Southern Section during playoff competition.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating coaches agree that he/she will not use steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition (Article 524).

By signing below, I agree to only provide non-muscle building, nutritional supplements to student athletes (State Rule 22.B12).

Printed name of coach

School

Signature of coach

Date

A copy of this form must be kept on file in the Athletic Director's office at the local high school and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

**Anaheim Union High School District
Statement of Compliance**

This statement of compliance is to verify that our school has complied with the provisions of CIF Southern Section Bylaw Rule 528 which states - "The schools must have on file a signed *Code of Ethics* form for your coaches and a signed *Code of Ethics* form for your athletes PRIOR TO PARTICIPATION."

The athletic administrators of our school have required our coaches and student-athletes to sign the appropriate Code of Ethics which are on file in our school office and will be available upon request.

We affirm that our representatives shall adhere to its requirements.

School Name

Administrative Representative

Date

Boys' Athletic Director

Date

Girls' Athletic Director

Date

This statement shall be completed and forwarded to the Commissioner's Office no later than the start of competition for each season of sport (fall, winter, spring).

**RETURN COMPLETED FORM TO:
JAMES STAUNTON Ed.D., COMMISSIONER OF ATHLETICS
CIF SOUTHERN SECTION
10932 PINE STREET
LOS ALAMITOS, CA 90720**