

Saint Columba's College Sports' and Dietary Supplement Policy

The College's position on the storage and use of Sports/Dietary Supplements at the College is as outlined below:

No pupil under the age of 16 should be taking any form of protein or other additional supplementation. If any such supplements are found by their coaches or sports' or House staff, they can expect them to be confiscated. We feel that we needed to codify this policy, as the widespread use of supplements has become more prevalent in society and in schools.

In addition some of these supplements contain questionable and contaminated additives which can have immediate short term side effects as well as having a detrimental impact on young people's physical development. We believe that a correct dietary and nutritional regime will provide all the potential benefits of sports supplements and is in our pupils' best interests. The use of supplements is not a substitute for good nutrition and is not a shortcut to good nutrition.

There is evidence, that when carefully monitored, some supplements may be of benefit in improving athletic performance. Therefore the College has decided that **only those pupils over the age of 16** may store and use a **simple supplemental protein only**. This protein may only be sourced from whey, casein or be vegetable-based, but it may not include any other substances.

Pupils at Saint Columba's College are **not permitted to take any** other form of supplementation. These prohibited items include Creatine, HMB, "NOxplode", etc (if there is any doubt about formulation please discuss with Matron or/and the Director of Sports.)

In the instance of a parent deciding to allow their son or daughter take a sports supplement, they are urged to be vigilant before choosing which supplement to ingest. We strongly recommend that you see the Irish Sports Council's policy on sports' supplements <http://www.irishsportsCouncil.ie/Anti-Doping> to gather further information on your chosen product to ensure that it includes no ingredients that are actually prohibited substances.

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 or Matron by email.

REQUEST FOR A PUPIL TO USE/STORE SUPPLEMENTAL PROTEIN AT SAINT COLUMBA'S COLLEGE

Name of Pupil:

Boarding House:

Form:

Date of Birth:

Reason for request to store and use Sports/Dietary Supplements at Saint Columba's College:

Name of Protein product to be stored/used, frequency of use and dosage (which **needs to be adhered to** at all times):

Parental Permission:

Pupil Signature:

By signing this you are committing that all of the above information is accurate and that this is exactly how you will store and use said Sports Supplement.

Once completed this form should be submitted to the Director of Sport who will discuss the request with the pupil (and if necessary with the parent) and will then confirm to both the pupil and parents/guardian whether permission has or has not been granted for the pupil to use a supplemental protein on Saint Columba's College premises.

Matron:

Head of particular Sport/ Coach:

Housemaster/Housemistress:

Saint Columba's College Director of Sports:

When the chain of permission has been completed and signed off by The Director of Sports to use and store a Sports Supplement onsite, the below needs to be strictly adhered to at all times:

- All products stored 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 College;
- The right to use and store sports supplements at the school will be withdrawn if a pupil fails to adhere to the above policy in its **entirety**.