

### **4J Nutritional Supplements in Athletics**

The use of any drug, medication or dietary supplement as a performance-enhancing agent (steroids, bronchial dilators, creatine, androstenedione, etc.) is strongly discouraged. All student athletes and their parents/guardians should consult with their physicians before taking any supplement.

In order to minimize health and safety risks to student athletes, maintain ethical standards and reduce liability risks, no coach or school staff member, when in the course and scope of employment by the district, shall ever recommend, supply or encourage the use of any drug, medication or dietary supplement for performance-enhancing purposes.

END OF POLICY

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Legal Reference(s):

[ORS 332.107](#)