



## DAUNTSEY'S SCHOOL

### SPORTS SUPPLEMENTS POLICY

Dauntsey's is proud of its sporting tradition and aims to provide a safe environment for its pupils to strive to achieve their goals. The use of sports supplements is not endorsed, encouraged nor recommended by Dauntsey's.

The necessary requirements of healthy training for sport are an appropriate conditioning programme and a healthy lifestyle, including due regard to nutrition, hydration, sleep and recovery.

Pupils at the school are encouraged through PE & Games 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. If you do choose to take a medicine or supplement product you are strongly recommended to check on [www.globaldro.co.uk](http://www.globaldro.co.uk) to ensure it contains no ingredients that are actually prohibited substances.

More information can also be found at [www.ukad.org.uk/supplements](http://www.ukad.org.uk/supplements) or [www.informed-sport.com](http://www.informed-sport.com)

If a pupil has been advised by an external club, academy or development squad etc. to take a supplement such as 'whey protein', then parents are advised to contact the Director of Sport.

### **Advice from National Sporting Organisations**

The School's Sports Supplements Policy is written with regard to the positions of the UK national sporting bodies.

For example, Dauntsey's rugby follows the Rugby Football Union Position Statement on the use of supplements, which states that 'these are 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'.

The following link provides advice, including a short video clip –

[www.englandrugby.com/governance/anti-doping/rfu-testing-programme/supplements](http://www.englandrugby.com/governance/anti-doping/rfu-testing-programme/supplements)

Director of Sport

Reviewed: September 2023

Next Review: September 2024