

**UNIVERSITY OF HOUSTON
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS
DRUG EDUCATION AND TESTING PROGRAM
2002-2003**

I. Introduction

The University of Houston Department of Intercollegiate Athletics has developed and implemented a Drug Education and Testing Program in an effort to enhance the quality of life and educational experience of UH student-athletes. The University believes the use of controlled substances, performance-enhancing drugs, and alcohol is detrimental to the physical and mental well-being of student-athletes, may constitute a competitive imbalance for student-athletes who use them and presents a threat to the integrity of the university and intercollegiate athletics.

II. Philosophy and Purpose of the Program

The Drug Education and Testing Program has been adopted for many reasons, among them:

- To protect the health and safety of UH student-athletes, their teammates, and their competitors;
- To enable UH student-athletes to achieve their academic and athletic goals in a drug-free environment;
- To educate UH student-athletes and staff about the harmful effects of drug abuse;
- To act as an effective deterrent from drug experimentation, abuse, and dependency; and,
- To uphold the integrity of the University and intercollegiate athletics.

III. Education and Counseling

A comprehensive education and counseling program is available to UH student-athletes throughout the academic year. Regularly scheduled information and

discussion sessions, utilizing a variety of resources from within the University and Greater Houston community, are held periodically during the academic year. The seminars include an exchange of information through literature, films, and speakers about the physical, social and legal implications of drug abuse.

Private counseling is also available through the year to any student-athlete experiencing problems or seeking additional information regarding drug abuse. In or out-patient rehabilitative services will be made available when deemed necessary through the University of Houston Health Center.

Educational materials and further information about scheduled educational activities are available in the sports medicine center and at the University of Houston Health Center.

IV. NCAA Bylaw 10.2 - Knowledge of Use of Banned Drugs

Members of the University's athletics department staff who have knowledge of a student-athlete's use at any time of a substance on the list of banned drugs, as set forth in Appendix A, must report such information to the Director of Athletics or be subject to disciplinary or corrective action as set forth in NCAA bylaw 19.6.2.2.

V. Drug Testing

A. Medical Code

1. The presence in a student-athlete's urine of a substance and/or metabolite of such substance belonging to a class of drugs currently banned by the National Collegiate Athletic Association (the "NCAA") may be cause for loss of eligibility.
2. Evidence of the presence of a banned substance and/or metabolite will be determined from analysis of the student-athlete's urine and be confirmed by gas chromatography/mass spectrometry in a laboratory.

3. The current NCAA list of banned-drug classes is attached hereto as Appendix A. In addition, other substances may be screened to gather data for making decisions as to whether other drugs should be added to the list.

B. Organization

1. The Director of Athletics has final authority over the procedures and implementation of the University of Houston Drug-Testing Program.
2. The University of Houston Health Center Director and Chief Nurse will support, coordinate and be responsible for the general administration of the drug-testing program. The University may contract with an outside agency to assist in the administration of the program for laboratory testing services.
3. The University's Health Center Director and Chief Nurse are designated as the drug testing coordinators.
4. Collection of specimens for drug testing will occur at a site designated by the University of Houston Health Center Director.
5. The University's Senior Vice President for Administration and Finance, as well as University Legal Counsel, will approve any contracts between University of Houston and drug-testing laboratories.
6. Any drug-testing laboratory contracted will be required to demonstrate, to the satisfaction of the University, proficiency in detection and confirmation of the banned-substance categories on the NCAA list of banned-drugs classes.

C. Causes for Loss of Eligibility

1. Initially all UH student-athletes shall sign a form prescribed by the University in which the student consents to be tested for the use of drugs prohibited by NCAA legislation and this program. Failure to complete and sign the consent form prior to practice or competition shall result in the

student-athlete's ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics.

2. The University shall administer the consent form individually to each student-athlete eligible for practice or competition at the beginning of his or her eligibility. This signed consent will be effective throughout their eligibility.
3. All student-athletes found to test positive for a substance belonging to a banned-drug class and/or any controlled substance are subject to loss of eligibility.
4. Student-athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a urine sample according to protocol, leave the collection station before providing a specimen according to protocol, or attempt to alter the integrity or validity of the urine specimen will be treated as if they had tested positive for a banned substance.
5. Sanctions for the use of banned substances are described in section 1 (1-5) of this document.

D. Student Athlete Selection

1. All UH student-athletes are subject to year-round testing.
2. The University of Houston Health Center Director and designated Health Center staff will be responsible for selecting the dates on which drug testing will occur.
3. Student-athletes will be selected for testing by computer on a random basis.
4. Student-athletes will be selected by the testing agent from the official institutional squad list in each sport. The active squad list will be updated by the Head Trainer.

5. If the use of a banned substance is suspected, the University will have the authority to select specific student-athletes to be tested.
6. Student-athletes who test positive and subsequently have their eligibility restored will be tested on a random basis as determined necessary by the University Health Center Director.

E. Student-Athlete Notification

1. Student-athletes selected for testing will be notified no more than 24 hours in advance of the test date/time by a member of the University's sports medicine staff (team physician or trainer) upon receipt of the list from the Health Center Director or Chief Nurse.
2. Student-athletes will be provided a Student-Athlete Notification Form at the time of notification. The time of notification will be recorded by the courier and the notification form will be read and signed by the student-athlete. One copy of the notification form will be provided to the student-athlete and one copy will be retained by the courier.
3. The student must show picture ID (student ID or Driver's Licenses, etc.) to the Health Center collecting agent prior to testing.

F. Specimen Collection Procedures

1. Only those authorized by the Health Center collecting agent will be allowed in the collection station.
2. The Health Center Director or Chief Nurse may release a sick or injured student-athlete from the collection station or may release a student-athlete to return to competition or to meet academic obligations only after appropriate arrangements for having the student tested have been made and documented on the Drug Testing Chain of Custody and Request Form.

3. Upon entering the collection station, the student-athlete will be identified by the collecting agent.
4. When ready to urinate, the student-athlete will select a sealed specimen collection kit.
5. A collecting agent will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a specimen of at least 60ml is provided.
6. Fluids given to student-athletes who have difficulty voiding must be from sealed containers (certified by the collecting agent) that are opened and consumed in the station. These fluids must be caffeine and alcohol-free.
7. If the specimen is incomplete the student-athlete must remain in the collection station under observation until the sample is completed.
8. Once a specimen (at least 60 ml) is provided in a collection cup, 30cc must be poured by the student-athlete into bottles A and B.
9. The collecting agent who monitored the furnishing of the specimen by observation will sign the Drug Testing Chain of Custody and Request Form.
10. The student-athlete will place the cap on each bottle; the student-athlete will then seal each bottle in the required manner under the observation of the collection agent and seal bottles in a plastic security container.
11. The student-athlete will select a new specimen-collection kit for each specimen collected.
12. All specimens provided by the student-athlete will be sent to the laboratory. The final determination of specimen adequacy will be made by the laboratory.

13. The student-athlete will sign the Drug Testing Chain of Custody and Request Form, certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded on the Drug Testing Chain of Custody and Request Form at that time. If deviations are alleged, the student-athlete will be required to provide another specimen.
14. Failure to sign the Student-Athlete Notification Form for the Drug Testing Chain of Custody and Request Form, to arrive at the collection station at the designated time without justification or to provide a urine specimen according to protocol is cause for the same action(s) as evidence of use of a banned substance. The collecting agent will inform the student-athlete of these implications (in the presence of witnesses) and record such on the Drug Testing Chain of Custody and Request Form. If the student-athlete is not available, the collecting agent will notify the head trainer. The student-athlete will be considered to have withdrawn consent and will be ineligible on that basis.
15. The collecting agent will sign the Drug Testing Chain of Custody and Request Form, give the student-athlete or a designees a copy and secure all remaining copies. The compiled Drug Testing Chain of Custody and Request Forms constitute the "Master Code" for that drug testing.
16. The laboratory's copy of the Drug Testing Chain of Custody and Request Form does not contain the name of the student-athlete.
17. All sealed specimens will be secured in a shipping case with a Biohazard Label and prepared for forwarding.
18. After the collection has been completed, the specimens will be forwarded to the laboratory, and all copies of all forms forwarded to the designated persons.

G. Chain of Custody

1. A Health Center Agent will deliver the shipping case to the carrier.
2. A laboratory employee will record that the shipping case(s) have been received.
3. The laboratory will record whether the numbered security seal on each security container arrived intact.
4. If a specimen arrives at the laboratory with security seals not intact, the University will be notified and may collect another specimen.

H. Notification of Results and Appeal Process

1. The laboratory will use a portion of specimen A for its initial analysis.
2. Analysis will consist of a sample preparation, instrument analysis and data interpretation.
3. The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in specimen A.
4. By facsimile transmission, the laboratory will inform the Health Center Director and Chief Nurse of all test results by each respective code number.
5. Upon receipt of the laboratory report, the Health Center Director and Chief Nurse will identify any individuals with positive findings.

6. For student-athletes who have a positive finding, the Health Center Director will notify both the Athletic Director and the Head Trainer of the finding as soon as possible by phone and with written documentation marked "confidential".
7. The Health Center Director will advise the Head Trainer that specimen B testing will commence within 72 hours after the telephone notification, that any appeal must be held on the same day that specimen B results become known and that the student-athlete may be present at the opening of specimen B.
8. The Director of Athletics will notify the student-athlete and the Head Coach of the positive finding. This notification will be initiated by personal meeting and in writing. The student will be referred to the Health Center Director for further assistance.
9. The Director of Athletics will notify the University President/Chancellor. This notification will be initiated by telephone and in writing marked "confidential".
10. The Director of Athletics will notify the student-athlete's parent(s) or legal guardian(s) in writing of any positive finding and sanctions imposed.
11. The student-athlete shall have the right to appeal a positive finding. The student-athlete must submit to the Director of Athletics his or her appeal in writing within 48 hours of being notified of a positive finding if he or she wishes to appeal.
12. The surrogate will not otherwise be involved with the analysis of the specimen.

13. The student-athlete or the surrogate will attest by signature as to the coded number on the bottle of specimen B, that the security seals have not been broken, and that there is no evidence of tampering.
14. Sample preparation for specimen B analysis will be conducted by a laboratory staff member other than the individual who prepared the student-athlete's specimen A.
15. Specimen B findings will be final.
16. The University shall maintain strict confidentiality with regard to information related to a positive test and appeal thereof pending final resolution.

I. Sanctions for Use of Banned Substances

1. A student-athlete who tests positive for the use of a banned substance, other than a "street drug" as defined in Appendix A, shall be declared ineligible for competition during the time period ending one calendar year after the student-athlete's positive drug test, and shall be charged with the loss of a minimum of one season of competition in all sports if the season of the competition has not yet begun for that student-athlete or a minimum of the equivalent of one season of competition in all sports if the student-athlete tests positive during his or her season of competition.
2. A student-athlete who tests positive for the use of a banned substance, other than a "street drug" as defined in Appendix A, a second time shall be declared permanently ineligible for participation in intercollegiate athletics at the University of Houston.

3. A student-athlete who tests positive for the use of a "street drug" will be required to satisfactorily complete an individualized education and counseling program, the content and duration of which will be determined by the University's Health Center Director. Refusal or failure to complete the program as provided by the Health Center Director will be considered a second positive result. Further, the student-athlete will be subject to random drug testing for the remainder of his or her career at the University of Houston. The Health Center Director will determine the frequency of random testing.
4. A student-athlete who tests positive for the use of a "street drug" a second time shall be declared ineligible for competition for one calendar year. The student-athlete will be required to participate in further counseling or rehabilitation, the content and duration of which will be determined by the Athletic Director, and he or she will continue to be subject to random testing for the remainder of his or her career at the University of Houston.
5. A student-athlete who tests positive for the use of a "street drug" a third time shall be declared permanently ineligible for participation in intercollegiate athletics at the University of Houston. The student-athlete will be encouraged to continue participation in an individualized counseling or rehabilitative program. His or her financial aid agreement will be honored for the remainder of the semester in which the student-athlete is dismissed, but will not be renewed thereafter.

J. Medical Exceptions

Exceptions for positive findings for banned drugs in categories (a) and (c) may be made for those student-athletes with a documented medical history demonstrating that need for use of such a drug. The University's Team Physician will be responsible for determining whether medical exceptions should be granted.

K. Confidentiality and Information and Records

All student-athlete information and records related to the Drug Education and Testing Program will be kept confidential in accordance with the Family Educational Rights and Privacy Act, 20 U.S.C. 1232g.

L. Restoration of Eligibility

1. Student-athletes will be tested by the University in order to be considered for eligibility restoration.
2. Student-athletes who are ruled ineligible as a result of a positive drug test will be subject to testing at any time during their period of ineligibility. In addition, these student-athletes will be subject to a mandatory exit test before the last month of their minimum period of ineligibility (e.g., the 11th month of a minimum one year suspension).
3. Requests for restoration of eligibility will not be considered until the student athlete submits to the mandatory exit test and the results have been received by the Director of Athletics.

M. Program Review - Drug Education and Testing Committee

A committee comprised of the Director of Athletics, Health Center Director, Health Center Chief Nurse, Head Trainer and a Staff Trainer will meet annually to review the Drug Education and Testing Program.

The Student Athletic Advisory Committee will review the Drug Education and Testing Program annually.

VI. NCAA Drug Testing Program

The NCAA's drug-testing program involves urine collection on specific occasions and laboratory analyses for substances on a list of banned-drug classes developed by the NCAA Executive Committee. This list consists of substances generally purported to be performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines and cocaine), "street drugs" (such as marijuana), and anabolic steroids, as well as other drugs.

The NCAA's policies and procedures relative to its drug-testing program are described in the current NCAA Manual. The NCAA Manual is available for review in the offices of the Director of Athletics and Compliance Coordinator.

**UNIVERSITY OF HOUSTON
DRUG EDUCATION AND TESTING PROGRAM
APPENDIX A***

Because of the extensive nature and complexity of the NCAA banned-drug list, all student-athletes should consult with the University's Head Trainer and Head Team Physician prior to taking any medication.

Banned Drugs. The following is the list of banned-substances by class:

(a) Stimulants:

amiphenazole	meclofenoxate
amphetamine	methamphetamine
bemigrade	methylphenidate
benzphetamine	(MDMA) (Ecstasy)
bromantan	nikethamide
caffeine (1)	pemoline
chlorphentermine	pentetrazol
cocaine	phendimetrazine
cropropamide	phenmetrazine
crothetamide	phentermine
diethylpropion	picrotoxine
dimethylamphetamine	pipradol
doxapram	prolintane
ephedrine	strychnine
ethamivan	and related compounds
ethylamphetamine	
fencamfamine	

(b) Anabolic Agents:

Anabolic Steroids

androstenediol	nandrolone
androstenedione	norandrostenediol
boldenone	norandrostenedione
clostebol	norenthandrolone
dehydrochlormethyl-testosterone	oxandrolone
dehydroepiandrosterone (DHEA)	oxymesterone
dehydrotosterone (DHT)	oxymetholone
dromostanolone	stanozolol
fluoxymesterone	testosterone (2)
mesterolone	and related compounds
methandienone	
methenolone	<i>Other anabolic agents:</i>
methyltestosterone	clenbuterol

- (c) **Diuretics:**
acetazolamide hydroflumethiazide
bendroflumethiazide methyclothiazide
benzthiazide metolazone
bumetanide polythiazide
clorothiazide quinethazone
chlorthalidone spironolactone
ethacrynic acid triamterene
flumethiazide trichlormethiazide
furosemide and related compounds
hydrochlorothiazide
- (d) **Street Drugs:**
heroin THC (tetrahydrocannabinol) (3)
marijuana (3)
- (e) **Peptide Hormones and Analogues:**
chorionic gonadotrophin human growth hormone (HGH, somatotrophin)
human chorionic gonadotrophin (HCG) erythropoietin (EPO)
corticotrophin (ACTH) sermorelin

All respective releasing factors of the above-mentioned substances also are banned.

(f) **Definition of Positive Depends on the Following**

(1) For caffeine - if the concentration in the urine exceeds 15 micrograms/ml.

(2) For testosterone - if the administration of the testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

(3) For marijuana and THC - if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

*The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example

**Appendix A is representative of some substances banned by the NCAA. All controlled substances are governed by the NCAA's policies and subject to the Drug Testing and Education Policy of the University of Houston.*

**UNIVERSITY OF HOUSTON
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS
DRUG EDUCATION AND TESTING PROGRAM
APPENDIX B**

CONSENT TO DRUG TESTING

AND AUTHORIZATION FOR RELEASE OF INFORMATION

TO: Director of Athletics
University of Houston

I hereby acknowledge that I have received a copy of the University of Houston Drug Education and Testing Program Policy. I further acknowledge that I have read said Policy, that it has been outlined to me, and that I fully understand the provisions of the Policy.

I hereby consent to have a sample of my urine collected and tested through the University of Houston Health Center in accordance with the provisions of the NCAA, Conference USA, and University of Houston Drug Education and Testing Policy during the 2001-2002 academic year and during any subsequent years in which I might be a member of an intercollegiate athletic team at the University of Houston.

I further authorize you to make a confidential release to my parent(s) or legal guardian(s); the head coach of any intercollegiate sport in which I am a team member; and the head trainer and head team physician of the University of Houston, all information and records, including test results, you may have relating the testing or screening of my urine or blood samples in accordance with the Policy. To the extent set forth in this document, I waive any privilege I may have in connection with such information.

I further release the University of Houston, the Board of Regents of the University of Houston System, and their officers, employees and agents from any legal responsibility or liability for the release of such information and records as authorized by this form.

Print Name

Signature

Date

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