

**Willows High School**

**Student - Athlete**

**Drug Testing Program**



(Board Adopted – February 7, 2008)

# WILLOWS HIGH SCHOOL STUDENT ATHLETE DRUG POLICY

Adopted February 7, 2008

## DEFINITIONS

**Drug:** Any substance considered illegal or controlled by the Food and Drug Administration.

**Student Athlete:** Any student participating for Willows High School in athletic Practices and/or contests under the control and jurisdiction of the Willows Unified School District.

**Sport Season:** Fall, Winter and Spring seasons of sports begin on the first day of practice allowed by the California Interscholastic Federation or Willows High School and end the day prior to the beginning date of practice of the next season.

## POLICY STATEMENT

In order to provide for the **health** and **safety** of the individual athlete and other athletes, Willows High School is conducting a mandatory drug-testing program for student athletes. The testing program will provide a legitimate reason for student athletes to say “no” to drug use. This program will also provide an opportunity for those taking drugs to receive help in locating programs that can provide them with assistance. The program is not punitive. It is designed to create a safe, drug free, environment for the student athletes and assist them in getting help when needed.

## **PROCEDURES:**

**Consent:** The parent and/or guardian and the student athlete shall be required to sign a written consent for drug testing prior to participating in the athletic program. Any time an athlete refuses to be tested, he/she will be suspended from the team for the remainder of the season.

Test results shall be available only to the student and the student’s parent/guardian.  
Parents/guardians of students who test positive shall be notified and appropriate action will be taken by site administration.

**Medication:** Some prescription medications can affect the health, performance and safety of the student participating in a physical activity. Therefore, student athletes who are currently taking long-term prescription medication for such conditions as asthma, allergies, etc. must have a medicinal use verification (either a copy of the prescription or a doctor’s written authorization) on file with the Athletic Director. Upon request by school administration, student athletes who have been or who are currently taking short-term prescriptions medication must provide a verification of use. Student’s who refuse to provide verification and test positive will be subject to actions specified below for “positive tests.”

## **Random Drug Testing of Student Athletes**

Student athletes may be tested for the presence of illegal drugs at the beginning of each sport season and shall be subject to random testing during the entire season.

Before drug testing occurs, students who have been or are presently taking prescription medication shall present either a copy of the prescription or a physician's written verification of this fact.

### **FIRST OFFENSE (during their high school career)**

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for no less than 40 calendar days.
3. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.

### **SECOND OFFENSE (during their high school career)**

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for the remainder of the current season and the next athletic season for which the student is eligible.
3. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.

### **THIRD OFFENSE (during their high school career)**

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for the remainder of their high school career.

*Regulation WILLOWS UNIFIED SCHOOL DISTRICT*

*Approved: February 7, 2008, Willows, California*

# **STUDENT ATHLETE DRUG TESTING AUTHORIZATION FORM**

I understand fully that my performance as a participant and the reputation of my school is dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by Willows High School and the Willows Unified School District Board of Education and the sponsors for the activity in which I participate.

I also authorize Willows High School to conduct a test on my urine specimen that I will provide in a controlled environment to test for drugs use. I also authorize the release of information concerning the results of such a test to the Willows High School administration and to my parents and/or guardians.

This shall be deemed a consent pursuant to the Family Education Right to Privacy Act for the release of the above information the parties named above.

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Address

\_\_\_\_\_  
Date

# WILLOWS UNIFIED SCHOOL DISTRICT

823 WEST LAUREL STREET • WILLOWS, CA 95988-2830 • (530) 934-6600 • FAX (530) 934-6609

Dr. Steven Olmos, Superintendent

**Students**

**E 5131.63**

## **STEROIDS**

### **AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING USE OF STEROIDS**

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Print name of student athlete

*Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Willows Unified School District has adopted Board Policy 5131.63 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.

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Signature of student athlete

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Date

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Signature of parent/guardian

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Date

Exhibit  
Version: October 6, 2005

WILLOWS UNIFIED SCHOOL DISTRICT  
Willows, California

An Equal Opportunity Employer

**STEROIDS**

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 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.

*(cf. 5131.6 – Alcohol and Other Drugs)*  
*(cf. 6142.2 – Comprehensive Health Education)*

Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing supplement.

*(cf. 511.61 – Drug Testing)*  
*(cf. 6145.2 – Athletic Competition)*

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.

*(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.

*(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.

*(cf. 1325 – Advertising and Promotion)*

*Legal Reference: (see next page)*

**STEROIDS (continued)**

*Legal Reference:*

EDUCATION CODE

51260-51269 Drug education, especially:

51262 Use of anabolic 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>

**STEROIDS**

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.

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 supplements solely 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 damage 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.**