



MARLBOROUGH COLLEGE

GUIDANCE ON THE USAGE OF DIETARY SUPPLEMENTS

Marlborough College prides itself on its sporting ethos and commitment to fair play and honesty.

The College Medical Officer, sports and other coaches in all disciplines at the College discourage the use of dietary supplements (such as protein or whey powders and creatine) to enhance levels of physical/sporting achievement, in the belief that they are of no benefit to the physical/sporting performance of the vast majority of pupils and can, at worst, create an unhealthy attitude towards body image.

Medical and sports coaching advice is that a balanced diet, good hydration, well organised training and a healthy lifestyle should be all any sports player needs to develop and grow in a healthy way. There are risks with certain unregulated supplements (often internet bought) and even regulated supplements can be harmful if overused. Use of supplements in the gym is not permitted.

Pupils involved in competitive sports at an elite level should make themselves aware of the rules governing the use of food supplements and performance enhancing drugs on a sport by sport basis, as well as the World Anti-Doping Agency (WADA) code and banned list. The RFU's advice can be found at the following link: www.rfu.com/thegame/antidoping

The following websites may also be of interest to pupils and their parents:

www.ukad.org.uk

www.globaldro.co.uk (which offers guidance as to the content of over-the-counter medicines, including patent cold and 'flu remedies, in relation to the banned list.)

Pupils should also be aware that the use of performance enhancing drugs as defined by the WADA Code contravenes the College's Drugs Policy and will be subject to disciplinary action in accordance with that Policy, as well as being reported to the appropriate sport's governing body.

The College Medical Officer, Director of Sport and the Master in charge of Rugby have drawn up the following advice for pupils who wish to maximise their sporting performance:

- You should always have a water bottle with you at training – hydration is critically important
- You must get at least 8 hours' sleep or more after hard sessions
- You should stretch at least 2 to 3 times a week
- You should always eat three main meals per day (2 small meals in-between)
- Breakfast is CRUCIAL

- Do eat plenty of fish and white meat such as chicken (providing these form part of your normal and existing diet)
- Do eat plenty of fresh vegetables and salad
- Do eat plenty of pasta, potatoes and rice

Supplements

The College's Protocol for the use of supplements is as follows:

If the above principles are followed, pupils at the College do not need to take any form of dietary supplements.

A pupil in the Upper School, under the specific direction of the **beak in charge** of a particular activity, such as the Master in charge of Rugby or the Head of OA, and **with their specific awareness and advice**, MAY be permitted to take Whey Protein only. They are not permitted to take any other form of supplementation e.g. Creatine, HMB etc. Lists of such pupils should be maintained and should be made available, if requested, to the Director of Co-Curriculum, the Director of Sport or the College Medical Officer.

The clear advice of the College Medical Officer is that **no pupil under the age of 16** should be taking any form of protein supplement. If any such supplements are found by house staff, they will be confiscated and returned to their parents.

The College strongly discourages the use of caffeine-based “energy drinks”, such as Monster, Red Bull, 925, Cocaine, Amp, etc. These contain potentially harmful levels of caffeine and Taurine and their use can have damaging physiological side-effects especially for young people.

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 College Medical Officer, Director of Sport or Master in charge of Rugby.

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Michaelmas Term 2012