

ADMINISTRATIVE PROCEDURE

PERFORMANCE ENHANCING SUBSTANCES

5160

Procedure No.

July 31, 2019

Date

I. **PURPOSE:** To provide procedures for Prince George’s County Public Schools (PGCPS) staff on the use of performance-enhancing substances by students.

II. **DEFINITIONS:**

A. **Staff:** Any person working with PGCPS students and required to obtain a criminal history records check, as outlined in Administrative Procedure 4215. This includes, but is not limited to, all paid and unpaid coaches, trainers, coaching assistants, and any others assisting in an athletic program.

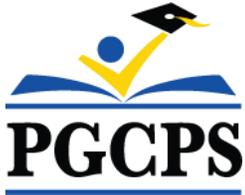
B. **Students:** Any student enrolled in a Prince George’s County Public School.

III. **PROCEDURES:**

A. No PGCPS staff member will provide or recommend consumption of any substance that claims to enhance either academic or athletic performance of students. This procedure does not include any medications, including those delineated below, that are prescribed by a medical professional. Students should continue medications as prescribed.

Examples of these performance-enhancing substances include but are not limited to products containing:

1. Anabolic-androgenic steroids;
2. Androstenedione (“andro”);
3. Dehydroepiandrosterone (DHEA);
4. Creatine;
5. Growth hormone;
6. Stimulants such as caffeine, ephedra/ephedrine, pseudoephedrine, Ma Huang, Guarana, and amphetamines;
7. Blood doping agents such as erythropoietin;
8. Mega doses of amino acids, vitamins and/or minerals;
9. Any substances, including diuretics, used for rapid weight loss (ex., wrestlers and other athletes needing to meet a weight requirement);



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- B. Traditional sports drinks such as Gatorade, PowerAde, and Body-Armor may be provided. No other products may be provided, such as energy bars, gels, vitamins, or other food supplements.

IV. MONITORING AND COMPLIANCE:

- A. Athletic directors shall ensure that all coaches (paid and volunteer) are aware of the contents of this Administrative Procedure by providing a yearly in-service training for coaches. Meeting sign-in sheets shall be maintained by athletic directors for five years to certify attendance.
- B. Athletic directors are to monitor athletic events and practice sessions for continual supervision of students to ensure compliance as well.
- C. The Coordinating Supervisor of Athletics will review these procedures with principals, coaches, and athletic directors annually.

V. RELATED PROCEDURES: Administrative Procedure 5163, School-Based Medication.

VI. MAINTENANCE AND UPDATE OF THESE PROCEDURES: This procedure originates with the Office of Athletics and will be updated as needed

VII. CANCELLATIONS AND SUPERSEDURES: This Administrative Procedure cancels and supersedes Administrative Procedure 5160 dated July 1, 2005.

VIII. EFFECTIVE DATE: July 31, 2019.