

EGSC Student Athlete Handbook Substance Abuse Policy

Approved by Cabinet 9-23-14

Students participating in EGSC intercollegiate athletics enjoy a privilege, not a right, to represent the college. Violations of college policies and rules and violations of the law could result in expulsion from the team and/or the college. Because of the fundamental importance of maintaining drug-free athletics competition, and the grave danger that substance abuse poses, substance abuse on the part of student-athletes (or any member of the East Georgia State College student body) will be viewed as a most serious violation of the student code of conduct.

Drug Education and Testing Program

Drug Education The EGSC Athletic Department is committed to making every effort to prevent the use of illegal drugs by its student-athletes and educate athletes about the dangers of drug use and abuse. Therefore, athletes are required to attend a series of drug education workshops during the regular academic year. The workshops inform the athlete about the EGSC Substance Abuse Policy and review the testing process and sanctions, NJCAA policy, EGSC Student Athlete Handbook, and the EGSC student disciplinary process. Athletes are provided copies of all relevant policy and educational materials. Athletes that fail to attend the mandatory sessions will be subject to disciplinary action by the Head Coach.

Each individual covered under the policy is asked to sign a "Drug-Testing Consent" form at the Drug Education Seminar. Students under 18 years of age must obtain his or her parent or legal guardian's signature. This form states that the student understands the drug testing program and is aware that his/her urine may be submitted for testing and voluntarily consents to testing for prohibited substances. This is also consent for release of information to a limited number of individuals responsible for the administration of this program.

Drug Testing and the Purpose of Drug Testing The high profile status of student-athletes and the scrutiny given athletes calls for a standard procedure covering drugs and drug abuse that is consistent with the example expected of student-athletes. The athletic administration and staff are directed to communicate this standard and level of expectation to each student-athlete.

While the Department makes an effort to educate students concerning the dangers of drug abuse, drug testing is conducted not only to give students an additional reason to say "no," but also to identify any student-athlete who is using prohibited substances. Drug testing ensures that students are medically competent to participate in intercollegiate athletics, to minimize his/her risk of being injured, and minimize the risk of injury to others.

Athletes taking prescription medications should register the details of use with Athletic Trainer. This is necessary to determine medical qualification to participate in the sport and to communicate the possibility that the prescription drug will result in a positive drug test.

Coverage: Student athletes, student athletes who are academically ineligible, student assistants in the athletic department and student managers are covered under this policy.

Random Selection: Students will be randomly selected periodically during the Fall, Spring and Summer semesters to provide a urine sample for drug testing. The Athletic Director will manage the drug testing process. Testing will be conducted by a third party medical provider. The Athletic Director will provide a current team roster for each intercollegiate athletic squad to the testing provider. The testing provider's computer randomly selects students to be tested from the current roster, and notifies the student that he/she has been selected. Students selected will be tested with no prior notice of testing date.

Reasonable Suspicion: Any student participating in the intercollegiate athletic program is subject to reasonable suspicion testing if there is reason to believe the student may be using banned substances. Reasonable suspicion includes, but is not limited to, the following:

- a. current or past involvement with the criminal justice system for drug or alcohol related activities
- b. prior treatment for drug or alcohol problems
- c. admission of a current drug or alcohol problem
- d. prior positive test for any banned substances
- e. physiological signs of possible impairment from drugs or alcohol
- f. a pattern of aberrant behavior (e.g. increase/decrease in weight in a short period of time, increase in absence from class or athletic activities, increase in injury rate, mood swings, etc.)

Any coach, athletic administrator or athletic staff member concerned with a particular student should express this information confidentially to either the Athletic Director or Athletic Trainer. These individuals are available to all athletic personnel to explain further the signs that may point to the need for reasonable suspicion testing. All athletic personnel are required to participate in regular drug education workshops concerning common signs and symptoms associated with drug use and abuse.

Testing Procedures: Students that refuse to provide a sample for testing or fail to show for a scheduled drug testing will be considered to have a positive test. Students selected for testing will report to the EGSC locker room with photo ID. The student will complete a form in the presence of an athletic staff member disclosing all medications (prescription and over the counter) as well as beta 2 antagonists, caffeine, nutritional and dietary supplements that he/she is taking. The test will then be conducted in the EGSC locker room / restroom and collected with the assistance of a same gender EGSC staff member instructed in collection techniques by the third party medical provider. Each sample will be coded to protect confidentiality.

Manipulation of Sample: Any attempt to substitute, manipulate, adulterate or intentionally dilute a urine specimen will be treated as a positive drug test. Manipulation refers to the use of any product, including excessive water consumption, used for the purpose of providing a dilute urine sample or substitution of a urine sample. Adulteration refers to the use or attempted use of any chemical or product (including water) added directly to the urine sample for the purpose of interfering with the testing procedures used to identify the presence of drugs.

Prohibited Substances as Defined in This Policy: The substances or classes of substances listed on Attachment "A" are prohibited substances. The presence of other drugs (local anesthetics, prescription medications, over the counter medications, etc.) as well as beta 2 antagonists, caffeine if exceeds specific concentration, and nutritional and dietary supplements will affect test results and should be disclosed by the student.

Classification of a Positive Drug Test

If a student-athlete tests positive, their medical record will be reviewed at that time to determine whether any medications (prescription and/or over-the-counter) or dietary supplement may have caused the positive test. In this event, the Athletic Director and Athletic Trainer would consult with the appropriate personnel (prescribing physician, toxicologist) to confirm whether the use of the medication or dietary supplement was appropriate and used properly in the correct dosage. If so, this would be considered a "medical exception". Absent a medical explanation the test is considered positive. If possible, testing is quantified in order to ascertain the exact amount of the prohibited substance in the student's urine.. A forensic toxicologist may be utilized as a technical resource to clarify any questions pertinent to the follow-up positive test result.

Notification to Student Athlete

The third party medical provider will share test results with the Athletic Director. The Athletic Director will promptly notify the student in writing of the positive test result. The student may, within 5 days of the receipt of this notification, request a meeting with the Director of Athletics to contest the positive test, discuss the situation, to review the testing procedures used, and to provide any pertinent facts or mitigating circumstances, including medical justification for the use of a prohibited substance. All requests for a meeting must be in writing. A meeting with the Director of Athletics or his designee will occur as soon as is reasonably possible following the written request.

Test results are confidential and may be shared with specific additional individuals at EGSC whose job responsibilities require involvement in the substance abuse program (i.e. Director of Student Conduct, Counselor, etc.) EGSC employees who release this information to others or allude publicly to any information concerning the test are subject to discipline including termination.

If, as a result of meeting with the Athletic Director, it is determined that the results were based on a defective testing procedure, or that the positive test was otherwise improper, no record of the positive test results is kept.

If the student does not request a meeting with the Director of Athletics to challenge the positive test result within the five days; or if the test results, after consideration, are determined to be indisputable the matter will be referred to the Director of Student Conduct and/or the Head Coach for appropriate handling as provided below.

Consequences of a Positive Test

Students that violate this policy will be referred for disciplinary action as follows:

1. Students that test positive for illegal drugs will be referred to the Director of Student Conduct and may face sanctions as provided in the Code of Conduct. Students may also face disciplinary action as provided in the Student Athlete Handbook Code of Conduct; and
2. Students that test positive for prohibited substances as defined in this policy that are not illegal will be referred to the Head Coach for disciplinary action as provided in the Student Athlete Handbook Code of Conduct.

Students are advised that because many of the prohibited substances are also classified as illegal, involvement in the criminal justice system for a drug-related offense will be taken into account by EGSC.

Student sanctions may include active participation in drug assessment, counseling and/or a treatment program designated by the Athletic Director and the Director of Student Conduct. Failure to participate in the specified program results in continued suspension. Participation is monitored by the Head Coach. Students are advised that positive drug test results may also result in the loss or non-renewal of your athletic grant-in-aid.

Self-Report Safe Harbor

A student-athlete may self-refer to the Director of Athletics for voluntary evaluation and counseling. A student-athlete is not eligible for services under this section if the student self refers after notification of an impending drug test or after receiving notice of a positive EGSC drug test. EGSC will work with the student-athlete to prepare a treatment plan, which may include confidential drug testing. If the student-athlete tests positive for a banned substance upon the initial self-report, that positive test will not result in

any administrative sanction. The Athletic Trainer may suspend the student-athlete from play or practice if medically indicated. A student-athlete will be permitted to remain in the treatment plan up to thirty (30) days. A student-athlete will not be permitted to take advantage of services under this provision if he/she self-reports thirty (30) days prior to NJCAA or Conference postseason competition. While in compliance with the treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by EGSC. The Director of Athletics, Athletic Trainer, the student-athlete's Head Sport Coach and the Team Physician may be informed of the student's participation in the treatment plan. The assistant coach also may be informed. Other college employees may be informed only to the extent necessary for the implementation of this policy.

If a student-athlete tests positive on a second test for any banned substance after entering the treatment plan or fails to comply with the treatment plan, the student-athlete will be removed from the safe harbor program. The initial positive test will be treated as a first positive and the second positive will result in action consistent with a second offense.

Attachment "A"

2014-15 NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff prior to using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants.
2. Anabolic Agents.
3. Alcohol and Beta Blockers (banned for rifle only).
4. Diuretics and Other Masking Agents.
5. Street Drugs.
6. Peptide Hormones and Analogues.
7. Anti-estrogens; and
8. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

1. Blood and Gene Doping.
2. Local Anesthetics (under some conditions).
3. Manipulation of urine samples.
4. Beta-2 Agonists permitted only by prescription and inhalation.
5. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is **taken at your own risk**.

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient.

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class:

1. **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; etc.

3. **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. **Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. **Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

6. **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD, clomiphene etc.

8. **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the **Resource Exchange Center 877/202-0769** or www.drugfreesport.com/rec password **ncaa1, ncaa2 or ncaa3**.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.