**Strength and Conditioning A/PPS No. 08.01 (1.1)**

**Issue No. 2
Effective Date: 02/22/2021
Next Review Date: 11/01/2024 (E3Y)**

**Sr. Reviewer: Director of Athletics**

**01. POLICY STATEMENT**

01.01 This document outlines the policy and procedures regarding the use of Texas State University Department of Athletics training facilities and the use of nutritional supplements by Texas State student-athletes.

**02. FACILITY USE**

02.01 Training facilities (weight rooms) used by the Athletics Department are located in Jowers Center, Strahan Arena at the University Events Center, Bobcat Soccer Complex, End Zone Complex – South and End Zone Complex – North.

02.02 Department of Athletics training facilities are for the use of current student-athletes with supervision by certified strength and conditioning staff.

Full-time, Department of Athletics staff members and families may use the training facilities as long as it does not conflict with sport access. Children of staff members that are under the age of 18 must complete a liability waiver prior to use. Former student-athletes may have supervised access to the training facilities on an occasional basis and must complete a liability waiver prior to use.

Additional training facility access may be granted to the following groups:

1. insured event participants;
2. visiting teams, including staff and coaches; and
3. interns and student worker with prior approval and waiver.

Club sports are not allowed to use athletics training facilities. Students taking classes in Jowers are allowed to use the weight facility only during the designated class time, and all activity must be supervised by an instructor.

**03. TRAINING FACILITIES RULES**

03.01 The following rules are applicable to all Athletics Department training facilities. Failure to comply with these rules will lead to restricted or eliminated use of the training facilities:

1. A strength coach must be present during workouts.
2. Users of the facilities must arrive on time.
3. Users must wear TXST issued gear only.
4. Users must wear closed-toe, flat shoes only in the weight room.
5. No loose jewelry can be worn during workouts.
6. No cell phones should be used during workouts.
7. No food, chewing gum, or tobacco are allowed in the weight room.
8. Users must clean up areas used and weight room before leaving.
9. If injury occurs in the weight room, strength coach or athletic training staff member must be contacted.

**04. PROCEDURES FOR DISTRIBUTION AND USE OF NUTRITIONAL SUPPLEMENTS**

04.01 The Department of Athletics is committed to the education of student-athletes in nutrition for performance and overall health. Because the nutritional supplement industry is largely unregulated, is not required to ensure safety, efficacy, label accuracy, or compliance of its products, and because student-athletes are accountable for supplement’s effect on their drug screening regardless of their intentions or actual knowledge, the institution adheres to the following policy and guidelines.

1. All nutritional supplements provided by Texas State for use by student-athletes must be purchased by the department and distributed by a full-time member of the institution’s Strength and Conditioning or Sports Medicine staff. Staff members will evaluate nutritional supplements for safety, compliance with NCAA guidelines, potential for adverse drug test results, and efficacy.
2. All student-athletes inquiring about personal nutritional supplement use must be referred to the institution’s director of Sports Medicine or Head Strength and Conditioning Coach. All student-athletes who choose to individually purchase and use supplements will be informed that supplements carry a risk of contamination and of the potential for a positive drug test outcome which may result in the loss of eligibility.
3. Annually, student-athletes are specifically advised by the Athletics Compliance Office, Sports Medicine Staff, and Strength and Conditioning personnel that obtaining free or complimentary nutritional supplements by an entity other than Texas State Athletics will be jeopardizing their NCAA eligibility and that all personally purchased nutritional supplements should be reviewed by the director of Sports Medicine and Head Strength and Conditioning Coach.

d. During each semester, all previously approved nutritional supplements included on any approved lists or distributed by the Sports Medicine or Strength and Conditioning staffs will be re-evaluated to ensure continued compliance with university, Sun Belt Conference, and NCAA rules.

**05. EMERGENCY ACTION AND FACILITY PLANS**

05.01 Emergency action and facility plans are posted in each facility building and are specific to each facility.

**06. REVIEWERS OF THIS PPS**

06.01 Reviewer of this PPS includes the following:

Position Date

Director, Athletics November 1 E3Y

**07. CERTIFICATION STATEMENT**

This PPS has been approved by the following individuals in their official capacities and represents Texas State Athletics policy and procedure from the date of this document until superseded.

Director, Athletics; senior reviewer of this PPS

President