

## Administrative Regulation

Steroids

- A. Before participating in interscholastic athletics, a student-athlete and his or her parent or guardian shall sign an agreement that the student-athlete shall abide by the district's policy that prohibits the use of 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 district policy shall face sanctions as specified in the school's discipline procedures and athletic code, and may be subject to further disciplinary action in accordance with law, Board of Education policy, and administrative regulation.

- B. All coaches shall complete a coaching education program, including training on the harmful effects of steroids and performance-enhancing dietary supplements by adolescents. Such instruction shall help coaches educate students about the district's prohibition and the harmful effects of using steroids and other performance-enhancing dietary supplements.
- C. School personnel, including coaches and parent-support organization members, shall not sell, distribute, or promote to students performance-enhancing dietary supplements that promote muscle-building.
- D. The superintendent or the designee shall ensure that district schools do not accept sponsorships or donations from supplement manufacturers or retailers of muscle-building supplements.
- E. School personnel, including coaches, found in violation of district policy governing steroids and other performance-enhancing dietary supplements shall be subject to disciplinary action ranging from reprimand to termination.

Ref: EC Sections 51260-51269  
Civil Code Section 1812.97  
Health and Safety Code Section 110423.2  
CIF Bylaws 524, 22.B.9, 22.B.12

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