

## California Implements Drugs and Sports Regulations for Student Athletes

General Briefing Points – 09.28.2005

### Overview

For the 2005 school year, the California Interscholastic Federation (CIF) policy requires student athletes to pledge not to use steroids and makes the state of California the first in the nation with such a requirement. Penalties for violating the contract include suspension or expulsion.

Some school districts are taking further measures, for example in Anaheim school officials recently enacted a policy banning not only steroids, but also over-the-counter performance-enhancing supplements.

In September 2005, The California Legislature approved a bill that would forbid students from taking any substance banned by the United States Anti-Doping Agency, which tests Olympic athletes, and from taking a popular herbal stimulant known as "bitter orange." The bill also writes the new CIF regulations into state law but it is still pending signature from Governor Arnold Schwarzenegger.

### Statistics

- Officials believe 20,000 to 30,000 student athletes in California use steroids, and believe even more may use supplements, such as protein shakes or herbal stimulants, in attempts to gain an edge on opponents.
- In 2003, an estimated 20,315 CIF athletes used steroids, according to the federation.
- There are approximately 700,000 athletes in the state of California.
- The U.S. Supreme Court has twice ruled that schools may give drug tests to students who participate in extracurricular activities.
- Less than 4% of high schools nationwide randomly test for steroids, according to the National Federation of State High School Associations.

### Opposing Views

**American Civil Liberties Union:** "Policies like random drug testing for students to prove their innocence strip youth of their 4th Amendment rights to be free from unreasonable search and seizure, deter participation in extracurricular activities, create incentives for kids to switch to more dangerous drugs that don't show up in their urine, and foster greater mistrust between school administrators and students," said Elizabeth Schroeder, associate director of the American Civil Liberties Union of Southern California.

**Industry:** Random or mandatory drug testing is expensive.

**Reference:** LA Times article "CIF Tosses Penalty Flag at Steroid Use":  
<http://www.latimes.com/news/local/la-me-steroids26sep26,1,1669561.story>