Date: May 2024
Review Date: August 2026
Responsibility: Head of PE

SPORTS SUPPLEMENT POLICY

Introduction

Epsom College in Malaysia ("the College") is rightfully proud of its strong sporting involvement for both boys and girls. It has an established ethos, encouraging camaraderie, leadership and teamwork opportunities, along with developing determination and discipline.

This is allied to the College's commitment to providing a safe environment for its pupils to strive to achieve their goals. Current clinical evidence suggests that the 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.

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 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 the 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.

Advice to pupils

The College advises the following:

- The College 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 the governing body's regulations. Advice can be found on the World Anti-Doping Agency's website.

- Food must come first. Many of the 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.

- 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, especially before training. They are unnecessary and may be damaging to young athletes' bodies.

Conclusions

Epsom College in Malaysia does not support the use of dietary supplements by its pupils; pupils will not be permitted to use sports supplements in school without the prior written approval of the Head of PE. The College 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 Head of PE may a pupil use WHEY PROTEIN as an additional supplement during the school day. The attached form should be completed by a pupil's parents before any supplements are brought into school.

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

- If the above guidance is followed, pupils at Epsom College in Malaysia do not need to take any form of dietary/weight training supplements.

- Should a pupil be part of an elite academy or under the supervision of the College's strength and conditioning coach then they are permitted to take Whey Protein only. They are **not permitted** to take any other form of supplementation e.g. Creatine, HMB etc.

- **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 College's position on any of the above, or discuss their own personal situation, please contact the Head of PE on bob.dewet@epsomschool.com

REQUEST FOR A PUPIL TO USE/STORE WHEY PROTEIN AT 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 College.

Name of Pupil		**Date of Application:**
House	**Year Group**	**Date of birth:**
Reason for request to use/store Sports Supplements at Epsom College in Malaysia:		
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 College;
- 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/guardian)**

Once completed this form should be sent to the Head of PE 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 whey protein on College premises.

To be completed by the Head of PE:

Permission Granted / Denied	**Signed by:**	**Date:**

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