

Policy Session

Jon Almquist, ATC

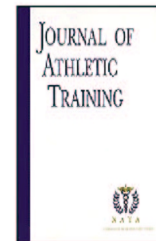
**Athletic Training Program Specialist
Fairfax County Public Schools**

**Chair, Secondary School Committee
National Athletic Trainers' Association**



Certified Athletic Trainer (ATC)

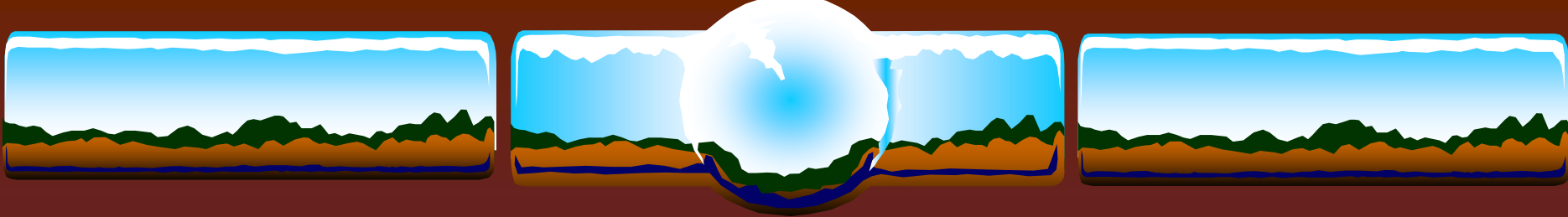
- ❖ Anecdotal experience “on the field”
- ❖ High School vs College vs Professional Athletes
 - ❖ Some is good, more must be better
 - ❖ Quick and Easy
 - ❖ Knowledge of the medical history
- ❖ Research
 - ❖ Journal of Athletic Training



Journal of Athletic Training

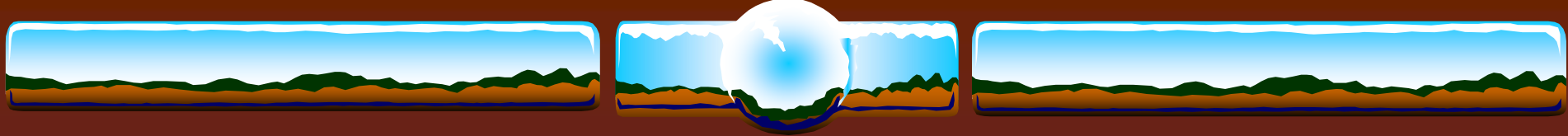
Welcome to the *Journal of Athletic Training*. This page is your Internet connection to the official publication of the [National Athletic Trainers' Association](#). This page includes the tables of contents of previously released issues and the table of contents of the upcoming issue. You will also find valuable information for authors and subscribers, as well as a list of the *Journal's* Editors and Editorial Board. This page is designed for the readers of the *Journal of Athletic Training*, the members of the National Athletic Trainers' Association, and anyone with an interest in current research and topics related to sports medicine.

The mission of the *Journal of Athletic Training* is to enhance communication among professionals interested in the quality of health care for the physically active through education and research in prevention, evaluation, management, and rehabilitation of injuries.



Policies for High School Athletics

Who makes the rules?

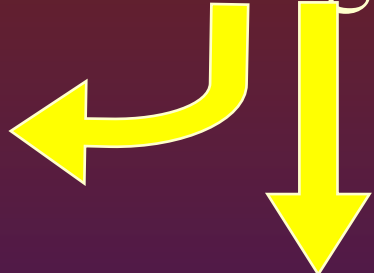


National Federation of State High School Assoc.



State Legislation

State Athletic Associations



Local School System

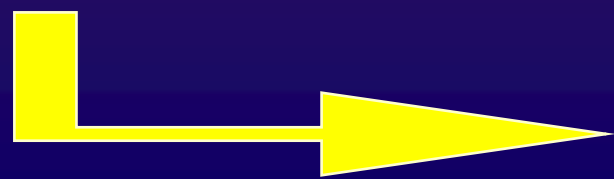


Individual School's Athletic Program

Parents



School (Athletic) Administration



ATHLETE

NFHS on Creatine and Androstenedione

Providing Information



National Federation of State High School Association

PO Box 690, Indianapolis, IN 46206 Ph. 317.972.6900 Fx: 317.822.5700

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Creatine and Androstenedione

Introduction

The National Federation of State High School Associations (NFHS), as well as many of its member state high school associations, are often asked about called performance enhancing substances, such as creatine and androstenedione. The NFHS has created this area on its Web site to provide accurate, up-to-date information regarding creatine and androstenedione for state secondary school athletic/activity associations and local schools they serve.

Creatine and androstenedione are two of the latest entries in a lengthy list of substances athletes use to enhance performance. Sports organizations in professional sports leagues, college athletic organizations (including the NCAA) and other amateur athletic programs (including the U.S. Olympic Committee) have developed policies concerning the use of these substances. Many of these groups have changed their policies recently to keep up with the changing attempts by athletes to improve performance. Some state associations and member high schools also have developed policies to cover the use of these substances. Some of these associations also have their own Web sites which include information about creatine and androstenedione.

Select one of the following for information concerning these commonly asked questions:

[What are creatine and androstenedione? Why are athletes using them? How are they used? What do they cost? Do they enhance performance?](#)
[What are the short- and long-term risks?](#)
[What are the laws and policies for these substances?](#)
[What should athletic administrators and coaches tell their athletes about androstenedione?](#)

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Important Health Message from the FDA concerning dietary supplements containing BD, GBL and GHB

Food and Drug Administration says dietary supplements containing BD, GBL and GHB can kill you!

Dangerous products sold as dietary supplements for bodybuilding, weight and sleep aids have been linked to deaths and severe sickness requiring hospitalization. These products are made from chemicals named:

gamma hydroxybutyric acid (GHB),
gamma butyrolactone (GBL),
and 1,4 butanediol (BD).

Swallowing any of these ingredients may make you extremely sick and r
kill you.

National Federation Policies on Supplements:



National Federation of State High School Association

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Creatine and Androstenedione

Topic: What are the laws and policies for these substances?

Laws regarding an individual's purchase
Because creatine and androstenedione have been classified as supplement people of any age can purchase these products. However, many sports organizations have either banned or discouraged the use of these substances because of ethical and health-related concerns.

School policies

Most schools will not allow its staff to dispense even so much as an aspirin without written permission and explicit direction from a student's parent/guardian. School personnel are often directed to only dispense drugs, medicine or food supplements when the student is under the care of medical professional and then only as prescribed and with parent's written permission. It is for this and other reasons that the Sports Medicine Advisory Committee of the NFHS has taken a strong position on school staff member's responsibility concerning both creatine and androstenedione, stating that: "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or the use of any drug, medication or food supplement solely for performance enhancing purposes."

The NFHS Web site includes the full text of the NFHS position statement on creatine and androstenedione.

Many other organizations have developed policies, regulations, or position statements regarding the use of creatine and androstenedione. Here are other places where you can get information regarding these policies and regulations. If you know of other sources, please send that information to the attention of Sports Medicine, NFHS, PO Box 20626, Kansas City, MO 64116.

[The Minnesota State High School League](#)

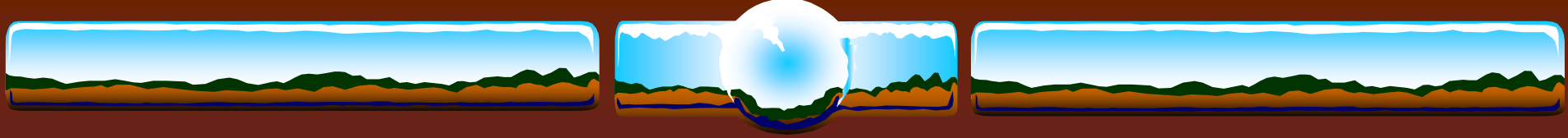
[The Iowa High School Athletic Association](#)

[The National Collegiate Athletic Administration](#). The September, 1998 issue of NCAA News, has an interesting article on the NCAA's position on creatine and androstenedione. <http://www.ncaa.org/news/19980914/active/3532n03>.



NFHS on Supplements:

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Questions?