



PRAESTAT OPES SAPIENTIA

HAMPTON SCHOOL

SPORTS SUPPLEMENTS POLICY

The use of sports supplements is not endorsed, encouraged, nor recommended by Hampton School.

The necessary requirements of a safe and structured training programme for sport are an appropriate conditioning programme and a healthy lifestyle, including due regard to nutrition, hydration, sleep and recovery. This message is encouraged and clearly communicated to all pupils involved in the sports programme at Hampton School.

Pupils at the school are encouraged through PE lessons and co-curricular activities to monitor their health and fitness through the use of fitness testing, physical exercise and a balanced diet.

In all sports, the School adheres to the guidelines of the World Anti-Doping Agency (WADA) which promotes, coordinates and monitors the fight against doping in sport in all its forms. The use of supplements needs to be treated with upmost care as it can lead to an unintentional doping offence under the WADA Code. Supplement products can become contaminated and the strict liability principle of the WADA Code means pupils are responsible for any prohibited substance found in their system regardless of fault.

Pupils and parents are urged to be vigilant before choosing to use any supplement for their child. If you do chose to take a medicine or supplement product you are strongly recommended to check on <http://www.globaldro.com/> to ensure it contains no ingredients that are actually prohibited substances.

Further information on supplements can also be found on <http://www.ukad.org.uk/supplements/>.

Advice from National Sporting Organisations

The School's Sports Supplements Policy is written with regard to the positions of the UK national sporting bodies in **Football**, **Rowing** and **Rugby** in this area.

Pupils playing **football** at Hampton are made aware that the Football Association does not recommend that players take supplements and that diet, lifestyle and training should all be optimised before players consider using them. Advice from the FA is that many nutritional and/or herbal supplements have been found to contain banned substances that are not listed on any labelling, such as anabolic steroids and stimulants.

Pupils who **row** as members of Hampton School Boat Club are given advice on nutrition and they are actively discouraged from using any 'off the shelf' supplement products and the need for suitable basic nutrition from good eating habits is emphasised. The boys are given advice throughout their training and their coaches work to monitor the boys' eating habits. An external company is used to deliver a talk to parents about nutrition, the dangers of doping and supplements, and they also give advice to enable parents to support their sons in a balanced approach to school sport. Boys who row are members of British Rowing and they are required to adhere to the UK anti-doping rules which British Rowing has adopted.

Hampton School **rugby** follows the Rugby Football Union Position Statement on the use of supplements, which states that these is no substitute for a balanced, healthy diet. Most players will gain little from their use if they have not already optimised their hydration, diet, training and recovery practices.

Date updated	October 2016	Date ratified by Governors	December 2016
Date for next review	October 2017	Reason for review	Annual Review