

Defiance College
Athletic Department



Substance Abuse Prevention Program
(SAPP)
Policy Manual

DEFIANCE COLLEGE ATHLETIC DEPARTMENT SUBSTANCE ABUSE PREVENTION PROGRAM

Policy Manual

PURPOSE:

In accordance with the *NCAA Alcohol, Tobacco, and Other Drug Education Guidelines*, the Defiance College Athletic Department has established a Substance Abuse Prevention Program. Implementation of educational programs and a random, unannounced, mandatory drug-testing program will serve to benefit those who participate in intercollegiate athletics to become better students and athletes. The Defiance College Athletic Department recognizes that substance abuse is one of the major problems facing student-athletes. Defiance College is committed to developing and maintaining an environment that encourages student athletes who participate in intercollegiate athletics to avoid the abuse of alcohol, tobacco and illegal and illicit substances. The Defiance College drug testing program is separate from the NCAA drug testing program. However, the Defiance College Athletic Department follows the NCAA guidelines with reference to substance abuse.

POLICY:

The unauthorized use of any substance prohibited by federal or state law, the NCAA and/or the Defiance College Student Handbook by any member of an intercollegiate team at Defiance College is expressly prohibited.

For a complete list of substances banned for use the by NCAA, please see

http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/index.html

This policy is in effect during both an athletic team's traditional and non-traditional seasons. The sanctions for violations of the Athletic Department SAPP Policy are in conjunction with sanctions specified by the Defiance College *Substance Abuse Policy*, located in the Student Handbook. The policy and procedures will be distributed and explained to the student-athlete at each team's initial organizational meeting at the beginning of each academic year or at the time of an athlete being added to the roster.

NONCOMPLIANCE:

Non-compliance with Athletic Department SAPP Policy or failure to report for a drug test will result in a positive test and follow the appropriate sanctions.

VOLUNTARY DISCLOSURE:

A student-athlete may voluntarily notify the director of athletics, certified athletic trainer, or head coach of misuse of alcohol, tobacco or other drugs **prior to the college's request for drug testing**. In this instance, the athlete will be recognized with a violation of the Athletic Department SAAP Policy and subject to sanctions as identified below. The athlete is subject to follow-up drug screening at the discretion of the athletics director and will be referred to mandatory counseling.

REASONABLE CAUSE:

Reasonable cause drug testing will be used in cases where there is a suspicion on the part of the director of athletics, athletic trainer, or head coach that a student-athlete is under the influence of a substance prohibited by this policy.

PROCEDURE:

All student-athletes will sign a testing waiver prior to the team's initial practice. Testing will be done in a random, unannounced manner during each sports traditional and non-traditional season. Any student-athlete who is currently enrolled in the College and on the official roster of the team may be selected. Evidence of a drug substance will be determined from an analysis of the student-athlete's urine specimen. The drug testing will be administered by a Defiance College Staff Athletic Trainer at the assigned location, date and time as indicated on the student-athlete notification form.

-Selection

Any student-athlete who is on the official roster of the team during any traditional or non-traditional season activities may be randomly selected for drug testing. Random selection is computerized and based on a percentage of the total roster. Any student-athlete may also be tested at any time given reasonable cause or at the discretion of the athletic director (see section titled *reasonable cause* above).

-Notification

The following notification procedure will be followed:

- 1) The student-athlete will be notified by a member of the athletic training or coaching staff that they have been selected for drug testing.
- 2) The student-athlete will be notified of the date, time, and place of the testing. They will also be advised to bring a photo ID and any current medications they are taking.
- 3) A form will be given to each selected athlete at the time of notification that lists this information.

-Specimen Collection

The following guidelines will be followed when providing a specimen:

- 1) The student-athlete must present photo ID at the testing site
- 2) The student-athlete will provide information regarding any current prescription or over-the-counter medications and supplements being taken.
- 3) The student-athlete will then follow all instructions for the collection procedures.
- 4) At least 30ml of urine must be provided. The student-athlete must stay at the testing site until the sample is provided.
- 5) The specimen will be screened on-site using an instant test. In the event of a positive screen, the athlete will then report to the Defiance Clinic "WorkMed" Department for a second test to be sent to the lab for confirmation and additional testing

DRUG TESTING RESULTS:

The results of the drug testing will be reported directly to the head athletic trainer and director of athletics. If the instant screening test is positive, the athlete will be required to report to the Defiance Clinic for a second test and lab confirmation. The lab will notify the head athletic trainer of the test results. If the lab test confirms the positive test, the athlete will then be considered in violation of the substance abuse policy and the appropriate punitive actions will be taken (see below). **A student-athlete with a confirmed positive lab test will be charged for the testing procedure that takes place at the Defiance Clinic WorkMed Department. In addition, all additional costs associated with counseling, further screenings, etc. will be the responsibility of the athlete.**

APPEALS PROCESS:

The athlete who is in violation of the substance abuse policy may appeal the sanction within forty-eight (48) hours of the athlete being notified of the violation. The appeal must be made in writing to the director of athletics. A committee may be designated by the director of athletics to meet with the athlete to hear the appeal. This meeting will take place within seventy-two (72) hours after the written request is received. The athletic director and/or designated committee have the ability to assign or decrease any punishments at his/her discretion following the appeal hearing.

A student athlete who tests positive for a banned substance by the Defiance Clinic WorkMed Department may contest the finding within (48) hours following receipt of notice of the positive finding. The student athlete must notify both the director of athletics that they would like the sample to be retested. The athlete must authorize in writing the transmission of the test results by the second laboratory to the director of athletics. **Retest results of the specimen will be final.** If the retest results are negative, the drug test will be considered negative and no punitive actions will be taken. If the retest is positive, the drug test will be considered positive and the student-athlete will be considered in violation of the substance abuse policy and the appropriate actions will be taken. In addition, the student-athlete is responsible for the costs of additional laboratory fees.

SANCTIONING:

In the event of a positive test the following minimum actions will occur. A positive test is official following confirmation from the Defiance Clinic WorkMed Department, with all sanctions being imposed immediately.

Tier I Offenses:

A Tier I offense is defined as a “minor infraction” of the ATOD policy. This would include violation of the Defiance College Alcohol Policy, violation of the Defiance College Student Handbook rules on tobacco use on campus and NCAA rules for tobacco use during participation in intercollegiate athletics. A voluntary disclosure is considered a Tier I Offense and subject to the sanctions detailed below.

Tier II Offenses:

A Tier II offense is defined as a “chargeable offense”. These would include underage consumption of alcohol, underage possession of alcohol, DUI / DWI, providing alcohol to minors, possession and consumption of illegal drugs, (+) drug test through the athletic department.

***Violations of the Defiance College *Substance Abuse Policy* are subject to sanctions from *BOTH* the Defiance College Office of Student and the Athletic Department.**

***The suspension will only be served in the current season, considering a season to be both the traditional and non-traditional portions. If the student-athlete participates in more than one sport the policy begins anew at the beginning of the next sport. Sanctions imposed during a non-traditional season of competition may be carried over to the next following traditional season, at the discretion of the athletic director and head coach.**

***These are the minimum required punitive actions. Each team/coach may implement additional punishments for each offense.**

**First Offense
(Tier I Offense)**
Referral to the Defiance College Health Center for ATOD Assessment a) *appointment for assessment must be made within a reasonable time following the offense*

**First Offense
(Tier II Offense)**
Suspension of 10% of games of varsity competition for the present season and referral to the Defiance College Health Center for ATOD assessment
a) *includes pre and post season contests*
b) *missing a game due injury does not qualify a serving the penalty*
c) *JV contests may count if the athlete participates primarily in that setting*
d) *appointment for assessment must be made within a reasonable time following the offense*

**Second Offense
(Tier I Offense)**
Suspension of 10% of games of varsity competition for the present season and referral to the Defiance College Health Center for ATOD assessment
a) *includes pre and post season contests*
b) *missing a game due injury does not qualify a serving the penalty*
c) *JV contests may count if the athlete participates primarily in that setting*
d) *appointment for assessment must be made within a reasonable time following the offense*

**Second Offense
(Tier II Offense)**
Suspension of 10% of games of varsity competition for the present season and referral to the Defiance College Health Center for ATOD assessment
a) *includes pre and post season contests*
b) *missing a game due injury does not qualify a serving the penalty*
c) *JV contests may count if the athlete participates primarily in that setting*
d) *appointment for assessment must be made within a reasonable time following the offense*

**Second Offense
(Tier I Offense)**
Referral to the Defiance College Health Center for ATOD Assessment a) *appointment for assessment must be made within a reasonable time following the offense*

**Second Offense
(Tier II Offense)**
Ineligible for the remainder of the season and referral to the Defiance College Health Center for ATOD assessment
a) *includes pre and post season contests*
b) *the athlete is no longer identified on the roster and should not participate in any team function*

**Third Offense
(Tier I or II Offense)**
Ineligible for the remainder of the season and referral to the Defiance College Health Center for ATOD assessment a) *includes pre and post season contests* b) *the athlete is no longer identified on the roster and should not participate in any team function*

NCAA Banned-Drug Classes 2007-08

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.** Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

Banned Drugs

The following is a list of banned-drug classes, with examples of substances under each class:

(a) Stimulants: methylendioxyamphetamines

amphenazole (MDMA, ecstasy)
amphetamine methylphenidate
bemigrade nikethamide
benzphetamine octopamine
bromantan pemoline
caffeine¹ (guarana) pentetrazol
chlorphentermine phendimetrazine
cocaine phenmetrazine
cropropamide phentermine
crothetamide phenylpropanolamine (ppa)
diethylpropion picototaxine
dimethylamphetamine pipradol
doxapram prolintane
ephedrine (ephedra, strychnine
ma huang) synephrine (citrus aurantium,
ethamivan zhi shi, bitter orange)
ethylamphetamine **and related compounds.**
fencamfamine The following stimulants are not
meclofenoxate banned:
methamphetamine phenylephrine
pseudoephedrine

(b) Anabolic Agents:

anabolic steroids

androstenediol methyltestosterone
androstenedione nandrolone
boldenone norandrostenediol
clostebol norandrostenedione
dehydrochloromethyl- norethandrolone
testosterone oxandrolone
dehydroepiandro- oxymesterone
sterone (DHEA) oxymetholone
dihydrotestosterone stanozolol
(DHT) testosterone²
dromostanolone tetrahydrogestrinone (THG)
epitrenbolone trenbolone
fluoxymesterone **and related compounds**
gestrinone

mesterolone **other anabolic agents**

methandienone clenbuterol

(c) Substances Banned for Specific Sports:

Rifle:

alcohol pindolol
atenolol propranolol
metoprolol timolol
nadolol **and related compounds**

(d) Diuretics and other Urine Manipulators:

acetazolamide hydrochlorothiazide
bendroflumethiazide hydroflumethiazide
benzthiazide methyclothiazide
bumetanide metolazone

chlorothiazide polythiazide
chlorthalidone probenecid
ethacrynic acid spironolactone (canrenone)
finasteride probenecid
flumethiazide triamterene
furosemide trichlormethiazide
and related compounds

(e) Street Drugs:

heroin tetrahydrocannabinol
marijuana³ (THC)³

(f) Peptide Hormones and Analogues :

corticotrophin (ACTH)
growth hormone (hGH, somatotrophin)
human chorionic gonadotrophin (hCG)
insulin like growth factor (IGF-1)
luteinizing hormone (LH)

(all the respective releasing factors of the abovementioned substances also are banned.)

erythropoietin (EPO) sermorelin

darbepoetin

(g) Anti-Estrogens

anastrozole
clomiphene
tamoxifen

and related compounds

(h) Definitions of positive depends on the following:

1 for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

2 for testosterone – an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

3 for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

31.2.3.4.1 Drugs and Procedures

Subject to Restrictions.

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:
(Revised: 8/15/89)

(a) Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

(b) Local Anesthetics. The Executive Committee will permit the limited use of local anesthetics under the following conditions:
(1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)
(2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
(3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(c) Manipulation of Urine Samples. The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)

(d) Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only. (Adopted: 8/13/93)

(e) Additional Analysis. Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)