

## FAQ's (continued)

A (con't): year from the date of their notification of the violation. Students may petition for reinstatement of their athletic eligibility after 90 provided they meet the requirements set forth by the Board of Directors. Additionally, member schools will be subject to penalties for a violation of the testing program as determined by the Executive Director on a case by case basis.

**Q:** What other resources are available for students, coaches, or parents regarding the dangers of steroids and dietary supplements?

**A:** The IHSA has a dedicated page for Sports Medicine Special Topics and can be accessed by going to [www.ihsa.org](http://www.ihsa.org). Over the past three school years, the IHSA has attempted to raise awareness on the use of performance-enhancing drugs by high school student-athletes through a number of educational units and other media. A number of resources are available through the associations SMAC page noted above, including specific information on the performance-enhancing drug testing program. The IHSA has also developed a video detailing the drug testing program that schools can access through the Schools Center on the IHSA website.



## Conclusion

The IHSA's Sports Medicine Advisory Committee has studied the issues surrounding anabolic steroid and dietary supplement use and drug testing of student-athletes for a number of years. The committee has taken efforts to raise awareness on these issues and is committed to continuing efforts to provide resources to schools.

Studies have shown that high school students across the nation, including Illinois, are using anabolic steroids and dietary supplements to increase athletic performance at great risk to themselves. And it is because of this concern for the health of student-athletes that the IHSA is considering developing a drug testing program.

During the 2007-08 school term, additional information regarding drug testing, including all testing protocols that would be utilized, will be made available to member schools and the public through the IHSA website.

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### Performance-Enhancing Drug Testing

#### FAQ's

Illinois High School  
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## Background

This brochure is designed to answer some of the most frequent questions asked of the IHSA regarding anabolic steroids, dietary supplements, and drug-testing. Its aim is to provide interested individuals with the necessary and correct information in order to ensure the safety of student-athletes. Individuals with further questions can contact the IHSA electronically at [general@ihsa.org](mailto:general@ihsa.org).

## FAQ's

- Q:** What exactly does IHSA By-Law 2.170 address?
- A:** Approved overwhelmingly by the membership in 2006, By-Law 2.170 prohibits individuals associated with member schools from distributing anabolic steroids or performance-enhancing dietary supplements to student-athletes. It further details what things school personnel can distribute although the ultimate responsibility for taking any kind of substance is the student-athlete. The by-law also establishes "banned drug classes" that student-athletes should be aware of when they consider taking anything aimed at improving their performance.
- Q:** How will the association's testing program be effected by the "Banned Drug Classes"?
- A:** All tests conducted as a part of the association's testing program will be for the established banned drug classes.



## FAQ's (continued)

- Q:** Can I take creatine?
- A:** Creatine is a dietary supplement that is sold in many forms by a number of manufacturers. Dietary supplements that are sold over the counter and through the internet are under-regulated by the U.S. FDA. Athletes are advised that the use of dietary supplements is at the user's own risk.



The list of ingredients and claims made by a manufacturer are not necessarily backed up by reliable, scientific research.

- Q:** Speaking of supplements, how do I know if one is okay or not?
- A:** As mentioned earlier, passage of IHSA By-Law 2.170 created a "banned drug classes" that are prohibited from being distributed to student-athletes. That list also provides direction to the association and its performance-enhancing drug-testing program in terms of what substances for which students will be tested. As mentioned earlier, ultimately the use of supplements is at the student's own risk.

## FAQ's (continued)

- Q:** What is the penalty then for taking a substance that is on the IHSA's banned list?
- A:** The IHSA's performance-enhancing drug testing program will randomly select students who represent their school in any IHSA athletic state series contest. At this time, the testing program will not extend into the summer months or the regular season. In the event a member school discovers that one of its student-athletes has taken a substance from the association's banned drug classes will be subject to the penalties called for in his/her school's Athletic Policy/Code of Conduct. The penalties associated with the IHSA's performance-enhancing drug testing program pertain to those violations found as a result of the association's post-season testing.
- Q:** What will the penalties be for a student who tests positive for a banned substance?
- A:** The IHSA Board of Directors have determined that student-athletes who have been found to have violated the association's performance-enhancing drug testing program will be suspended from interscholastic participation for a period of one

