

Stowe School fully endorses the Medical Officers of Schools Association (MOSA) statement below, and will only authorise the use of specific sports supplement/s if there is an identified need for the pupil in question:

MOSA does not recommend the use of sports supplements in adolescents. Young athletes should be encouraged to eat a wide range of healthy foods and ensure they are well hydrated when exercising. They should not need to use dietary supplements and athletes and coaches should be aware that these do not provide a “short cut to success”.

A sports supplement is defined as the following:

Products that are used to enhance athletic performance that may include protein and caffeine supplements. These products are generally available over the counter without a prescription.

The use of sports supplements by 3rd and 4th Form pupils is prohibited.

In the case of other pupils, there may be some athletes where the use of sports supplements has been approved by their coaches but (other than protein supplements) these must be in discussion with the Director of Sport, HouseParent, Matron and the School Medical Officer and with the written consent of the athlete's parents. In the case of protein supplements, the use of these by pupils is limited to those which may be bought legally and over the counter, and where this is part of a training programme that has been sanctioned by the School. Any pupil using protein supplements on a regular basis should only do so with the permission of their Houseparent and with the written consent of the pupil's parents. Where the Houseparent/Matron is concerned that the use of those protein supplements may be detrimental to the health of the pupil in any way, The Houseparent can check the legitimacy of the product on Informed Sport (<https://sport.wetestyourtrust.com>) the House team should refer the matter to the Director of Sport and the Head of Athletic Development for advice, and can require the pupil to discontinue using those protein supplements.

All protein supplements must be kept discretely within the personal area of a pupil's bedroom/dorm. It should not be on public display in communal areas/kitchens.

Any illegal supplements or those containing creatine are banned.

Any breach of the School's policy on the use of Sports Supplements will result in the notification of parents and/or guardians and the confiscation of the supplements.

Pupils at Stowe are encouraged to lead healthy and balanced life-styles where exercise, recreation, rest, sleep and a healthy diet are valued.

SUPPLEMENTS POLICY

If a pupil wishes to use Protein Supplements they must submit their request in writing/email to their HouseParent, Director of Sport and Head of Athletic Development stating why they believe this is needed and how it will benefit their performance and recovery.

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