

**Policy 5131.63: Steroids**

Status: ADOPTED

Original Adopted Date: 10/01/1996 | Last Revised Date: 03/01/2006 | Last Reviewed Date: 03/01/2006

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 7-12 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 and dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine. (Education Code 49030)

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.

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 supplement manufacturers that offer muscle-building supplements to students.

**Policy Reference Disclaimer:**

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

**State**

Civ. Code 1812.97

**Description**

[Warning statement; posting in athletic facilities](#)

Ed. Code 49030-49034

[Performance-enhancing supplements](#)

Ed. Code 51260-51269

[Drug education](#)

Ed. Code 51262

[Use of anabolic steroids; legislative finding and](#)

	<a href="#">declaration</a>
H&S Code 110423.2	<a href="#">Warning statement; posting in athletic facilities</a>
<b>Management Resources</b>	<b>Description</b>
California Interscholastic Federation Bylaw	California Interscholastic Federation Constitution and Bylaws 2005-06
U.S. Anti-Doping Agency Publication	Guide to Prohibited Substances and Prohibited Methods of Doping
Website	<a href="#">CSBA District and County Office of Education Legal Services</a>
Website	<a href="#">National Center for Drug Free Sport</a>
Website	<a href="#">National Institute on Drug Abuse</a>
Website	<a href="#">U.S. Anti-Doping Agency</a>
Website	<a href="#">California Interscholastic Federation</a>
Website	<a href="#">CSBA</a>
Website	<a href="#">California Department of Education</a>

### Cross References

<b>Code</b>	<b>Description</b>
0450	<a href="#">Comprehensive Safety Plan</a>
0450	<a href="#">Comprehensive Safety Plan</a>
4127	<a href="#">Temporary Athletic Team Coaches</a>
4127	<a href="#">Temporary Athletic Team Coaches</a>
4131	<a href="#">Staff Development</a>
4227	<a href="#">Temporary Athletic Team Coaches</a>
4227	<a href="#">Temporary Athletic Team Coaches</a>
4327	<a href="#">Temporary Athletic Team Coaches</a>
4327	<a href="#">Temporary Athletic Team Coaches</a>
5030	<a href="#">Student Wellness</a>
5131	<a href="#">Conduct</a>
5131.6	<a href="#">Alcohol And Other Drugs</a>
5131.6	<a href="#">Alcohol And Other Drugs</a>

5131.61	<a href="#"><u>Drug Testing</u></a>
5131.62	<a href="#"><u>Tobacco</u></a>
5131.62	<a href="#"><u>Tobacco</u></a>
5141.6	<a href="#"><u>School Health Services</u></a>
5141.6	<a href="#"><u>School Health Services</u></a>
5144	<a href="#"><u>Discipline</u></a>
5144	<a href="#"><u>Discipline</u></a>
5144.1	<a href="#"><u>Suspension And Expulsion/Due Process</u></a>
5144.1	<a href="#"><u>Suspension And Expulsion/Due Process</u></a>
6142.8	<a href="#"><u>Comprehensive Health Education</u></a>
6142.8	<a href="#"><u>Comprehensive Health Education</u></a>
6145.2	<a href="#"><u>Athletic Competition</u></a>
6145.2	<a href="#"><u>Athletic Competition</u></a>