

IV. CONSEQUENCES (CONT'D.)

Alcohol and Marijuana

1. A first positive test for alcohol or marijuana will result in notification of the Athletic Director, Head Coach, and parents/guardians of the athlete. Mandatory assessment with a substance abuse professional beginning at the date of the positive result reading is required. The athlete will undergo monthly testing for the remainder of their career at Florida State University.
2. A second positive test for alcohol or marijuana will result in an automatic suspension from competition. Also, assessment and counseling with a substance abuse professional as well as monthly testing for the remainder of their career is required. The duration of suspension is to be determined by the Athletic Director and will be influenced by the length of the season for the specific sport in which the athlete is involved. The athlete's parents/guardians will be notified.

V. COUNSELING

If a student-athlete is required to receive counseling and/or education because of a positive test, the drug abuse professional will refer him. The drug abuse professional will make the determination of where the student-athlete will undergo substance abuse counseling/education. This can be at a facility off-campus as well as at the Student Counseling Center on Campus.

If a student wishes to receive private professional help off-campus, this can also be arranged by the drug abuse professional. However, any expenses incurred with the arrangement will, most likely, be the responsi-

3. A third positive test for alcohol or marijuana will be the basis for automatic dismissal from the athletics program at Florida State University.

Anabolic Steroids and Other Illicit Drugs

1. The minimum consequences for a first positive test for anabolic steroids, T/E ratio, or any other illicit drugs will be automatic suspension from competition, an assessment with a substance abuse professional, and monthly testing for the remainder of their athletic career at Florida State University. The Athletics Director, head coach, and the athletes' parent or guardian will be notified.
2. A second positive test for anabolic steroids, T/E ratio, or any other illicit drugs will be automatic dismissal from the athletic program at Florida State University.

bility of the student athlete and his/her family. If a referral into a residential treatment program is appropriate, these arrangements will be made by the specialist in substance abuse.

It should be noted that any counseling is considered by the Athletics Department to be a confidential matter between the student-athlete and the counselor. The Athletics Department may however request confirmations that the student-athlete is attending their sessions, so as to determine that this priority is being met ahead of athletic team obligations.

VI. NCAA PROGRAM TESTING PROGRAM

Along with the Athletics Department at Florida State University, the NCAA also has a drug testing program. Their drug testing program includes the following:

NCAA DRUG TESTING

	1-A and 1-AA Football	Other Sports
Preseason Testing	Yes*	No
In-Season Testing	Yes*	No
Post-season Testing	Yes	Yes

*Testing for anabolic steroids, diuretics and urine manipulative only.

Samples collected as a part of the post-season program will be analyzed for substances from all NCAA banned drug categories. The Athletics Department at FSU will ensure all athletes are informed as to what those categories include.

NCAA sanctions for positive drug test results are clearly stated. The first time a student-athlete tests positive for any banned substance during an NCAA drug test, they will be ruled ineligible for all competition (regular and post-season) in all sports for no less than one calendar year.

The period of ineligibility begins at 12:01 A.M. the day the specimen was provided or was to be provided. The sanctions are the same regardless of

whether or not the positive drug test was obtained at an NCAA Championship or as part of the year-round testing program. An athlete is allowed to continue to practice unless the conference or institution's rule would preclude this.

All student-athletes who are ruled ineligible as a result of a positive drug test and who will be candidates for eligibility restoration will be subject to NCAA testing at any time during their period of ineligibility. In addition, all student-athletes who are ruled ineligible will be subject to a mandatory exit drug test during the last month of their minimum period of ineligibility.

VII. DIETARY SUPPLEMENTS

Dietary supplement use is prevalent among college athletes. Claims of improved performance and quickened recovery periods and increased energy from products that are marketed as over the counter, safe and effective are confusing and often erroneous. Many compounds are not subject to the strict regulations set by the U.S. Food and Dietary Administration. The ingredients in dietary supplements may not be accurately revealed and may contain impurities or NCAA Banned Substances. Widespread use of dietary supplement without accurate knowledge of effects or misinformation about ingredients may have adverse reactions and/or cause a POSITIVE NCAA DRUG TEST.

VIII. SUMMARY

The Department of Athletics of Florida State University is committed to its concern for the welfare of the student-athlete. With its comprehensive policy consisting of education, testing, intervention and counseling, the department is taking a positive step towards maintaining a healthy atmosphere for the pursuit of excellence in both academics and athletics. All efforts will be made to guarantee a healthy and positive experience for student-athletes who choose to attend Florida State University.

ADVISORY COMMITTEE

Kris Stowers, M.D., Chairman
Associate Athletic Director for Compliance
Senior Associate Athletic Director
Director of Sports Medicine
Drug Education Specialist
Associate Director of Sports Medicine
Director of Academic Support Services
Associate Athletic Director for Student Services
Women's Basketball Coach
S.A.A.C. President
Football Player
Basketball Player
Track Athlete
Men's Basketball Coach
Assistant Head Football Coach

Information Sites:

www.ncaa.org
go to education/outreach
www.drugfreesport.com

For More information, please call
(850) 644-2556



THE POLICY AND PROCEDURES FOR THE ATHLETIC DEPARTMENT'S SUBSTANCE ABUSE PROGRAM AT FLORIDA STATE UNIVERSITY

TABLE OF CONTENTS

- I. Introduction*
- II. Substance Abuse Committee*
- III. Drug Testing*
- IV. Consequences*
- V. Counseling*
- VII. NCAA Program Testing Program*
- VIII. Summary*
- Advisory Committee*

Coordinator of Substance Abuse Program
Tallahassee, FL 32316-2195
The Florida State University
P.O. Drawer 2195
Office: (850) 644-2556
Fax: (850) 645-1915

I. INTRODUCTION

he Athletic Department of Florida State University recognizes that substance abuse is a national concern. The lives of many men, women and children are being negatively influenced by our society's unhealthy relationship with alcohol, tobacco and illicit drugs. College is a time when important lifetime decisions are often made. Additionally, the student-athlete has many other stresses associated with being an athlete at a major university. The pressures of training, practice, time management and notoriety, accompanied by the other pressures of adjusting to a large university often far from home, can sometimes increase stress in the life of the student-athlete. The Athletic Department is committed to the development and enactment of a Substance Abuse Policy designed to assist student-athletes meet the demands of both academic and athletic pursuits. It is the department's intent to help provide a safe, healthy and drug-free atmosphere in which student-athletes can experience and grow as students, and most importantly, as human beings. It is with this philosophy in mind that the Athletic Department has developed a Substance Abuse Policy that has the following goals:

1. To provide current, factual information to all student-athletes regarding drug use/abuse;
2. To identify as quickly as possible those student-athletes who are abusing substances, or who are at high risk to abuse substances, and provide them with the professional assistance they require;
3. To develop and maintain an ethical, responsible drug testing program designed to act as both a deterrent to drug/alcohol abuse and as a methods of identifying student-athletes who may already be involved with substance abuse;
4. To enhance the well-being of FSU student-athletes and ensure, as much as possible, their safety;
5. To provide a safe and fair environment for intercollegiate athletics competition.

By accomplishing these goals the Athletic Department is fulfilling a responsibility it has towards the student-athletes who have been recruited to pursue their academic and athletic careers at Florida State University.

II. SUBSTANCE ABUSE COMMITTEE

A Committee shall be formed which has, as it's primary function the development and implementation of the Substance Abuse Policy. The committee will be comprised of at least the following persons: Three members of the Athletic Department's administration, one substance abuse professional, two representatives from the sports medicine program; one representative from academics; at least two representatives from the coaching staff; at least one student-athlete representative and a university legal advisor, when necessary. The Director of Athletics will appoint these committee members. The committee shall be empowered to review the Athletic Department's Substance Abuse Policies and testing procedures, as it deems necessary. The

A. General Information

When a student-athlete receives an Athletic Scholarship to attend Florida State University, he or she will be asked to sign a consent form stating that they have read and understand the substance abuse policy and agree to comply with the policy and the consequences of any positive tests. The Athletic Department's Substance Abuse policy will be reviewed with all student-athletes at the beginning of the fall semester, including the frequency with which athletes will be drug tested by FSU and/or the NCAA. Drug testing involving championship games/events in the respective sports will also be explained to each team. Further discussion will also highlight what happens if a positive drug test does occur. Family involvement, counseling services, suspensions and dismissals will be covered at this time.

B. Substance Abuse Education

The basic thrust of the Athletic Department's Substance Abuse Program is one of prevention. An essential component of any prevention program is education concerning drug testing procedures, the substances themselves and the consequences resulting from problems in this area that do develop. It is the responsibility of the Athletic Department and Head Coaches to ensure that accurate information regarding alcohol and drug abuse is disseminated to the FSU student-athletes. Each Head Coach will be responsible for providing for his/her team relevant substance abuse education each academic year. This can be done by showing films/videos available to them, by providing guest speakers, or by any other method that provides an educational experience for the student-athlete. All Head Coaches are expected to make this a high priority. The Athletic Department's offices of Sports Medicine and Student Services will coordinate and assist in these efforts. The goal of the educational component of the Substance Abuse Program is to ensure, as much as possible, that no athlete makes an unhealthy decision due to ignorance regarding their use of alcohol or drugs.

committee will NOT be privy to any confidential information regarding individual drug test results.

A chairperson for the committee will be appointed by the Athletic Director. The same individual will hold the position of chairperson for no more than three (3) years. This individual will convene and chair all substance abuse committee meetings, and will author a confidential summary report to the Athletic Director regarding all drug testing done during the previous academic year. The committee will meet no less than once each academic year in its effort to review current policy and procedures.

III. DRUG TESTING

A. General Information

The two drugs which are most tested for are marijuana (THC) and cocaine. The Director of Sports Medicine and the Head Trainer responsible for the specific sport supervise the drug testing done in the Athletics' Department at Florida State University. The athlete is observed giving the sample and the sample is processed using strict chain-of-custody procedures in order to guarantee that there is no tampering or manipulation of the sample. A number is assigned to each sample and athlete. The list of numbers is kept confidential and maintained by the Director of Sports Medicine. The sample is then shipped to the testing agency with just the identifying number and no personal identification.

For the initial drug screening, the agency uses the EMIT assay, one of the most reliable and widely used screening methods. To be considered a positive result, the sample must measure 50ng/ml for marijuana metabolites and 30ng/ml for cocaine metabolites. If the initial test results are positive using these standards, then a second screen is done to confirm the first. The second screen involves the use of gas chromatography/mass spectrometry 9GC/MS, the most specific confirmatory system available. Because of the sensitivity of this method, confirmation standards are different with 25ng/ml testing positive for marijuana, and 150ng/ml for cocaine. These standards are consistent with the standards recommended by the National Institute on Drug Abuse.

Any positive test result is then reported to the Director of Sports Medicine. The Director of Sports Medicine then consults the numerical sample list to determine which athlete tested positive. All results will be signed into the drug testing book with the signatures of two (2) certified athletic trainers. The Director of Athletics, Head Coach for the specific sport and consulting drug abuse professional are all notified immediately along with the athlete involved. The Athletics Director will notify the University President. The athlete will then be assessed by a drug abuse professional and the results of the assessment will be discussed with all the appropriate parties (refer to section IV, Consequences) in an effort to determine what actions will be taken. Notification of parents concerning the test results will be handled on an individual basis.

IV. CONSEQUENCES

After an athlete tests positive and has been assessed by the drug abuse professional, his/her situation is then discussed with the Athletics Director, supervising athletic trainer, coach, and the director of the Substance Abuse & Mental Health Program. They will then develop a plan of action for dealing with this specific athlete.

Things to be considered when developing consequences include: number of prior positive test results, the specific drug for which the athlete tested positive, the athlete's general deportment here at the university, and the nature and extent of the athlete's relationship with drugs and/or alcohol. The consequences are not limited by precedent and will be designed to be appropriate for each individual situation to be accounted for as an independent circumstance.

B. Substance Abuse Testing

All athletes will be drug tested when they report back to the university for the Fall semester. This is considered to be part of the returning physical examination. Random drug testing will then occur throughout the year. The number of athletes tested will be decided annually.

Samples taken randomly and/or based on "reason to test", will be selected for a more comprehensive drug screen. Other specific drugs which will be tested for include amphetamines, barbiturates, benzodiazepines, opiates, steroids, etc. If a positive test result is obtained regarding any of these substances then the aforementioned procedures will be employed.

Refusal to submit a sample for drug testing will be considered a positive test.

C. Adulteration/False Urine Samples/ Masking Agents

Use of urine adulterating substances, false urine samples or urine masking agents when asked to produce a urine sample will be the basis for automatic dismissal from the athletics program at Florida State University.

D. Alcohol

It is recognized that because of the rapidity with which it is metabolized, alcohol is not a drug for which urine screening is an effective way to determine use. In lieu of testing, other indicators will be used instead which might indicate a problem related to alcohol use.

Academic, legal, and inter/intrapersonal problems might indicate a problem related to alcohol consumption and consequences will be initiated in these instances.

E. Arrest for Marijuana or Alcohol

An arrest for the use of marijuana or alcohol such as D.U.I., public intoxication, or possession will automatically count as a positive test and the athlete will be penalized both within the guidelines of the substance abuse program, as well as whatever the legal system dictates, and the Athletic Director and Head Coach deems appropriate.

The Department of Athletics is committed to treatment of substance abuse in a professional and confidential manner. The welfare of the student-athlete is the primary concern. The Director of Athletics retains the right of final approval of the staff recommendations on all positive test results. Consequences may include immediate dismissal from the team, scholarship reduction or elimination and/or elimination of support funds provided by the NCAA Special Assistance Fund and the Student Athlete Opportunity Fund.