

# Florida Atlantic University Department of Athletics



## Drug and Alcohol Policy (Including Statements on Tobacco and Supplements)

2006 - 2007

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## **Florida Atlantic University Department of Athletics Drug & Alcohol Policy**

Florida Atlantic University is committed to providing a campus environment free of the abuse of alcohol and the illegal use of alcohol and drugs. To strengthen that commitment, Florida Atlantic University has adopted and implemented a program that seeks to prevent the abuse of alcohol and drugs by the University community, which includes its employees and students. Outlined in the Statement are the University's policies concerning the use of alcohol and drugs. This Statement is provided in response to the federal DRUG-FREE SCHOOLS AND COMMUNITIES ACT AMENDMENTS OF 1989 (Public Law 101-226).

### **Standards of Conduct Required by FAU for its Students and Employees**

All students and employees are required to adhere to Federal, State, Florida Atlantic University Board of Trustees, and local rules (Broward, Palm Beach, St. Lucie Counties and the Cities of Boca Raton, Ft. Lauderdale, Dania Beach, Davie, Jupiter and Port St. Lucie) regarding drugs and alcohol.

For instance, State law (Chapter 562, Florida Statutes) prohibits the possession of alcoholic beverages by persons under age 21. Under the law, no person may sell, give, serve or permit to be served alcoholic beverages to persons under 21, and it is unlawful for a person under 21 to misrepresent his or her age or the age of another to obtain alcohol. State law (Chapter 893, Florida Statutes) also prohibits the possession, sale or delivery of controlled substances unless authorized by law. (These examples are illustrative of State laws regarding alcohol and drugs and are not intended to be a comprehensive list of the applicable State laws.)

In addition, all students and employees are required to follow University rules and policies regarding alcohol and drugs. The University prohibits the unlawful possession, use, distribution, manufacture or dispensation of illicit drugs or alcohol by students or employees on property owned, leased or controlled by FAU or in any University activity. No student or employee is to report to school or work or to attend class or to participate in any University activity while under the influence of one or more illegal drugs or alcohol.

The FAU Department of Athletics Drug and Alcohol Policy is designed to give the student-athlete a means of obtaining assistance and direction in reference to alcohol and drug abuse. Those eligible for drug and alcohol testing are those individuals participating or involved in intercollegiate athletics as a student at Florida Atlantic University. This would include student-athletes that have exhausted NCAA eligibility yet are receiving 5<sup>th</sup> year aid and otherwise assisting the Department of Athletics. This would also include those student-athletes that have been medically disqualified from athletic participation yet are still receiving financial aid from the Department of Athletics. All those participating

in cheerleading and dance team may be subjected to drug testing in accordance to the policy as with all walk-on and scholarship athletes practicing and/or competing in sport.

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| <b>Types of Drug Testing</b> |
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A student-athlete may be selected for testing dependent upon the agency for which they may compete. FAU student-athletes may be selected for drug testing by the following: institutional random, institutional reasonable suspicion, NCAA Championship and NCAA Year Round testing. Athletes competing for other agencies while participating for FAU may be subject to additional testing at the discretion of their governing body (i.e. USADA, WADA).

**1. Institutional Random**

The drug-testing schedule will be set by the athletic training staff with the approval of the Department of Athletics Drug and Alcohol Committee Chair or his/her designee. The head coach will be notified the day of or the day prior to the screening, depending on the pre-arranged testing time. The athletic training staff, head coach or his/her designee will notify the team or selected student-athletes of the time and place for the screening.

**2. Institutional Reasonable Suspicion**

Student-athletes will be drug-screened and/or evaluated if there is probable cause to suspect alcohol, drug use or abuse. The coaching staff, an administrator, academic advisor, athletic trainer, or strength coach may be aware of or see certain signs, symptoms or changes in behavior that may cause him or her to suspect substance abuse. These staff members have a duty to report any suspicions to either the Head Athletic Trainer or Director of Athletics. Reports will be forwarded to the Director of Athletics as well as the Department of Athletics Drug and Alcohol Committee Chair. The Chair will determine the need for counseling and/or testing. The objective measures needed to meet the requirements for reasonable suspicion are in Appendix B.

**3. NCAA Championship**

In the event of an individual or team qualifying for NCAA Championship competition, the individual or team is subject to drug testing prior to, during or post event by the NCAA.

**4. NCAA Year Round Program**

The NCAA reserves the right to test all sports in accordance with the Year Round Drug Testing Program.

**5. Other Sports Agency (IOC, USADA, WADA)**

A student-athlete under International or United States Olympic Guidelines may be drug tested as to those protocols governing the sport or agency.

## Statement on the Use of Tobacco

In accordance with NCAA legislation, the use of tobacco products is prohibited for student-athletes and all game personnel (e.g., coaches, athletic trainers, managers, and game officials) in all sports during practices and competition.

## Statement on the Use of Alcohol

### Introduction

- A. Florida Atlantic University is committed to creating and maintaining an environment that is free of alcohol abuse and complies with State and Federal laws governing alcoholic beverages. There are serious health risks and behavioral problems associated with the misuse of alcohol. The use of alcohol or being under the influence of alcohol during an athletic event is potentially dangerous to all parties involved in the program.
  - B. FAU reserves the right to test for alcohol on the basis of reasonable suspicion prior to athletic participation. In the event that an Athletic Department staff member or student-athlete suspects an alcohol-impaired student-athlete, they will report the findings immediately to the athletic training staff for verification and testing. The staff athletic trainer will administer an approved test for alcohol (e.g., breathalyzer, oral fluids swab, etc.) and such test will prove to be final.
  - C. Upon confirmation of a student-athlete under the influence of alcohol prior to participation in an athletic event, he/she will be removed from the activity.
- 1. **First Violation.** Notification of a positive finding will be submitted to the Head Coach, Director of Athletics, Director of Compliance, Team Physician, Head Athletic Trainer, and the Department of Athletics Drug and Alcohol Committee Chair. The Director of Compliance will notify the student-athlete to arrange a meeting with the Head Coach, Sports Medicine Designee, and the Director of Athletics or his/her designee. At this meeting, the student-athlete will be reminded of the University policy concerning future positive test results and will sign a statement to that effect (Appendix E).

Following the student-athlete meeting, the Director of Athletics will notify the parent/guardian as well as the spouse, if applicable, of the student-athlete's positive test result and the treatment and procedures with which the student-athlete is currently to comply. The Director of Athletics will notify this (these) individual(s) via verbal communication as well as certified letter.

Immediately upon notification of the first positive result, the student-athlete will be suspended from all athletic competition, travel, and pre-event meals for 10% of the season. All suspensions are rounded up to the nearest game. If the student-athlete is unable to complete the suspension due to the end of the season, the suspension will carry over into the next season. Any suspension not completed prior to post-season competition will continue throughout the

post-season. This also applies in the event of an off-season test. If the student-athlete is unable to participate due to injury or any other reason, the suspension will be served once the student-athlete is cleared for participation.

The student-athlete must pass a medical examination prior to return to activity. Subsequent testing and/or diagnostic procedures deemed necessary by the Team Physician may be required as well. The Team Physician may determine that substantial time may be needed for a safe return to participation.

Additionally, the student-athlete will have to make an initial meeting with the Counseling Center for which future treatment sessions and counseling sessions will be determined and closely monitored by the Sports Medicine staff. The student-athlete will continue in counseling until released by the Director of the Counseling Center or his/her designee. If the student-athlete fails to attend two consecutive appointments without an excuse from the counseling center, all athletic activities will be suspended until a counseling session is attended. If there is an additional absence following the above penalty, along with immediate suspension from athletic activity as above, a meeting will be set up with the student-athlete, Head Coach, and Sports Medicine Designee.

The student-athlete will be required to complete ten (10) hours of community service which may include, but is not limited to, grounds detail, drug awareness, campus beautification, etc. These hours must be completed within 60 days following the initial meeting. If this is not accomplished the student-athlete will be suspended from all athletic activities until completed.

The Sports Medicine Designee will coordinate the follow-up to any positive alcohol test and, thus, it may be necessary for the student-athlete to meet with the Drug and Alcohol Coordinator in an effort to determine compliance with the program.

Failure to comply with the above policy will result in an immediate suspension from all athletic activities until the above requirements are met.

2. **Second Violation.** Notification of a positive finding will be submitted to the Head Coach, the Director of Athletics, the Director of Compliance, the Team Physician, the Head Athletic Trainer, the Collegiate Sports Medicine Drug and Alcohol Coordinator, and the Department of Athletics Drug and Alcohol Committee Chair. The Director of Compliance will notify the student-athlete to arrange a meeting with the Head Coach, Sports Medicine Designee, the Collegiate Sports Medicine Drug and Alcohol Coordinator, and the Director of Athletics or his/her designee (Appendix E).

Following the student-athlete meeting, the Director of Athletics will notify the parent/guardian as well as the spouse, if applicable, of the student-athlete's positive test result and the treatment and procedures with which the student-athlete is currently to comply. The Director of Athletics will notify this (these) individual(s) via verbal communication as well as certified letter.

Immediately upon notification of the second positive result, the student-athlete will be suspended from all athletic competition, travel, and pre-event meals for 25% of the season. All suspensions are rounded up to the nearest game. If the student-athlete is unable to complete the suspensions due to the end of the season, the suspension will carry over into the next season. Any suspension not completed prior to post-season competition will continue throughout the post-season. This also applies in the event of an off-season test. If the student-athlete is unable to participate due to injury or any other reason, the suspension will be served once the student-athlete is cleared for participation.

Examples:

Football (11) =  $2.75 = 3$  game suspension

Baseball (56) = 14 game suspension

Soccer (21) =  $5.25 = 6$  game suspension

The student-athlete must pass a medical examination prior to return to activity. Subsequent testing and/or diagnostic procedures deemed necessary by the Team Physician may be required as well. The Team Physician may determine that substantial time may be needed for a safe return to participation.

Additionally, the student-athlete will have to make an initial meeting with the Counseling Center for which future treatment sessions and counseling sessions will be determined and closely monitored by the Sports Medicine staff. The student-athlete will continue in counseling until released by the Director of the Counseling Center or his/her designee. If the student-athlete fails to attend two consecutive appointments without an excuse from the counseling center, all athletic activities will be suspended until a counseling session is attended. If there is an additional absence following the above penalty, along with immediate suspension from athletic activity as above, a meeting will be set up with the student-athlete, Head Coach, and Sports Medicine Designee.

The student-athlete will be required to complete ten (10) hours of community service which may include, but is not limited to, grounds detail, drug awareness, campus beautification, etc. These hours must be completed within 60 days following the initial meeting. If this is not accomplished the student-athlete will be suspended from all athletic activities until completed.

The Sports Medicine Designee will coordinate the follow-up to any positive (+) alcohol test and thus it may be necessary for the student-athlete to meet

with the Drug and Alcohol Coordinator in an effort to determine compliance with the program.

Failure to comply with the above policy will result in an immediate suspension from all athletic activities until the above requirements are met.

3. **Third Violation.** Notification of a positive result will be submitted to the Head Coach, the Director of Athletics, the Team Physician, the Head Athletic Trainer, the Department of Athletics Drug and Alcohol Committee Chair. The Director of Compliance will notify the student-athlete to arrange a meeting with the Director of Athletics or his/her designee, Sports Medicine Designee, Head Coach, and the Director of Compliance or his/her designee..

Following the student-athlete meeting, the Director of Athletics will notify the parent/guardian as well as the spouse, if applicable, of the student-athlete's positive test result and the treatment and procedures with which the student-athlete is to comply. The Director of Athletics will notify this (these) individual(s) via verbal communication as well as certified letter.

The student-athlete will be immediately removed from all athletic participation. The student-athlete will be referred to the on-campus Counseling Center to be further referred to an appropriate rehabilitation program. All athletic-related financial aid will be withdrawn at the close of the academic semester for the remainder of the student-athlete's career. A student-athlete may appeal the withdrawal of athletic-related financial aid or of a scholarship to the Director of Athletics within one week of being so notified. If the end of the week period falls on a weekend or holiday, the student-athlete would then have until the following business day by noon.

All student-athletes are responsible for abiding by any State, local or University laws and policies related to the use of alcohol. For a detailed description and guideline of University requirements and regulations, please refer to the FAU Student Handbook on the University web page.

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| <b>Statement on the Use of Supplements</b> |
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Florida Atlantic University does not condone the use of dietary supplements. Dietary supplements do not undergo Federal government approval and are not tested for quality like prescription and over-the-counter medications. The product claims made by many dietary supplement manufacturers have not been based on scientific research in many cases. Many dietary supplements have not been subject to research by unbiased independent researchers in order to substantiate performance claims. The potential adverse and/or harmful effects of these substances have not been completely studied, but serious adverse effects have been reported in some instances. As there are minimal Federal government labeling requirements for dietary supplements, some products may



contain NCAA and/or Florida Atlantic University banned substances which are not listed on the label. It is important for student-athletes to remember that **THEY WILL BE HELD RESPONSIBLE FOR EACH AND EVERY SUBSTANCE THAT ENTERS THE BODY!!**

By signing Florida Atlantic University's Department of Athletics Drug and Alcohol Policy Consent Form, the student-athlete:

1. Acknowledges that he/she understands the need to disclose (using Appendix A) to the Head Athletic Trainer or Team Physician all dietary supplements used;
2. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of dietary supplements;
3. Fully accepts that they have been made aware of the Florida Atlantic University and the National Collegiate Athletic Association (NCAA) policies with regard to the use of dietary supplements;
4. Accepts any and all liability if they have in the past used, continue to use, and/or use at anytime in the future, dietary supplements in any form; and releases Florida Atlantic University, its agents, and all personnel of any and all responsibility and liability related to such use.

#### **Medical Exception Process**

Florida Atlantic University recognizes that some banned substances are used for legitimate medical purposes. Accordingly, Florida Atlantic University allows exceptions to be made for those student-athletes with a documented medical history demonstrating a need for regular use of such a substance. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, beta-blockers, diuretics and peptide hormones.

The student-athlete is required to inform the Head Athletic Trainer or Team Physician of all medications he or she is taking. Florida Atlantic University should maintain in the student-athlete's medical records a letter from the prescribing physician that documents the student-athlete's medical history demonstrating the need for regular use of such a drug. The letter should contain information as to the diagnosis (including appropriate verification), medical history and dosage information.

In the event a student-athlete tests positive, the Head Athletic Trainer, in consultation with the Team Physician, will review the student-athlete's medical record to determine whether a medical exception should be granted.

#### **Confidentiality**

All members of Florida Atlantic University are expected to respect a student-athlete's right to privacy. It is essential that anything seen, heard, read, and/or otherwise obtained

remain confidential by all parties involved. It is illegal for any personnel to gain access to patient information, through any and all means, unless the information is needed in order to treat the patient, or because their job would require such access.

All Florida Atlantic University personnel are expected to adhere to the Confidentiality Policy at all times. Violation of the policy may incur disciplinary action at the discretion of the Director of Athletics.

### **Screening and Selection Process**

The student-athlete will be notified prior to any athletic participation as to the FAU Drug Testing Policy. At this time, the student-athlete will sign a consent and authorization form as to the procedures set forth in the Drug Policy. Drug screening tests will be administered throughout the year. All student-athletes will be subject to unannounced drug screenings throughout the academic year on either a "random" or a "reasonable suspicion" basis. For purposes of this Policy, "random" shall mean a process in which the probability of any 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 individual being known. A "reasonable suspicion" screening will be based on personal, physical, or performance changes, which are characteristic of drug use. A test based on a reasonable suspicion can be requested by Athletic Department staff based on the objectives in Appendix B.

The drug screening shall consist of the collection of a urine sample from the student-athlete under the supervision of a trained collector (Appendix D). Each urine sample shall be analyzed for the presence of banned drugs as noted in Appendix C by an independent laboratory contracted by the University to provide such services. An independent laboratory meeting NCAA and International Olympic Committee (IOC) requirements for collection, security, screening and transportation, storage and analysis and certified by the College of American Pathologists Athletic Drug Testing (CAP-ADT) will test the samples and will report all test results to the Director of Compliance, the Head Athletic Trainer, and the Department of Athletics Drug and Alcohol Committee Chair. The Head Athletic Trainer will review the results to determine which, if any, of the screenings are considered positive as reported by the independent laboratory.

### **Specimen Collection Procedures**

Florida Atlantic University reserves the right to test for banned drugs by any approved industry method. These methods may include, but are not limited to, oral fluid, sweat, urine or hair, as deemed necessary by the Drug Testing Committee Chair or his/her designee. Urine specimen collection will be based on the National Center for Drug Free Sport Urine Collection Protocol in Appendix D.

## Positive Results

A positive result is defined as a urine sample revealing the presence of one or more of the banned drugs or metabolites listed in Appendix C. In addition, failure to arrive at the collection station at the designated time without justification, failure to provide an adequate urine sample (e.g., acidic, concentrated, enough volume) as determined by the laboratory or trained collector will result in a positive test. Positive tests may also result from leaving the collection station or holding area without the permission of the test site administrator or alteration of any sample as determined by the collection technician or their designee. All results will be forwarded from the lab to the Director of Compliance, Head Athletic Trainer, and Department of Athletics Drug and Alcohol Committee Chair. Subsequently, the Director of Compliance will forward the results to the Director of Athletics and notify the student-athlete and Head Coach of the positive result in order to coordinate the scheduling of the meeting.

## Institutional Testing – Positive Results

**First Violation.** If the positive result is verified, the Director of Compliance will notify the student athlete to arrange a meeting with the Head Coach, Sports Medicine Designee, or his/her designee and Director of Athletics or his/her designee. The Team Physician and appropriate team athletic trainer will also be notified. At this meeting, the student-athlete will be reminded of the University policy concerning future positive test results and will sign a statement to that effect (Appendix E).

Following the student-athlete meeting, the Director of Athletics will notify the parent/guardian as well as the spouse, if applicable, of the student-athlete's positive test result and the treatment and procedures with which the student-athlete is currently to comply. The Director of Athletics will notify this (these) individual(s) via verbal communication as well as certified letter.

Immediately upon notification of the first positive result, the student-athlete will be suspended from all athletic competition, travel, and pre-event meals for 10% of the season. All suspensions are rounded up to the nearest game. If the student-athlete is unable to complete the suspension due to the end of the season, the suspension will carry over into the next season. Any suspension not completed prior to post-season competition will continue throughout the post-season. This also applies in the event of an off-season test. If the student-athlete is unable to participate due to injury or any other reason the suspension will be served once the student athlete is cleared for participation.

The student-athlete must pass a medical examination prior to return to activity. Subsequent testing and/or diagnostic procedures deemed necessary by the Team Physician may be required as well. The Team Physician may determine that substantial time may be needed for a safe return to participation.

Additionally, the student-athlete will have to make an initial meeting with the Counseling Center for which future treatment sessions and counseling sessions will be determined

and closely monitored by the Sports Medicine staff. The student-athlete will continue in counseling until released by the Director of the Counseling Center or his/her designee. If the student-athlete fails to attend two consecutive appointments without an excuse from counseling center, all athletic activities will be suspended until a counseling session is attended. If there is an additional absence following the above penalty, along with immediate suspension from athletic activity as above, a meeting will be set up with the student-athlete, Head Coach, and Sports Medicine Designee.

The student-athlete will be required to complete ten (10) hours of community service which may include, but is not limited to, grounds detail, drug awareness, campus beautification, etc. These hours must be completed within 60 days following the initial meeting. If this is not accomplished the student-athlete will be suspended from all athletic activities until completed.

The Sports Medicine Designee will coordinate the follow-up to any positive (+) drug test and, thus, it may be necessary for the student-athlete to meet with the Drug and Alcohol Coordinator in an effort to determine compliance with the program.

Failure to comply with the above Policy will result in an immediate suspension from all athletic activities until the above requirements are met.

**Second Violation.** If the positive result is verified, the Director of Compliance will notify the student-athlete to arrange a meeting with the Head Coach, Sports Medicine Designee, and Director of Athletics or his/her designee. Upon a second violation of the Drug Policy, the Team Physician and appropriate team Athletic Trainer will again be notified.

Following the student-athlete meeting, the Director of Athletics will notify the parent/guardian as well as the spouse, if applicable, of the student-athlete's positive test result and the treatment and procedures with which the student-athlete is currently to comply. The Director of Athletics will notify this (these) individual(s) via verbal communication as well as certified letter.

Immediately upon notification of the second positive result, the student-athlete will be suspended from all athletic competition, travel, and pre-event meals for 25% of the season. All suspensions are rounded up to the nearest game. If the student-athlete is unable to complete the suspension due to the end of the season, the suspension will carry over into the next season. Any suspension not completed prior to post-season competition will continue throughout the post-season. This also applies in the event of an off-season test. If the student-athlete is unable to participate due to injury or any other reason, the suspension will be served once the student-athlete is cleared for participation.

Examples:

Football (11) =  $2.75 = 3$  game suspension

Baseball (56) = 14 game suspension

Soccer (21) =  $5.25 = 6$  game suspension

The student-athlete must pass a medical examination prior to return to activity. Subsequent testing and/or diagnostic procedures deemed necessary by the Team Physician may be required as well. The Team Physician may determine that substantial time may be needed for a safe return to participation.

Additionally, the student-athlete will have to make an initial meeting with the Counseling Center for which future treatment sessions and counseling sessions will be determined and closely monitored by the Sports Medicine staff. The student-athlete will continue in counseling until released by the Director of the Counseling Center or his/her designee. If the student-athlete fails to attend two consecutive appointments without an excuse from the counseling center, all athletic activities will be suspended until a counseling session is attended. If there is an additional absence following the above penalty, along with immediate suspension from athletic activity as above, a meeting will be set up with the student-athlete, Head Coach, and Sports Medicine Designee.

The student-athlete will be required to complete ten (10) hours of community service which may include, but is not limited to, grounds detail, drug awareness, campus beautification, etc. These hours must be completed within 60 days following the initial meeting. If this is not accomplished the student-athlete will be suspended from all athletic activities until completed.

The Sports Medicine Designee will coordinate the follow-up to any positive (+) drug test and, thus, it may be needed for the student-athlete to meet with the Drug and Alcohol Coordinator in an effort to determine compliance of the program.

Failure to comply with the above Policy will result in an immediate suspension from all athletic activity indefinitely or until the above guidelines are met.

**Third Violation.** If the positive result is verified, the Director of Compliance will notify the student-athlete to arrange a meeting with the Director of Athletics or his/her designee, Sports Medicine Designee, Head Coach, and Director of Compliance or his/her designee.

Following the student-athlete meeting, the Director of Athletics will notify the parent/guardian as well as the spouse, if applicable, of the student-athlete's positive test result and the treatment and procedures with which the student-athlete is currently to comply. The Director of Athletics will notify this (these) individual(s) via verbal communication as well as certified letter.

The student-athlete will be immediately removed from all athletic participation. The student-athlete will be referred to the on-campus Counseling Center to be further referred to an appropriate rehabilitation program. All athletic-related financial aid will be withdrawn at the close of the academic semester for the remainder of the student-athlete's career. A student-athlete may appeal the withdrawal of athletic-related financial aid or of a scholarship to the Director of Athletics within one week of being so notified. If the end

of the week period falls on a weekend or holiday, the student-athlete would then have until the following business day by noon.

### **Appeal Process**

Student-athletes who test positive for a banned substance may, within 48 hours following receipt of notice of the laboratory finding, contest the finding of the positive results. Upon the student-athlete's request for additional testing of the sample, the Director of Athletics will formally request B specimen confirmation. The student-athlete may choose to be present at the opening of B specimen at the laboratory drug test at his or her expense. If the student-athlete does not wish to be present at the opening of B specimen, but desires to be represented, arrangements will be made at the student-athlete's expense for a surrogate to attend the opening of B specimen. The surrogate will not be involved with any other aspect of the analysis of the specimen. The student-athlete or his/her surrogate will attest to the sample number and the integrity of the security seal prior to the laboratory opening of B specimen. B specimen findings will be final, subject to the results of any appeal. If B specimen results are negative, the drug test will be considered negative.

Student-athletes who test positive, or who dispute that they have refused or failed to take a required test, under the terms of the Florida Atlantic University Drug and Alcohol Policy will be entitled to a hearing with the Drug Testing Appeals Committee or his/her designee. Requests for such a hearing must be in writing by completion of the Appeal Notification Form (Appendix F) and received by the Drug Testing Appeals Committee Chair within seventy-two (72) hours of notification of a positive test result. If the 72 hours would end on a weekend or holiday, the request must be made by noon on the next business day.

In addition, the Drug Testing Appeals Committee will evaluate any requests for hearings based on special or exceptional circumstances surrounding the drug testing policy, but not related specifically to test results. The process for appealing positive drug test results is outlined in the previous paragraph. The student-athlete must put his/her request and the reason for the request in writing and submit it directly to the Chair of the Drug Testing Appeals Committee. The Drug Testing Appeals Committee will evaluate the request and notify the student-athlete if a hearing is to be held.

The Drug Testing Appeals Committee shall consist of the following:

- Physician (Chair)
- Director of Counseling or his/her designee
- Director of Health Services or his/her designee

Other individuals may be needed to provide information; however, these individuals will not have voting on the outcome of the appeal. These individuals may include, but are not limited to, the following:

- Drug Free Sport Representative/Scientist or her/her designee
- FAU Legal Counsel

- Crew Chief
- FAU Team Physician
- Director of Athletics
- FAU Sports Medicine Staff
- FAU Coaches

The student-athlete may have an advocate or other representative present at the hearing if the student so desires. However, the student-athlete must present his or her own case. The meeting should take place at the next scheduled Committee meeting or sooner in the event of unique circumstances. All sanctions resulting in the positive test apply until the appeals process is finalized. Either the student-athlete or the other parties involved may request an extension of time to the Drug Testing Appeals Committee Chair or his/her designee, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be open to only those persons deemed necessary by the Drug Testing Appeals Committee Chair or his/her designee.

The decision by a majority vote of the Drug Testing Appeals Committee regarding the test results or refusal/failure to take a required test shall be final. Sanctions for a positive result or a refusal/failure to take a required test are described in these procedures and are not subject to further appeal.

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| <b>Safe Harbor Program</b> |
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A student-athlete eligible for the Florida Atlantic University Safe Harbor Program may refer himself or herself to the Program for voluntary evaluation and counseling. A student is not eligible for the Program after he or she has been informed of an impending drug test or after having received a positive Florida Atlantic University or NCAA drug test.

Florida Atlantic University will work with the student-athlete to prepare a Safe Harbor treatment plan, which may include confidential drug testing as determined by Director of Counseling, Team Physician, Athletic Trainer, Drug Testing Committee Chair or his/her designee. If the student-athlete tests positive for a banned substance upon entering the Safe Harbor Program, that positive test will not result in any administrative sanction unless the student tests positive in a subsequent retest or the student fails to comply with the treatment plan. Based upon a medical examination by the Team Physician, the student-athlete may be disqualified from play or practice if medically indicated. The examination may consist of diagnostic tests to determine any potential risks the drug use poses to the student athlete's welfare. A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference post-season competition.

If a student-athlete tests positive for any banned substance after entering the Safe Harbor Program or fails to comply with the Safe Harbor treatment plan, the student will be removed from the Safe Harbor Program. An initial Safe Harbor positive test will be treated as a first positive and a subsequent positive as a second positive, subject to the sanctions explained in this Policy.

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by Florida Atlantic University. Student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA.

The Director of Athletics, the Director for Compliance, the Head Coach, the Head Athletic Trainer, and the Team Physician may be informed of the student-athlete's participation in the Safe Harbor Program. The Athletic Trainer assigned to that sport also may be notified, if medically appropriate. Assistant Coach(es) may be informed at the discretion of the Head Coach. Other University employees may be informed only to the extent necessary for the implementation of this Policy.



## Appendix A

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| <b>Dietary Supplement Disclosure Form</b> |
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I, \_\_\_\_\_ would like to disclose the following substance(s) which I consume as a dietary supplement other than those prescribed by a medical doctor. I understand that labeling on these products can be misleading and inaccurate, and that advice of sales personnel may be inaccurate. Terms such as “healthy” or “naturally occurring” do not necessarily imply safety nor do they imply that the NCAA or Florida Atlantic University approves these substances. Ultimately, I am responsible for knowing what is contained in any supplement that I may take.

1. Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_

2. Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_

3. Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_

4. Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_

5. Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Sports Medicine Staff Signature      Date

## Appendix B

|   |
|---|
| <p style="text-align: center;"><b>FLORIDA ATLANTIC UNIVERSITY DEPARTMENT OF ATHLETICS<br/>DRUG TESTING REASONABLE SUSPICION<br/>NOTIFICATION FORM</b></p> |
|---|

I, \_\_\_\_\_, under the reasonable suspicion  
Florida Atlantic University Athletic Dept. Staff Member

clause that is outlined in the Florida Atlantic University Department of Athletics Drug and Alcohol Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant \_\_\_\_\_ being

Name of Student-Athlete

referred to the Department of Athletics Drug and Alcohol Committee Chair or his/her designee for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past \_\_\_\_\_ hours and/or \_\_\_\_\_ days.

**Please check below all that apply:**

The Student-Athlete has shown:

- \_\_\_\_\_ irritability
- \_\_\_\_\_ loss of temper
- \_\_\_\_\_ poor motivation
- \_\_\_\_\_ failure to follow directions
- \_\_\_\_\_ verbal outburst (e.g., to faculty, staff, teammates)
- \_\_\_\_\_ physical outburst (e.g., throwing equipment)
- \_\_\_\_\_ emotional outburst (e.g., crying)
- \_\_\_\_\_ weight gain
- \_\_\_\_\_ weight loss
- \_\_\_\_\_ sloppy hygiene and/or appearance

The Student-Athlete has been:

- \_\_\_\_\_ late for practice
- \_\_\_\_\_ late for class
- \_\_\_\_\_ not attending class

- \_\_\_\_\_ receiving poor grades
- \_\_\_\_\_ staying up too late
- \_\_\_\_\_ missing appointments
- \_\_\_\_\_ missing/skipping meals

The Student-Athlete has demonstrated the following:

- \_\_\_\_\_ dilated pupils
- \_\_\_\_\_ constricted pupils
- \_\_\_\_\_ red eyes
- \_\_\_\_\_ smell of alcohol on the breath
- \_\_\_\_\_ smell of marijuana
- \_\_\_\_\_ staggering or difficulty walking
- \_\_\_\_\_ constantly running and/or red nose
- \_\_\_\_\_ recurrent bouts with a cold or the flu (give dates \_\_\_\_\_)
- \_\_\_\_\_ over stimulated or “hyper”
- \_\_\_\_\_ excessive talking
- \_\_\_\_\_ withdrawn and/or less communicative
- \_\_\_\_\_ periods of memory loss
- \_\_\_\_\_ slurred speech
- \_\_\_\_\_ recurrent motor vehicle accidents and/or violations (give dates \_\_\_\_\_)
- \_\_\_\_\_ recurrent violations of Florida Atlantic University Student Code of Conduct

Other specific objective findings include:

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## Signatures

\_\_\_\_\_  
Print Name of Athletic Dept. Staff

\_\_\_\_\_  
Signature of Athletic Dept. Staff

\_\_\_\_\_  
Date

Reviewed By: \_\_\_\_\_

Department of Athletics Drug and Alcohol Committee Chair/Designee

\_\_\_\_\_  
Date



## Appendix C

### Banned Substance List

The following is a list of banned substance classes, with examples, published by the NCAA, which will constitute the drugs that may be tested for on a NCAA Drug Screening as well as a FAU Drug Screening. If there are any questions as to whether or not one of these substances is contained within a nutritional product, the student-athlete should consult with the Head Athletic Trainer.

#### Stimulants:

|                       |                       |
|-----------------------|-----------------------|
| Amiphenazole          | Fencamfamine          |
| Amphetamine           | Meclofenoxate         |
| Bemigrade             | Methamphetamine       |
| Benzphetamine         | Methylphenidate       |
| Bromantan             | Nikethamide           |
| Caffeine <sup>1</sup> | Permoline             |
| Chlorphentermine      | Pentetrazol           |
| Cocaine               | Phendimetrazine       |
| Cropropamide          | Phenmetrazine         |
| Crothetamide          | Phentermine           |
| Diethylpropion        | Picrotoxine           |
| Dimethylamphetamine   | Pipradol              |
| Doxapram              | Prolintane            |
| Ephedrine             | Strychnine            |
| Ethamivan             | and related compounds |
| Ethylamphetamine      |                       |

#### Anabolic Agents:

##### Anabolic Steroids:

|                                 |                    |
|---------------------------------|--------------------|
| Androstenediol                  | Methyltestosterone |
| Androstenedione                 | Nandrolone         |
| Boldenone                       | Nandrolone         |
| Clostebol                       | Norandrostenedione |
| Dehydrochlormethyl-testosterone | Norethandrolone    |

Dihydrotestosterone

Dromostanolone

Fluoxymesterone

Mesterolone

Methandienone

Methenolone

Oxymesterone

Oxymetholone

Stanozolol

Testosterone

Clenbuterol

and related compounds

### **Diuretics:**

Acetazolamide

Bendroflumethiazide

Benzthiazide

Bumetanide

Chlorothiazide

Chlorthalidone

Ethacrynic Acid

Flumethiazide

Furosemide

Hydrochlorothiazide

Hydroflumethiazide

Methyclothiazide

Metolazone

Polythiazide

Quinethazone

Spironolactone

Triamterene

Trichlormethiazide

and related compounds

### **Street Drugs:**

Heroin

Marijuana

Tetrahydrocannabinol (THC)

### **Peptide Hormone and Analogues:**

Chorionic Gonadotrophin

HCG – Human Chorionic Gonadotrophin

HGH – Growth Hormone, Somatotrophin

Erythropoietin (EPO)

Sermorelin

Corticotrophin

<sup>1</sup>for caffeine – if the concentration in the urine exceeds 15 micrograms/ml.

## Appendix D

### Sports Drug Testing Urine Collection Procedures

1. Upon entering the collection station, the student-athlete will provide photo identification and/or an FAU representative/site coordinator will identify the student-athlete and the student-athlete will be officially admitted into the collection station.
2. The student-athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker's lid or attach a unique bar code to the beaker.
3. A collector, serving as validator, will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a volume of at least 50 mL is provided (85 mL if testing for anabolic steroids).
4. The student-athlete must wash his/her hands prior to providing the sample. Soap should not be used prior to urination and hands should be dried prior to proceeding to the urination site.
5. Validators who are of the same gender as the student-athlete must observe the voiding process. The procedure does not allow for validators to stand outside the immediate area or outside the restroom. The validator must request the student-athlete raise his/her shirt high enough to observe the midsection area completely to rule out any attempt to manipulate or substitute a sample. The student-athlete must urinate in full view of the validator (validator must observe flow of urine).
6. Student-athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief for documentation.
7. Once a specimen is provided, the student-athlete is responsible for keeping the collection beaker closed and controlled until the specimen can be adequately processed and packaged for shipment to the laboratory.
8. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
9. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.

10. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the collector, the specimen must be discarded.
11. Upon return to the collection station, the student-athlete will begin the collection procedure again.
12. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and, if in range, measure the pH of the urine in the presence of the student-athlete.
13. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the student-athlete. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.
14. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the student-athlete. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.
15. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
16. The laboratory will make final determination of specimen adequacy.
17. If the laboratory determines that a student-athlete's specimen is inadequate for analysis, at the client's discretion, another specimen may be collected.
18. If a student-athlete is suspected of manipulating specimens (e.g., via dilution), FAU will have the authority to perform additional tests on the student-athlete.
19. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the student-athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form or set of Specimen Bar Code Seals from a supply of such.
20. A collector will record the specific gravity and pH values.
21. The collector will pour approximately 30 mL of the specimen into the "A vial" and the remaining amount (approximately 20 mL) into the "B vial" (A=60 mL, B=25 mL for anabolic steroid testing) in the presence of the student-athlete.
22. The collector will place the cap on each vial in the presence of the student-athlete. The collector will then seal each vial in the required manner under the observation of the student-athlete and witness (if present).



23. Vials and forms (if any) sent to the laboratory shall not contain the name of the student-athlete.
24. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding.
25. The student-athlete, collector and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the student-athlete will be required to provide another specimen.
26. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
27. The specimens become the property of the client.
28. If the student-athlete does not comply with the collection process, the collector will notify the client representative/site coordinator and third party administrator responsible for management of the drug-testing program.
29. On occasion, FAU may choose to test using a single specimen kit. The collector will follow the split specimen procedures up to the point where the student-athlete selects a sealed kit. With a single specimen kit, the collector beaker may serve as the secured vial for transporting the specimen to the laboratory. The collector will instruct the student-athlete to provide at least 35 mL of urine allowing for a 5 mL pour-off to measure specific gravity and pH on site. A single vial will be processed and transported to the laboratory for analysis.

Appendix E



|                                       |
|---------------------------------------|
| <b>Drug Testing Follow-up Meeting</b> |
|---------------------------------------|

Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Violation # (1, 2, 3) \_\_\_\_\_ Test Date: \_\_\_\_\_

Witnesses: \_\_\_\_\_

Mailing Address of Parent/Guardian:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Telephone: \_\_\_\_\_

Mailing Address of Spouse (If Applicable):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Spouse Telephone: \_\_\_\_\_

Student Informed of Current Penalties: \_\_\_\_\_

\_\_\_\_\_

Student Informed of Future Penalties: \_\_\_\_\_

\_\_\_\_\_

Student-Athlete Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Follow-up: \_\_\_\_\_

Appeal Declaration (Appeal Notification Form, Appendix F)    Yes / No

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

## Appendix F

### Notification of Appeals Form

This form is to be submitted to the Director of Athletics or his/her designee within 72 hours of being notified of a positive drug test. This form will be forwarded to the Drug Testing Appeals Committee Chair for notification of a pending meeting with the student-athlete and those deemed necessary for clarification.

Student-Athlete Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of Drug Test: \_\_\_\_\_

Date of Notification of Results: \_\_\_\_\_

Date of Notification of Appeal: \_\_\_\_\_

Reason for Appeal: \_\_\_\_\_

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\_\_\_\_\_  
Student-Athlete Signature/ Date

\_\_\_\_\_  
Director of Athletics / Date

**Florida Atlantic University**  
**Department of Athletics**  
**Drug and Alcohol Policy Consent Form**

I \_\_\_\_\_, certify that I have read and understand the foregoing Florida Atlantic University Department of Athletics Drug and Alcohol Policy and I understand that I must abide by the requirements set forth therein. I understand this serves as my notice to be tested at any time from here forward as long as I am a student-athlete at Florida Atlantic University.

This the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Print Full Name

\_\_\_\_\_  
Student ID #

\_\_\_\_\_  
Signature of Parent/Guardian (if student-athlete is under 18)

Florida Atlantic University  
Drug Testing Results  
2006-2007

Test Data

| Substances      | # Positive Tests | # Appeal | Won / Lost    |
|-----------------|------------------|----------|---------------|
| Amphetamines    | 4                | 4        | Won 4 Lost 0  |
| Marijuana       | 11               | 9        | Won 0 Lost 9  |
| Pseudoephedrine | 11               | 11       | Won 11 Lost 0 |
| Opiates         | 0                | 0        | 0             |
| Did Not Show    | 1                | 1        | Won 0 Lost 1  |

**Total Number of Tests Performed = 514**

**Total Number of Athletes Tested = 335**

(The number of athletes tested was limited to returning athletes only for tests done at the conclusion of a competitive season)

Sport Positives

Football – 5 (Marijuana)  
M Basketball – 0  
W Basketball – 2 (Marijuana)  
W Soccer – 0  
M Soccer – 0  
M Swimming – 1 (Marijuana)  
W Swimming – 2 (Marijuana)  
M Tennis – 0  
W Tennis – 0

Baseball – 0  
Softball – 1 (did not show)  
M Golf – 1 (Marijuana)  
W Golf – 0  
W Track / Field – 0  
M Track / Field – 0  
Cross Country – 0  
Spirit – 0  
Cheer – 0

Drug Testing Budget Expended 24,800 - 2006/2007