

Waldorf College
2011-2012 Medication and Supplement Form

IF YOU ARE TAKING ANY SUPPLEMENTS, PRESCRIPTION MEDICATION OR OVER-THE COUNTER MEDICATION, IT IS IN YOUR BEST INTEREST TO FIND OUT ABOUT THEIR POSSIBLE INTERACTIONS. SOME ITEMS METABOLIZE TO BECOME BANNED SUBSTANCES ONCE YOU HAVE INGESTED THEM.

Please LIST and ATTACH a copy of ALL prescription or documented proof of prescription from your physician.

USE OF MEDICAL EXCEPTION PROCESS

Waldorf College recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the Department of Intercollegiate Athletics allows exceptions to be made for those student-athletes with a documented medical history demonstrating a need for regular use of such a substance. Exceptions may be granted for substances including in the following classes of banned drugs: stimulants, beta-blockers, diuretics, and peptide hormones.

Student-athletes are required to inform their athletic trainer of all medications (prescribed, and over the counter) he or she is taking. Waldorf College will maintain, in the student-athlete's medical record, documentation of prescription from the prescribing physician and all over-the-counter medications.

DIETARY SUPPLEMENTS

Student-athletes who are currently taking dietary supplements or intend to take any are required to review the product with the Head Athletic Trainer

USE OF DIETARY SUPPLEMENTS

Many dietary supplements or ergogenic aids contain banned substances. Often the labeling of dietary supplements is not accurate and is misleading. Using dietary supplements may lead to negative side effects and many cause a positive drug test. Many student-athletes assume if these products can be easily purchased in retail stores and over the internet, then they must be permissible. **THIS IS NOT TRUE!** Advice of a store clerk, the distributor at a fitness center or anyone who is not with the institutional athletics program has resulted in erroneous information regarding the presence of banned substances. Reliance on this erroneous information may result in positive drug tests. Appeals based on ignorance have not been successful in overturning positive drug-test penalties.

OVER THE COUNTER MEDICATIONS

Phenylpropanolamine (PPA) is a banned substance under the category of stimulants. **This drug is an ingredient used in many over-the-counter (OTC) and prescription cough and cold medications as a decongestant and in OTC weight loss products.**

Student-Athletes are required to email the school nurse or athletic trainer, if and when they use over the counter medication. Please list ALL over the counter medication currently using (Including Frequency and Dosage).

You are solely responsible for what you consume. If you use, you use at your own risk!

ALWAYS CONSULT THE ATHLETIC TRAINER OR SCHOOL NURSE BEFORE YOU USE OVER THE COUNTER AND PRESCRIPTION MEDICATION AS WELL AS SUPPLEMENTS. EVERYTHING MUST BE ON FILE BEFORE THE STUDENT-ATHLETE IS DRUG TESTED.

Signature of Student-Athlete

Parent if Student-Athlete is a Minor

Date