



The London Oratory School

1863

Use of Supplements to
Improve Performance in
Sport

Use of Supplements to Improve Performance in Sport

The use of sports supplements is not endorsed, encouraged nor recommended by The London Oratory School.

A supplement may be considered to be any substance consumed deliberately to enhance the daily diet, to elicit a performance enhancing or ergogenic effect, or to self-treat ill health or injury. There is however no legal definition for a supplement.

Diet supplements have become increasingly popular in health and sport. People who are interested in fitness and improving their physique may opt for supplements that can enhance their muscle growth when combined with exercise, such as weightlifting. They may also look for ways to control their appetite when they're trying to lose weight, as part of a bodybuilding diet.

1. Most people, including athletes, get all the vitamins and minerals they need by eating a healthy, balanced diet. The School, therefore, is strongly against the use of any supplement to improve performance in any sport.
2. If a pupil is prescribed a diet, by a doctor or a nutritionist, which contains supplements parents must inform the school. An Educational and Health Care Plan will then be written and will be monitored by the School Nurse.
3. Unless following a prescribed diet, the consumption of a supplement by a pupil on site or when being supervised by a member of staff on or off site will be treated a breach of school rules.

Sports and hydration drinks do not apply. The use of the recognised GB National Squad sports/hydration drink (Lucozade Sport) does not constitute a supplement for ARA purposes.



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