

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
POSITION STATEMENT ON THE USE OF DRUGS,
MEDICINE, AND FOOD SUPPLEMENTS IN
INTERSCHOLASTIC SPORTS**

School personnel, including coaches, should never dispense any drug, medication or food supplement except with extreme caution and in accordance with school district policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school or school district. Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel, including coaches. In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel, including coaches, should never supply, recommend, or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes.

There is not enough scientific evidence regarding the safety of performance-enhancing nutritional supplements to support their use by high school student-athletes. Student-athletes and their parents/guardians should consult with their health care provider before taking any nutritional supplement. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

Adopted by the Board of Control, October 29, 1998