

# OAKLAND UNIFIED SCHOOL DISTRICT

## Board Policy

### BP 5131.63 –Steroids Students

The Governing Board recognizes that the use of steroids or 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 or other performance enhancing supplements as part of their health, physical education, or drug education program.

(cf. 5131.6 - Alcohol and Other Drugs)  
(cf. 6142.8 – Comprehensive Health Education)

Students participating in athletics are prohibited from using steroids or any other performance-enhancing drugs. (California Interscholastic Federation (CIF) Bylaw 524) (cf. 5131.61 – Drug Testing)  
(cf. 6145.2 - Athletic Competition)

The Superintendent or designee shall provide teachers and coaching staff with training in the symptoms and dangers of the use of performance-enhancing substances and strategies for helping students terminate the use of such substances.

Before participating in interscholastic athletics, a student athlete and his/her parent/guardian shall sign an annual 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. (CIF Bylaw 524)

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.

(cf. 5144 - Discipline)  
(cf. 5144.1 - Suspension and Expulsion/Due Process)  
(cf. 6145 - Extracurricular and Cocurricular Activities)

Coaches shall educate students about the district's prohibition and the dangers of using steroids and other performance-enhancing supplements. (CIF Bylaw 22.B.9)

(cf. 4127/4227/4327 - Temporary Athletic Team Coaches)

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.  
(CIF Bylaw 22.B.12)

(cf. 1325 - Advertising and Promotion)

Legal Reference:

EDUCATION CODE

51260-51269 Drug education, especially:

51262 Use of steroids; legislative finding and declaration

CIVIL CODE

1812.97 Warning statement; posting in athletic facilities

HEALTH AND SAFETY CODE

110423.2 Dietary supplements

Management Resources:

CALIFORNIA INTERSCHOLASTIC FEDERATION BYLAWS

California Interscholastic Federation Constitution and Bylaws 2005-06

WEB SITES

CSBA: <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>

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