



King Edward VII School

Policy: Drugs in Sport

The use of performance enhancing drugs, particularly steroids, has become prevalent in sport at a school boy level. The use of these substances is generally encouraged by a poor body image, and occasionally by the desire to achieve selection for prestigious teams. The use of performance enhancing drugs poses both short and long term health risks to these boys. Additionally, the use of these substances is the equivalent of cheating and goes against the spirit of honesty and fairness which the School promotes through participation in sport. King Edward VII School is committed to eradicating this behaviour and re-enforcing the ideal of fair play, and the relationship between hard work and reward.

Principals of the Policy

- The use of drugs, and in particular performance enhancing drugs, cannot be combated merely by putting preventative measures in place. A programme of education for learners, parents and coaches is absolutely essential in the management of this problem.
- Drugs testing will not be the first point of intervention in dealing with issues of performance enhancing substance abuse but will form part of a structured intervention that aims to educate all learners and rehabilitate learners who are using and abusing substances.
- Drug screening may be considered and implemented in an environment that is committed to safeguarding personal rights relating to privacy, dignity and bodily integrity. All parents, on admission of their sons to King Edward VII School, should be asked to give written consent to drug screening in accordance with this policy. Parents of boys already in the School will need to be sent letters to give their consent.
- If a drug screen is considered necessary, it should form part of a structured intervention or relapse prevention programme.
- The use of performance enhancing drugs by learners at King Edward VII School is contrary to the School's Code of Conduct and will not be sanctioned.
- King Edward VII School recognises and respects the role and jurisdiction of the South African Institute of Drug Free Sport (SAIDS) in the testing and sanctioning of sportsmen and women in South African. The King Edward VII School Policy for the management of Drugs in Sport is seen as supplementary to the role that SAIDS plays.

Definition of Performance Enhancing Drugs

Any substance on the World Anti Doping Agency (WADA) Prohibited List taken, without written prescription by a fully-licensed physician as recognised by the South African Medical Association, to treat a medical condition, will be considered to be the use of a performance enhancing drug.

Drugs Testing Procedure

- An educator, who has reason to believe that a learner is using performance enhancing drugs, should discuss this, in confidence, with the boy's Pastoral Head / Headmaster.
- The Pastoral Head / Headmaster may elect to discuss the matter with one of the School's counsellors before intervening.
- The Pastoral Head / Headmaster will be responsible for making contact with the learner, collecting relevant information and making an assessment of the situation.
- If further action is required this should be discussed with the Deputy Headmaster (Pastoral). If appropriate, in consultation with the learner's parents and with their consent, the Headmaster will ask the learner to consent to a drug screening test.
- Any learner found to be in possession of a performance enhancing drug should undergo a drug screening test. An adverse analytical finding is however not a prerequisite for a disciplinary hearing to take place. Being in possession of performance enhancing drugs carries the same weight and penalties as their use.
- The cost of the initial test will be carried by King Edward VII School, however in the case of an adverse finding the cost of the tests will be for the relevant parents' account.
- Testing may be conducted at any time of year (in-season, pre-season and off-season) and could be conducted during school holidays.
- The urine specimen for the drug screen should be collected by a registered professional in such a way that the learner's dignity is maintained and the integrity of the sample is not compromised.
- In these instances the sample will be sent to a Pathologist for laboratory testing.
- The drug screen should be conducted in such a way that the learner's privacy is protected.
- The results of the drug screen should be made known to the Headmaster, the learner and his parents.
- In the case of a positive result on a drug screen the learner will face a disciplinary hearing. Following this hearing, the Headmaster, learner and his parents should discuss and agree on an appropriate management plan to ensure that the learner

is rehabilitated. This plan should include follow up drug screens and a referral for counselling.

- The learner should be cautioned that if he tests positive on a follow-up drug screen, the Headmaster will decide to follow further disciplinary measures.
- The procedure listed above refers to King Edward VII School internal Drugs in Sport Management Programme. Should SAIDS test a King Edward VII School learner the boy with according to our Policy and any additional prescripts of SAIDS. King Edward VII School does however reserve the right to impose additional disciplinary action on a learner who fails a SAIDS test.

Disciplinary Intervention

In the case of a failed drugs test a disciplinary hearing must be held in accordance with the School's Code of Conduct, and may result in some punitive sanctions. In deciding on the sanctions, the Disciplinary Committee will consider each case on its individual merits taking into account:

- The nature of the incident
- The learner's school and family history
- Mental health and intellectual development
- Any other relevant information

The following sanctions will serve as guidelines for the Disciplinary Committee when deciding on how best to deal with incidents of performance enhancing substance abuse:

1st Offence:

- Referral for complete Psychological assessment.
- Suspension from sport including practice, competition, and training (including use of the gym) for a period of no less than 6 months and up to 2 years depending on the severity of the incident. Learners may be allowed to participate in administrative and coaching activities during this time as a part of their rehabilitation
- Any School awards, Colours, prefectship, etc. may be removed.
- Follow-up drug screens as part of a structured intervention to prevent continued use of substances. No learner will be allowed to return to play without a clean drugs test. The cost of these tests will be for the parents account.
- A final warning for substance abuse.
- Relevant ban from sport, as per SAIDS policy – up to 1 year.

2nd Offence:

- A permanent ban from all involvement in sport at King Edward VII School

Learners who have experienced or are experiencing problems as a result of performance enhancing drug use, misuse or dependency, will be entitled to appropriate assistance, and will not be denied the opportunity to receive an education or the right to reintegration back into the School community. However, in cases where the learner does not wish to make use of such help offered to him, the School will have no choice but to take the necessary action, which may include suspension or expulsion, as determined by relevant legislation.

Dealers:

The trafficking of substances on to the campus, supplying substances to other learners (with or without the expectation of payment), offering substances to other learners and the sale of substances to other learners are serious offences because of the threat they provide to the safety of other learners in the School. As such, these offences will always lead to a disciplinary hearing and may result in suspension or expulsion from the School.

When a learner is found to be guilty of selling substances, the School may report this to the relevant state authorities.

Amnesty Programme (as determined from time to time by the Headmaster)

The School will support any individual who voluntarily comes forward, is honest about his performance enhancing substance use and shows a willingness to receive help in overcoming a substance abuse problem. A learner, who approaches an educator or coach and asks for assistance in overcoming a substance use or abuse problem, will not be subjected to any disciplinary action. The matter will need to be dealt with in consultation with the School Counsellor, Pastoral Grade Head and/or the Headmaster, and the parents. The matter will be treated as confidential, provided the learner agrees to the management plan outlined by the management team. This management plan will include:

- A contract to discontinue substance use.
- Counselling to address underlying issues.
- Consent to follow up drug screens at the parent's expense.
- Non-participation in sport for up to 1 year but an earlier reprieve may be approved.

In cases where the learner does not comply with the management plan, the Counsellor will have no option but to bring the matter to the attention of the Headmaster, who may decide to conduct a disciplinary hearing.

Nutritional Supplements

The use of nutritional supplements is not banned in sport because they do not contain any "banned" substances. However, because the nutritional supplement industry is unregulated there have been a number of cases of sportsmen who have used

supplements that have become “contaminated” and as a result failed drugs tests. As such, King Edward VII School views the use of supplements as an extremely risky behaviour, and is completely at the students own risk. While the use of a contaminated supplement is a factor that will be considered during a disciplinary hearing, the onus is on the sportsman to ensure that he uses products from a reputable source.

Education and Prevention Measures

Education of Learners:

The objective of preventive education is to reduce the use of performance enhancing drugs by providing information about the dangers of their use and misuse. It is to encourage those who are experiencing problems to get the help they need. Drug education should ensure that learners acquire age- and context-appropriate knowledge and skills, in order for them to adopt and maintain life skills and behaviour that will protect them from drug use, misuse and dependency. While this is the responsibility of all educators, this content will be covered as a part of the formalised curriculum in Life Orientation lessons.

Education of Parents/Guardians:

Education and information on performance enhancing drug use, misuse and dependency as well as the School’s policy on performance enhancing drug abuse should be made available to all parents/guardians of learners, as well as the learners themselves, upon first registration at King Edward VII School and whenever necessary thereafter. The School takes responsibility for arranging regular information evenings for the education of parents.

Education of Staff:

Training will be provided for all staff on performance enhancing drug use, misuse and dependency management, and support. Staff should also be trained to recognise the signs and symptoms of performance enhancing drug use. The School should ensure that all staff are aware of the contents of this policy.



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SUBSTANCE ABUSE CONSENT FORM

I, _____

as parent / guardian of (learner's name)

do hereby give permission for my son / ward to be tested at School for the presence of drugs, including steroids, as part of a random testing programme.

I understand that the results of such tests are strictly confidential and will be disclosed only to myself, my son's Pastoral Grade Head, and the Headmaster.

I understand that the tests are non-invasive (urine) tests carried out professionally and in private by qualified medical staff.

I understand that the costs of these tests will be borne by the School, except in the event of my son testing positive for the presence of drugs, in which case such costs will be for my account as will any subsequent follow up tests.

Signed _____

Date _____