

**AUSTIN PEAY STATE UNIVERSITY  
POLICIES AND PROCEDURES MANUAL**

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|---|---------------------------------|
| Policy Number: 3:023  | Supersedes Policy Number: 3:023 |
| Date: September 16, 1987  | Dated:                          |
| Subject: Student Athlete Drug Education Policy                                      |                                 |
| Initiating Authority: Dean of Students<br>Athletic Director                         | TBR Policy/Guideline Reference: |
| Approved:<br><br><div style="text-align: right;">President: Signature on File</div> |                                 |

**I. INTRODUCTION**

Austin Peay State University recognizes that drug abuse is a problem in contemporary society. Drug abuse by athletes jeopardizes performance and is contrary to NCAA regulations and the athletic and academic expectations of Austin Peay State University. Drugs that affect performance compromise the integrity of athletic competition, both individual and team ability, training, and motivation. Use of drugs poses the risk of injury or possible death to athletes and long-term harm to their teammates. Drug use by the student-athlete damages the University and all student-athletes in the eyes of the public and can eliminate both the athlete and a team from NCAA post-season competition. It is also recognized that athletes, whether they wish to be or not, are role models to many people. To address such problems, to assure compliance with NCAA requirements, to protect student-athletes from the risks of drug/alcohol abuse, and to protect student-athletes who do not use banned drugs from the stigma attached to drug users, Austin Peay State University establishes a drug education program with the following objectives:

1. Provide a comprehensive drug abuse prevention and education program that will educate student-athletes and staff about the effects of illicit drug use on physical, psychological, and social aspects of life;
2. Require drug screening of all student-athletes in accordance with the NCAA Constitution to detect usage of banned drugs;
3. Provide preliminary screening, assessment, and counseling on drug and alcohol abuse when necessary; and
4. Protect the student-athlete's privacy by authorizing disclosure of information only to administrators of this program entitled to such confidential information.

## II. EDUCATION AND PREVENTION PROGRAM

Austin Peay State University shall, in accordance with NCAA Guidelines, provide for the following:

1. A yearly mandatory scheduled course of illicit drug and alcohol awareness training for all student-athletes. A minimum of two sessions will be conducted dealing with alcohol, drug abuse and dependency, the unique problems of drug and alcohol abuse by student-athletes, and the legal aspects of drug use, including definition of NCAA and University policies.
2. Annual training sessions for all coaches, trainers, student physicians, and staff concerned, will be conducted on how to recognize and handle drug, alcohol, and related problems.
3. All educational sessions and preventive programs shall utilize expert resources from the University and the community as approved by the Director of Athletics.

## III. DRUG SCREENING

All student-athletes will be tested for NCAA banned drugs utilizing a mandatory and random selection process beginning at the start of each school year. The team physician will specify frequency of testing. (The list of substances banned by the NCAA at this time is attached as Appendix I.)

For purposes of this policy, the term "random selection process" shall mean a process in which the probability of any one student-athlete being selected is the same as the probability of any other student-athlete being selected and in which the selection is made without the identity or characteristics of the individuals being known.

All student-athletes must sign a statement of understanding and consent after receiving a copy of the Austin Peay State University policy and before engaging in competition. (If the student-athlete is under 18 years of age, the student-athlete's parent or legal guardian must also sign until the student reaches his/her eighteenth birthday.) (Consent form is attached as Appendix II.)

All prospective student-athletes being recruited shall be given a copy of this policy prior to signing a letter of intent or otherwise committing to participation in APSU intercollegiate athletic programs. Failure to participate in the drug education program or to undergo drug screening or follow-up will result in loss of the privilege of participation by the student-athlete in any intercollegiate athletic program sponsored by Austin Peay State University.

#### IV. PROCEDURAL GUIDELINES FOR TESTING

1. Selection: The Athletic Department Head Trainer shall develop and maintain random and unannounced selection procedures for administering drug screening tests to student-athletes. Student-athletes may be tested on one or more occasions at any time while enrolled in the University on athletic scholarship or participating in intercollegiate athletics. Drug testing may also be required of a student-athlete who is identified as posing a potential danger to himself/herself or others as a result of behavior symptomatic of drug use. The process for selection and testing for drug abuse shall ensure confidentiality of testing, and results shall not be released to anyone other than the team physician except as provided herein. Only the Team Physician shall know the confidential number assigned to a specific student-athlete.
2. Procedure for Notification: Student-athletes selected for drug testing will be handed a student-athlete notification card by a trainer or student trainer. The notification card will designate collecting station, date, and approximate time of testing, and bear the signature of the Team Physician.
3. Collection Procedure: The student-athlete must report to the collection station at the time and date specified. The student-athlete will be given a cup with two collection tubes, labeled "A" and "B", each with an assigned confidential number, plus a collection card with the corresponding confidential number and strip of paraffin tape. Urine samples of at least 100 ml, preferably 200 ml, must be given under the observation of the Head Trainer and an assistant as assigned, male for male athletes, female for female athletes. Once a sample is obtained, the student-athlete will pour half of specimen into tube "A" and the remainder into tube "B". The student-athlete will seal tube "B" with a strip of paraffin tape and write his or her birth date on the tape. The "B" or verification sample may thus be identified at some later date and examined by the athlete for evidence of tampering. The student-athlete will sign and date/time the collection card attesting that the sample in tubes "A" and "B" is his or her specimen. In the event that sample "A" tests positive, the athlete shall have the option of being present or having his representative present when sample "B" is tested.

If the specimen is incomplete or inadequate, the student-athlete must remain in the collection area under observation of the trainer until the sample is collected--during the waiting period the collection cup must be covered and controlled by the student-athlete. Tubes will be refrigerated and kept under lock and key until samples are screened by on-site testing or collected by courier for laboratory testing. All laboratory testing shall be conducted under the auspices of a company to be named during the

year. The laboratory shall not notify anyone other than the Head Trainer of test results.

## V. SANCTIONS

### Positive Test 1

- A "positive test" is identification of the presence of a banned substance in both specimens. The student-athlete will be notified of a positive test by the Team Physician or by the Head Trainer as directed by the Team Physician. The Team Physician will make a determination of the student-athlete's physical fitness for continued participation at this time and will remove the student-athlete from participation upon a finding that the athlete's condition warrants such removal. The student-athlete will be referred by the Team Physician to a professional counselor for mandatory counseling. A student-athlete with a positive test will be subject to frequent, unannounced drug testing.

### Positive Test 2

The student-athlete, his/her head coach, and the Director of Athletics will be advised by the Team Physician of the results. Mandatory counseling must be continued and, depending upon the recommendation of the Team Physician, the Head Coach may suspend the student-athlete from participation for a period of time necessary to prevent possible harm to the athlete or team and to rehabilitate the student-athlete. The student-athlete shall have a curfew at 7:00 p.m. daily for one (1) week (7 days).

### Positive Test 3

The student-athlete who tests positive for the third time shall be indefinitely suspended from participation and referred to professional counseling. The student-athlete will be subject to non-renewal of scholarship at the end of the award period. This determination of non-renewal of scholarship will be made by the Scholarship Committee upon the recommendation of the coach and Head Trainer (or Team Physician) after consultation of medical and/or counseling reports submitted by the student-athlete. The student-athlete shall have the right to a hearing before this committee at which he/she can present evidence in his/her defense and challenge evidence and testimony against him/her.

Notwithstanding any other provision of this policy, the team coach or Team Physician shall have authority to suspend any student athlete at any time from participation in intercollegiate athletics if, in the opinion of the coach or physician, such participation would be dangerous or not in the best interest of the athlete. If at anytime, the student-athlete is found in possession of an illegal drug

as defined by the APSU Student Code of Conduct, he/she will be subject to the regular disciplinary procedures outlined in the APSU Student Handbook.

## VI. APPEALS

The student-athlete has the right to appeal any sanctions that are imposed to the Director of Athletics or he/she may sign a waiver accepting the imposed sanctions. The appeal must be made in writing to the Director of Athletics within five (5) class days after learning of the sanctions. The student-athlete may also request a review under the regular student disciplinary procedures as outlined in the APSU Student Handbook.

## VII. ATHLETIC COACHES AND STAFF RESPONSIBILITY

Athletic coaches and staff in contact with student-athletes on a routine basis shall not knowingly encourage use of illicit drugs, specifically those whose intended use is to enhance performance.

Athletic coaches and staff obtaining knowledge of persons attempting to induce or encourage drug use shall report complaints to the Director of Athletics and to appropriate University officials.

Athletic coaches and staff must be aware of student environment where peer group pressures encourage drug abuse. Because the health and safety of the student-athlete is of paramount concern, coaches and staff must be alert to drug abuse symptoms characterized by physical or behavioral changes.

All coaches shall participate in drug/alcohol abuse educational programs on a regular basis as determined by the Director of Athletics.

## VIII. VOLUNTARY PARTICIPATION

This policy is adopted by Austin Peay State University as part of its responsibility to manage and operate intercollegiate athletic programs at APSU. Austin Peay State University believes this program is consistent with the direction of the State Board of Regents to operate a high quality intercollegiate athletics program in the best interests of the University and its students who participate in intercollegiate athletics. This policy applies only to those students and coaches who elect to participate in Austin Peay State University intercollegiate athletics.

## APPENDIX I

### NCAA BANNED DRUGS LIST 1986 With Examples

A. Psychomotor stimulants:

|                     |                    |                 |
|---------------------|--------------------|-----------------|
| Amphetamine         | eethylampheamine   | pemoline        |
| Benzphetamine       | fencamfamine       | phendimetrazine |
| Chlorphentermine    | meclofenoxate      | phenmetrazine   |
| Cocaine             | methylamphetamine  | phentermine     |
| Diethylpropeon      | methylphenidate    | pipradol        |
| Dimethylamphetamine | norpseudoephedrine | prolintane      |

AND RELATED COMPOUNDS

B Sympathomimetic amines:

|                |                  |                     |
|----------------|------------------|---------------------|
| Chlorprenaline | isoetharine      | methyl ephedrine    |
| ephedrine      | isoprenaline     | phenylpropanolamine |
| etafedreine    | methoxyphenamine |                     |

AND RELATED COMPOUNDS

C. Miscellaneous central nervous system stimulants:

|              |              |             |
|--------------|--------------|-------------|
| Amiphenazole | crolethamide | nikethamide |
| bemigrade    | doxapram     | picrotoxine |
| caffeine*1   | ethamivan    | strychnine  |
| cropropamide | leptazol     |             |

AND RELATED COMPOUNDS

D. Anabolic steroids:

|                     |               |              |
|---------------------|---------------|--------------|
| Clostebol           | methenolone   | oxymesterone |
| dehydrochlormethyl- | methandienone | oxymetholone |
| testosterone        | nandrolone    | stanozolol   |
| testosterone*2      | mesterolone   | oxandrolone  |

AND RELATED COMPOUNDS

E. Substances banned for specific sports:

Rifle:

|          |          |         |
|----------|----------|---------|
| alcohol  | nadolol  | timolol |
| atenolol | pindolol |         |

## AND RELATED COMPOUNDS

metoprolol      propranolol

### F. Diuretics:

|                     |                     |                    |
|---------------------|---------------------|--------------------|
| Bendroflumethiazide | ethacrynic acid     | metolazone         |
| Benzthiazide        | flumethiazide       | polythiazide       |
| Bumetanide          | furosemide          | quinethazone       |
| Chlorothiazide      | hydrochlorothiazide | spironolactone     |
| Chlorthalidone      | hydroflumethiazide  | triamterene        |
| cyclothiazide       | methyclothiazide    | trichlormethiazide |

## AND RELATED COMPOUNDS

### G. Street drugs:

|             |                            |        |
|-------------|----------------------------|--------|
| Amphetamine | marijuana*3                | OTHERS |
| Cocaine     | methamphetamine            |        |
| heroin      | TCH (tetrahydrocannabinol) |        |

### H. Substances given special consideration:

1. Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes), as well as the use of Growth Hormone (human, animal or synthetic) is prohibited and any evidence confirming use may be cause for punitive action.
2. Local Anesthetics. The NCAA Executive Committee will not be opposed to the limited use of local anesthetics under the following conditions:
  - (a) That procaine, xylocaine, carbocaine without epinephrine, etc. may be used, but not cocaine;
  - (b) That only local or topical injections can be used (i.e., intravenous injections are not permitted);
  - (c) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his health.

The NCAA crew chief in charge of testing must be advised in writing by the Team Physician if the anesthetic has been administered within 24 hours of the competition.

3. Asthma or Exercise Induced Bronchospasm. The use of three beta-agonists, terbutaline, salbuterol, and biltolterol, for the treatment of asthma are approved under the following condition: The Head Trainer must notify the Team Physician for the games beforehand of which athletes on his team are asthmatics and are using, or may require the use of, either one or

all of these drugs. Permission must be in writing identifying the drug, dose, and frequency of administration. All other sympathomimetic amines are banned. Drugs such as Cromolyn Sodium, Aminophylline and Theophyllines, Beclomethasone and Altopine Sulfate are safe to use.

#### 4. Corticosteroids.

The NCAA has become increasingly concerned by the misuse of corticosteroids in some sports.

The Executive Committee has therefore decided that the use of these drugs at the NCAA championships or certified football bowl games must be declared. A doctor using them must state in writing to the crew chief the name of the competitor being treated, the name, dose and route of administration of the drug, the reason for this use, the date of administration, and the name and signature of the doctor.

Definition of positive depends on the following:

\*1 for caffeine - if the concentration in urine exceeds 15 micrograms/ml \*2 for testosterone - if the ratio of the total concentration of testosterone to that of epitestosterone in the urine exceeds 6. \*3 for marijuana - based on a repeat testing.

## APPENDIX II

### CONSENT TO TESTING OF URINE SAMPLE AND AUTHORIZATION FOR RELEASE OF INFORMATION

I, hereby acknowledge that I have received a copy of the Austin Peay State University Drug Education Policy that provides for educational programs, urine and counseling related to illicit drugs. I further acknowledge that I have read said Policy, that it has been outlined to me, that my questions about it have been answered, and that I fully understand the provisions of the Policy.

I hereby consent to have a sample of my urine collected and tested for the presence of certain drugs or substances on a random, unannounced basis in accordance with the provisions of Austin Peay State University Policy; and at such other times as urine testing is required under the Policy.

I further authorize you to make a confidential release to the Head Athletic Trainer at Austin Peay State University; my parent(s), legal guardian(s), or spouse; the head coach of any intercollegiate sport in which I am a team member; the University Athletic Director and University Scholarship Committee; and any drug counseling program to which I am referred, of all information and records including test results you may have or



obtain or create in the course of the screening or testing of my urine sample(s) under provisions of the Austin Peay State University Drug Education Policy which is applicable to all intercollegiate athletes at Austin Peay State University. To the extent set forth herein, I waive any privilege I may have in connection with such information.

I understand that any urine samples will be sent to a laboratory or other off site testing facility that will be identified in advance for actual testing.

The Tennessee Board of Regents, Austin Peay State University, and its officers, employees and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this form.

Date    Signature of Student-athlete

Date    Co-signature of parent or guardian if student is under 18 years of age.

Sport    Student ID#