

MIDDLETOWN UNIFIED SCHOOL DISTRICT

Regulation 5131.63: Steroids

Adopted Date: 12/13/2023

The district shall not accept a sponsorship from any manufacturer or distributor whose name appears on the label of a dietary supplement that contains substances banned by the U.S. Anti-Doping Agency and the substance synephrine. Such supplements shall not be sold, distributed, or marketed at a school-related event. (Education Code 49031)

Marketing includes, but is not limited to, direct product advertising, provision of educational materials, product promotion by a district employee or volunteer, product placement, clothing or equipment giveaways, or scholarships. Marketing shall not include the inadvertent display of a product name or advertising by a person who is not a manufacturer or distributor. (Education Code 49031)

School personnel and coaches may provide only nonmuscle-building nutritional supplements to student athletes for the purpose of providing additional calories and electrolytes, provided that they do not contain any dietary supplements prohibited by the U.S. Anti-Doping Agency and the substance synephrine. Permissible nonmuscle-building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.

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 to enhance an athlete's performance.

Notice

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.

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

Description

Civ. Code 1812.97

Ed. Code 49030-49034

Ed. Code 51260-51269

Ed. Code 51262

H&S Code 110423.2

Management Resources

California Interscholastic Federation
Bylaw

U.S. Anti-Doping Agency Publication

Website

Website

Website

Website

Website

Website

Website

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

[Performance-enhancing supplements](#)

[Drug education](#)

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

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

Description

California Interscholastic Federation Constitution and Bylaws
2005-06

Guide to Prohibited Substances and Prohibited Methods of
Doping

[CSBA District and County Office of Education Legal Services](#)

[National Center for Drug Free Sport](#)

[National Institute on Drug Abuse](#)

[U.S. Anti-Doping Agency](#)

[California Interscholastic Federation](#)

[CSBA](#)

[California Department of Education](#)

Cross References

Code

0450

0450

4127

4127

4131

4227

4227

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4327

5030

5131

5131.6

5131.6

5131.61

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Description

[Comprehensive Safety Plan](#)

[Comprehensive Safety Plan](#)

[Temporary Athletic Team Coaches](#)

[Temporary Athletic Team Coaches](#)

[Staff Development](#)

[Temporary Athletic Team Coaches](#)

[Temporary Athletic Team Coaches](#)

[Temporary Athletic Team Coaches](#)

[Temporary Athletic Team Coaches](#)

[Student Wellness](#)

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[Alcohol And Other Drugs](#)

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5131.62	<u>Tobacco</u>
5141.6	<u>School Health Services</u>
5141.6	<u>School Health Services</u>
5144	<u>Discipline</u>
5144	<u>Discipline</u>
5144.1	<u>Suspension And Expulsion/Due Process</u>
5144.1	<u>Suspension And Expulsion/Due Process</u>
6142.8	<u>Comprehensive Health Education</u>
6142.8	<u>Comprehensive Health Education</u>
6145.2	<u>Athletic Competition</u>
6145.2	<u>Athletic Competition</u>