Policy Session

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- 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
Policies for High School Athletics

Who makes the rules?
NFHS on Creatine and Androstenedione

Providing Information

Creative 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 the use of substances that enhance performance, 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 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 organizations 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 the substances. Some of these associations also have their own Web sites that 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 creatine and androstenedione?
Swallowing any of these ingredients may make you extremely sick and r
and 1,4-butanediol (BD),
gamma butyrolactone (GBL),
gamma hydroxybutyric acid (GHB),

Hospitalization. These products are made from chemicals named:
and sleep aids have been linked to deaths and severe sickness requiring
and dangerous products sold as dietary supplements for bodybuilding, weight
containing BD, GBL and GHB can kill you!

Food and Drug Administration says dietary supplements
containing BDB, GBL and GHB

concerning dietary supplements
from the FDA

Important Health Message
National Federation Policies on Supplements:

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 supplementer 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 as much as an aspirin without written permission and explicit direction from a student's parent or guardian. School personnel are often directed to only dispense drugs, medications, or food supplements when the student is under the care of a medical professional and then only as prescribed and with parent's written permission. It is for several 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 risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or prescribe 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 64195.

The Minnesota State High School League

The Iowa High School Athletic Association

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 permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."
Questions?