

FERN RIDGE SCHOOL DISTRICT

ANABOLIC STEROIDS PLAN

OREGON ADMINISTRATIVE REGULATION

581-022-2210

(2) Each school district shall:

(a) Utilize evidence based programs such as the Oregon Health and Science University's Athletes Training and Learning to avoid steroids (ATLAS) and Athletes Targeting Healthy Exercise and Nutrition Alternatives (ATHENA) for the reduction in anabolic steroid and performance-enhancing substance abuse by High School Athletes.

***The Fern Ridge School District accomplishes this in two ways. First, through a comprehensive unit on steroids that is delivered to all 10<sup>th</sup> grade students in a required Health class. Second, all athletes receive a short block of instruction from either the A.D., or the Head coach within the first two weeks of a season on this topic.***

(b) Ensure school district employees who are coaches or athletic directors receive training once every 4 years on identifying the components of anabolic steroids abuse and prevention strategies for the use of performance-enhancing substances.

***The Fern Ridge School District accomplishes this through required trainings from the NFHS in conjunction with the OSAA. No employee is allowed to coach without being up to date on all required trainings.***