GIGGLESWICK
SCHOOL

Sport Supplements Policy

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Contents

1 INTRODUCTION 3

2 RISKS 3

3 ADVICE TO PUPILS 3

4 SCHOOL POLICY ON SUPPLEMENTS 4

REQUEST FOR A PUPIL TO USE SPORTS SUPPLEMENTS AT GIGGLESWICK SCHOOL 5

1 INTRODUCTION

Giggleswick School ("the School") is proud of its strong sporting tradition for its pupils. It has a well-established ethos, encouraging participation, ambition, leadership and teamwork opportunities, along with developing determination and respect.

The School is committed to providing a safe environment for its pupils to strive to achieve their goals. Current clinical evidence suggests that a key consideration for young athletes should be their diet, making sure they are eating enough to maintain their training alongside ensuring a healthy balance of carbohydrates, protein, fresh vegetables, fruit and fats in moderation. If this advice is followed, it would be unnecessary and potentially harmful for young athletes to be using sports supplements.

The School subscribes to the principle that ***food is first***.

2 RISKS

It is important that we educate our pupils in the rules of taking supplements along with the surrounding risks, so they are not abused or misused.

The risks involved in taking sports supplements[1] by young athletes are as follows:

- Internet bought substances are not necessarily regulated and may fall outside the governing bodies regulations regarding banned substances;
- At a young age, there can be liver and kidney complications due to metabolising synthetic substances;
- A misunderstanding of the type of supplement that would benefit the athlete along with a misunderstanding of the dosage;
- Creating an unhealthy attitude towards body image at a young age;
- Substances often contain more ingredients than listed – this makes it hard for any athlete to monitor their intake.
- All risks should be considered under the guidance of WADA, Informed Sport and UKAD.

3 ADVICE TO PUPILS & PARENTS

The School advises the following:

- It reminds pupils that **what they put into their body is their own responsibility**. Pupils competing at a high level in their sport should familiarise themselves with relevant governing body regulations. Advice can be found on the World Anti-Doping Agency's website.
- **Food must come first**. Many supplements first became available as a convenience product, not designed as a replacement. It is much more beneficial to have a slightly unhealthy meal than a liquid diet.
- At a young age, even with a high-performance training programme, supplements are surplus to requirement in a young athlete's diet.

[1] By sports supplements we refer to any protein-based powders, pre-workout powders, dietary supplements or meal replacement powders such as *Huel*. It does not refer to standard over the counter vitamin supplements or herbal remedies. Further guidance on over-the-counter medicines at School can be found in our Medical Policy, available on the School website.

- **Every meal should be balanced**, and during recovery phases in training the same quantity is consumed.
- **Hydration is critical**. If a pupil feels thirsty, they are already in the early stages of dehydration. Water bottles should always be carried and are essential during training sessions.
- **Never skip meals**. The body will process and store the next meal differently if it has been starved even for a short while. Healthy snacking is a good thing and small meals little and often will be beneficial for young athletes.
- **Avoid caffeinated energy drinks**[2], especially before training. They are unnecessary and may be damaging to young athletes' bodies.
- If there is any doubt regarding the above, parents and pupils are advised to check the UKAD Clean Sport Essentials: Parents and Carers of Young Athletes Guide. - Parents, Carers and Guardians | UK Anti-Doping

4 SCHOOL POLICY ON SUPPLEMENTS

The School does not support the use of dietary supplements by its pupils; pupils will not be permitted to use sports supplements at school without the prior written approval of the Director of Sport. The School believes that if the above advice is followed then these supplements are unnecessary.

Only in certain circumstances, with the approval, direction and guidance from the Director of Sport may a pupil use sports supplements at school.

The attached form should be completed by a pupil's parents before any supplements are brought into school.

The School's position regarding supplements is, therefore, as follows:

- If the above guidance is followed, pupils at school do not need to take any form of dietary/weight training supplements.
- The school's stance is in line with the UKAD Prohibited List and WADA.
- Should a pupil be part of an elite academy, development programme or under the supervision of the School's High Performance Sports Programme, then they may be permitted to take certified supplements only. They are not permitted to take any other form of supplementation e.g. Creatine, HMB etc. Permission must be given by the Director of Sport.
- Any consideration of supplements by the Director of Sport will be subject to a check through www.informedsport.com.
- No pupil under the age of 16 should be taking any form of protein or other supplementation. If any such supplements are found by their Housemaster/Housemistress or House staff, they can expect them to be confiscated and returned to their parents.

Should any pupil or parent wish to discuss the School's position on any of the above, or discuss their own personal situation, please contact the Director of Sport by email: ecbuck@giggleswick.org.uk.

[2] Energy drinks such as *Monster, Relentless* and *Red Bull* **are not permitted on campus**. A standard 500ml can of *Monster* contains the equivalent of four espressos' worth of caffeine and 13 teaspoons of sugar.

REQUEST FOR A PUPIL TO USE SPORTS SUPPLEMENTS AT GIGGLESWICK SCHOOL

This form must be completed and signed by both the pupil and their parents or guardians before any sports supplements can be brought into school. Pupils are expected to abide by the rules detailed below.

No pupil under the age of 16 will be given permission to use sports supplements whilst at the School.

Name of Pupil		**Date of application**
House	**Year group**	**Date of birth**
Reason for request to use sports supplements		
Name of product(s) to be used, frequency and dosage		

Rules

- The sports supplement must only be used as outlined above;
- All products kept on site remain the responsibility of the pupil concerned and should be stored securely at all times;
- They must not be used, offered or taken by any other pupil at the school;
- The right to bring sports supplements into school will be withdrawn if a pupil fails to adhere to these rules.

I understand these rules and agree to abide by them.

Signed by:

(Pupil)	**(Parent)**

Once completed this form should be sent to the Director of Sport who will discuss the request with the pupil and then confirm via email to both the pupil and parents/guardian whether permission has been granted for the pupil to use sports supplements on School premises.

To be completed by the Director of Sport:

Permission granted / denied	Signed by	Date

Copies of the completed form are to be sent to SHS, Matron, Wellbeing Centre, Pupil and Parents/Guardian