

SENATE, No. 1610

STATE OF NEW JERSEY 219th LEGISLATURE

INTRODUCED FEBRUARY 13, 2020

Sponsored by:

Senator RICHARD J. CODEY

District 27 (Essex and Morris)

SYNOPSIS

Establishes measures to deter steroid use among students; appropriates \$45,000 to DOE for New Jersey State Interscholastic Athletic Association testing of student-athletes for steroids and other performance enhancing substances.

CURRENT VERSION OF TEXT

As introduced.



S1610 CODEY

2

1 **AN ACT** concerning the prevention of steroid use among certain
2 students, amending P.L.1987, c.389, supplementing chapters 11
3 and 40A of Title 18A of the New Jersey Statutes, and making an
4 appropriation.

5
6 **BE IT ENACTED** *by the Senate and General Assembly of the State*
7 *of New Jersey:*

8
9 1. (New section) The Department of Education and the New
10 Jersey State Interscholastic Athletic Association shall work jointly
11 to develop and implement, by the 2021-2022 school year, a program
12 of random testing of student-athletes for steroids and other
13 performance enhancing substances.

14
15 2. (New section) a. Any person who coaches a public school
16 district or nonpublic school interscholastic sport, dance, or
17 cheerleading team for male students shall incorporate into the
18 team's training activities a program designed to reduce the use of
19 steroids and performance enhancing supplements, alcohol, and
20 drugs, and to promote healthy nutrition and exercise. A coach shall
21 submit to the athletic director of the school district or nonpublic
22 school for the director's approval a plan designed to implement the
23 program.

24 b. The program established pursuant to subsection a. of this
25 section shall have a team-centered design that provides a non-
26 stigmatizing atmosphere to address the risks of substance abuse
27 unique to male adolescents. The school district or nonpublic school
28 may use programs such as the Athletes Training and Learning to
29 Avoid Steroids (ATLAS) Program or such other appropriate
30 program as determined by the school district or nonpublic school.
31 The program shall consist of peer instructors and a coach facilitator
32 to implement the training activities and shall address issues
33 including, but not limited to: social influences such as peers,
34 coaches, and the media; information concerning steroids and
35 performance enhancing supplements, alcohol, and drugs; skills to
36 resist drug experimentation and temptation; team ethics and
37 commitment to a drug-free lifestyle; personal vulnerability to the
38 effects of drugs; debunking media images promoting supplement
39 and substance use; and the promotion of athletic achievement
40 through healthy nutrition and exercise.

41
42 3. (New section) a. Any person who coaches a public school
43 district or nonpublic school interscholastic sport, dance, or
44 cheerleading team for female students shall incorporate into the
45 team's training activities a program designed to reduce the use of

EXPLANATION – Matter enclosed in bold-faced brackets [thus] in the above bill is not enacted and is intended to be omitted in the law.

Matter underlined thus is new matter.

1 steroids and performance enhancing supplements, alcohol, and
2 drugs including body-shaping drugs, reduce the incidence of eating
3 disorders, and promote healthy nutrition and exercise. A coach
4 shall submit to the athletic director of the school district or
5 nonpublic school for the director's approval a plan designed to
6 implement the program.

7 b. The program established pursuant to subsection a. of this
8 section shall have a team-centered design that provides a non-
9 stigmatizing atmosphere to address the risks of substance abuse and
10 eating disorders unique to female adolescents. The school district
11 or nonpublic school may use programs such as the Athletes
12 Targeting Healthy Exercise and Nutrition Alternatives (ATHENA)
13 Program or such other appropriate program as determined by the
14 school district or nonpublic school. The program shall consist of
15 peer instructors and a coach facilitator to implement the training
16 activities and shall address issues including, but not limited to:
17 social influences such as peers, coaches, and the media; information
18 concerning the dangers of eating disorders and the use of alcohol
19 and drugs, including body-shaping drugs; skills to resist drug
20 experimentation and temptation; team ethics and commitment to a
21 drug-free lifestyle; personal vulnerability to the effects of drugs and
22 eating disorders; debunking media images promoting supplement
23 and substance use; and the promotion of athletic achievement
24 through healthy nutrition and exercise.

25
26 4. (New section) The New Jersey State Interscholastic Athletic
27 Association shall develop and implement, by the 2021-2022 school
28 year, an information program for all public and nonpublic high
29 school coaches and athletic directors on steroid and performance
30 enhancing supplement prevention. The program shall establish
31 procedures and protocols designed to provide coaches and athletic
32 directors with information on the dangers of steroids and
33 performance enhancing supplements, identify the use of steroids
34 and performance enhancing supplements by student athletes, and
35 effectively incorporate healthy alternatives for building strength
36 into coaches' training programs, including the promotion of healthy
37 nutrition and exercise.

38 The association shall conduct annual program workshops for
39 high school coaches and athletic directors.

40
41 5. (New section) The New Jersey State Interscholastic Athletic
42 Association shall provide anti-steroid and anti-performance
43 enhancing supplement advertisements in any brochure, pamphlet,
44 handout, program, book, or other type of material produced for sale
45 or distribution at a tournament sanctioned by the association. The
46 association may use any existing materials produced by the
47 Partnership for a Drug Free New Jersey.

1 6. (New section) The Governor's Council on Alcoholism and
2 Drug Abuse shall prepare an instructional poster which warns of the
3 potential health risks of using steroids and performance enhancing
4 supplements and the penalties for their unlawful use and possession.
5 The council shall distribute the posters to each school district and
6 nonpublic school in the State.

7 A poster prepared by the Governor's Council on Alcoholism and
8 Drug Abuse pursuant to this section shall be prominently displayed
9 in gymnasiums and locker rooms of all public and nonpublic
10 schools.
11

12 7. (New section) The week beginning with the third Monday
13 in September of each year is designated as "Steroid Awareness
14 Week" in the State of New Jersey. School districts shall observe
15 this week by organizing activities to raise awareness of the hazards
16 of using steroids and performance enhancing supplements.
17 Activities shall include, but not be limited to, a school-wide steroid
18 awareness assembly in each school in the district and age-
19 appropriate opportunities for student discussion on: the potential
20 health hazards and legal consequences that may result from using
21 steroids and performance enhancing supplements; strategies to
22 prevent the use of steroids and performance enhancing supplements;
23 strength building methods that serve as alternatives to the use of
24 steroids and performance enhancing supplements; and the
25 interpretation of labels on dietary supplements marketed for
26 performance enhancement. Health professionals, fitness experts,
27 coaches and law enforcement personnel shall be invited to join
28 members of the teaching staff in the discussions. Programs that are
29 designed to help recognize the warning signs of steroid and
30 performance enhancing supplement use shall also be provided for
31 school board employees. Districts shall ensure that each school
32 holds a school assembly on steroid awareness during this week.
33 The Department of Education, in consultation with the Division of
34 Mental Health and Addiction Services in the Department of Health,
35 shall provide guidelines and information to boards of education for
36 use in planning the activities in observance of the week and such
37 funds as are necessary to pay the costs of the required activities and
38 programs.
39

40 8. (New section) The Commissioner of Education shall
41 biannually compile and analyze the results of the surveys submitted
42 by school districts pursuant to the biannual New Jersey Student
43 Health Survey and the data on steroid use that is annually collected
44 by the Division of Mental Health and Addiction Services in the
45 Department of Health and based on that information shall compile a
46 biannual report. A copy of the biannual report shall be delivered to
47 the Governor, the Legislature pursuant to section 2 of P.L.1991,

1 c.164 (C.52:14-19.1), the board of education of each school district,
2 and upon request to the public.

3
4 9. (New section) The Commissioner of Education shall ensure
5 that information and materials concerning prevention of the use of
6 steroids and performance enhancing supplements are available for
7 public use on the Department of Education's Internet website.

8
9 10. (New section) The State Board of Education shall review
10 the New Jersey Student Learning Standards for Comprehensive
11 Health and Physical Education to ensure that information about
12 anabolic steroids is included therein. The goal of the instruction
13 shall be to inform students of the potential health hazards associated
14 with steroids and performance enhancing supplements, strategies to
15 prevent the use of steroids and performance enhancing supplements,
16 strength building methods that may serve as an alternative to the
17 use of steroids and performance enhancing supplements, and the
18 interpretation of labels on dietary supplements marketed for
19 performance enhancement.

20
21 11. Section 3 of P.L.1987, c.389 (C.18A:40A-3) is amended to
22 read as follows:

23 3. a. Upon completion of the curriculum guidelines required
24 pursuant to section 2 of this act, the Commissioner of Education, in
25 consultation with the Commissioner of Health, shall establish inservice
26 workshops and training programs to train selected public school
27 teachers to teach an education program on drugs, alcohol, anabolic
28 steroids, tobacco and controlled dangerous substances. The inservice
29 training programs may utilize existing county or regional offices, or
30 such other institutions, agencies or persons as the Commissioner of
31 Education deems appropriate. The programs and workshops shall
32 provide instructional preparation for the teaching of the drug, alcohol,
33 anabolic steroids, tobacco and controlled dangerous substances
34 curriculum, and shall, in addition to the curriculum material, include
35 information on the history, pharmacology, physiology and
36 psychosocial aspects of drugs, alcohol, anabolic steroids, tobacco and
37 controlled dangerous substances, symptomatic behavior associated
38 with substance abuse, the availability of rehabilitation and treatment
39 programs, **【and】** the legal aspects of substance abuse, strategies to
40 prevent the use of steroids and performance enhancing supplements,
41 strength building methods that may serve as an alternative to the use of
42 steroids and performance enhancing supplements, and the
43 interpretation of labels on dietary supplements marketed for
44 performance enhancement. Each local board of education shall
45 provide time for the inservice training during the usual school schedule
46 in order to insure that appropriate teaching staff members are prepared
47 to teach the education program in each grade in each school district.

6

c. In addition to providing inservice training programs for teaching staff members who will provide instruction on substance abuse in the public schools, the Commissioner of Education shall make these training programs available to such other instructional and supervisory personnel as he deems necessary and appropriate.

12. (New section) There is appropriated from the General Fund to the Department of Education the sum of \$45,000 to fund the program of random testing of student-athletes for steroids and other performance enhancing substances by the New Jersey State Interscholastic Athletic Association pursuant to section 1 of P.L. c. (C.) (pending before the Legislature as this bill).

STATEMENT

The bill requires the Department of Education and the New Jersey State Interscholastic Athletic Association (NJSIAA) to work jointly to develop and implement, by the 2021-2022 school year, a program of testing of student-athletes for steroids and other performance enhancing substances. The NJSIAA currently has a program of testing student-athletes who qualify to compete in championship tournaments sanctioned by the association, for steroids and other performance enhancing substances. Under this bill, the NJSIAA will expand its program of random testing to other student-athletes.

Under the bill's provisions, any person who coaches a public school district or nonpublic school interscholastic sport, dance, or cheerleading team must incorporate into the team's training activities a gender-specific program designed to reduce the use of steroids and performance enhancing supplements, alcohol, and drugs, and to promote healthy nutrition and exercise. The program must have a team-centered design that provides a non-stigmatizing atmosphere and includes gender-specific content to address the risk of substance abuse unique to male and female adolescents. The

1 program developed by the coach must be submitted to the athletic
2 director of the school district or nonpublic school for approval.

3 The bill also requires the NJSIAA to develop and implement, by
4 the 2021-2022 school year, a steroid and performance enhancing
5 supplement prevention information program for all public and
6 nonpublic high school coaches and athletic directors. The program
7 would establish procedures and protocols designed to: provide
8 coaches and athletic directors with information on the dangers of
9 steroids and performance enhancing supplements; identify the use
10 of steroids and performance enhancing supplements in student-
11 athletes; and effectively incorporate healthy alternatives for strength
12 building into coaches' training programs.

13 The bill also requires the NJSIAA to provide anti-steroid and
14 anti-performance enhancing supplement advertisements in any
15 brochure, pamphlet, handout, program, book, or other type of
16 material produced for sale or distribution at a tournament
17 sanctioned by the association. The association may use any existing
18 materials produced by the Partnership for a Drug Free New Jersey.
19 Under the bill, the Commissioner of Education is charged with
20 ensuring that information and materials about preventing steroid use
21 are available on the Department of Education's website.

22 The bill establishes the third week in September as "Steroid
23 Awareness Week" in New Jersey and requires school districts to
24 observe this week by organizing activities to raise awareness of the
25 hazards of using steroids and performance enhancing supplements.