



UNIVERSITY OF  
**ILLINOIS**  
at Urbana-Champaign

DIVISION OF INTERCOLLEGIATE ATHLETICS

SPORTS MEDICINE

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**To:** Head Coaches

**From:** Dr. Jerrad Zimmerman, Team Physician  
Alan Martindale, Head Athletic Trainer

**Date:** November 10, 2005

**Subject:** Updated Substance Abuse Policy

Over the past few months, the issue of anabolic steroids and performance enhancing drugs has increased. In our previous Substance Abuse Policy, the use of anabolic steroids and performance enhancing drugs has not specifically been addressed.

After meetings with the Director of Athletics, Ron Guenther and Associate Athletic Directors, our policy was reviewed and updated to include actions for a positive test of a student athlete using anabolic steroids and/or using performance enhancing drugs.

We have enclosed a copy of the updated Substance Abuse Policy. If you should have any questions concerning the policy, please feel free to contact us.

TERRY COLE  
ASSOC ATHLETIC DIRECTOR  
MC-658

DIVISION OF INTERCOLLEGIATE ATHLETICS  
OF THE  
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN  
SUBSTANCE ABUSE PROGRAM

A. **Policy**

The Division of Intercollegiate Athletics at the University of Illinois believes that the use of alcohol and drugs can impair mental and physical performance and have a negative effect on the health and safety of student-athletes. This program is designed to deal with this critical area.

The Division of Intercollegiate Athletics has had educational programs in place for student-athletes to increase their awareness of the dangers of drug and alcohol abuse. All coaches within the Department of Intercollegiate Athletics will attend lectures where the Drug Testing Policy and Procedures will be explained. These educational programs will continue and will be augmented by a drug testing program under the authority of the Team Physician. All student-athletes shall be asked to submit urine specimens to be analyzed under medical procedures designated by the Team Physician.

B. **Purpose of Drug Testing**

The purposes of drug testing are as follows: (1) to serve as a deterrent to drug use by the athlete; (2) to promote education of the athlete; (3) to identify substance abusers and to provide counseling and treatment for them; and (4) most importantly, to protect the health and safety of student-athletes.

C. **Method of Drug Testing**

Tests will be conducted for street drugs such as amphetamines, cocaine, marijuana, and PCP. They may also include procedures to detect anabolic steroids and other so-called "performance enhancing" drugs.

The testing may occur at any time, announced or unannounced.

All tests will be performed on urine. A Certified Athletic Trainer or other professional staff will collect the urine specimens.

The urine specimens will be transported to a licensed laboratory for analysis. Appropriate precautions will be observed to correctly identify the urine specimens, assure accuracy and maintain confidentiality of test results.

#### **D. Confidentiality**

Confidentiality of the information and documents resulting from the athlete's participation in this medical program will be in accordance with the law. During the course of the examination, the Team physician will acquire information necessary to enable the physician to professionally serve the patient. The medical records are not subject to review by any person other than the physician and the patient and shall remain in the custody of the physician. The medical information (including urine specimens, codes and other identification of specimens and test results) shall remain confidential information. The Team Physician may inform only the student-athlete, his/her parents (when appropriate), his/her athletic trainer, and his/her head coach of the test results. The head coach will not inform any person of the test results.

#### **E. Physician-Patient Conference**

The Team Physician will meet privately with the student to discuss positive test results and give an opportunity for the student to comment on the test results or medical findings and, in particular, to explain why a false positive test result may have been received. The team physician shall give those comments such consideration as may be appropriate in arriving at medical conclusions.

#### **F. Actions After Positive Test For Street Drugs and Alcohol**

Under medical regulations of the Big Ten Conference, the team physician has final authority in deciding whether the student-athlete is medically qualified to participate in practice and competition. The Team Physician's decision shall be made bearing in mind one of the fundamental purposes of the program, namely, protection of the student-athlete's health and safety. In making that decision, the physician shall consider the following guidelines:

- After the first positive test, the Team Physician will take medically appropriate action which may include substance abuse counseling or treatment and other action to protect the health and safety of the student-athlete. The student-athlete's head coach and parents (when appropriate) will be notified.
- 2 If the student-athlete tests positive a second time within a period of six months, this will be considered evidence of a more serious medical and safety problem. Test results will be discussed with the head coach and the student-athlete will be withheld from athletic practice and competition for medical reasons until deemed fit to return. The student-athlete will also be asked to participate in the treatment of education aspects of the program. Parents/guardians will be notified when appropriate, and kept informed of progress. Failure to comply with treatment programs will result in a suspension from athletic practice and competition for at least a three month period.

- 3 If the student-athlete tests positive three times within a twelve month period, he or she will be withheld from athletic practice and competition for at least three months while undergoing further treatment and drug education. Parents/guardians will be notified (when appropriate) and kept informed of progress. Failure to comply with treatment programs will result in a suspension from athletic practice and competition for at least a twelve month period.

G. **Actions After Positive Test For Anabolic Steroids Or Other Performance Enhancing Drugs**

If the student-athlete tests positive for any anabolic steroid or other performance enhancing drug, he or she will be suspended from all athletic practice and competition for twelve months consistent with the NCAA rules for performance enhancing drugs. The athlete's head coach, athletic training staff, and parents (when appropriate) will be notified of the results by the team physician. Prior to reinstatement onto his or her previous athletic team, the athlete must pass a performance enhancing drug screen at the end of the twelve month suspension.

- 2 Incoming freshmen student athletes or transfer athletes enrolling at the University of Illinois for the first time may voluntarily disclose the use of performance enhancing drugs during the first week of practice in exchange for less severe penalties. The athlete would be removed from the roster for a minimum of two months or until his or her urine drug screen is negative.

H. **Scholarships and Financial Aid: Big Ten Rules of Eligibility, Rule 15.3.5 Renewal of Awards**

Renewals of financial assistance are not automatic and are subject to the following provisions.

Automatic Non-renewal of Aid. A tender may not be renewed if the student-athlete is suspended from an athletic team for participating in the use of, sale of, or distribution of any narcotic drug or controlled substance.

I. **Refusal to Participate**

Student-athletes who refuse to participate in any part of the drug testing program or any other medical procedure under the authority of the Team Physician will be withheld from participating in the sport.

J. **Prescription Drugs**

Student-athletes who are taking drugs pursuant to a prescription from a physician may register this fact with the Team Physician, in writing. This information helps enable the Team Physician to determine the medical qualification of a student to participate

in the sports program. Further, it is possible that some prescription drugs may result in a positive test in this program.

**PRIOR DISCLOSURE OF THE USE OF A PRESCRIPTION DRUG  
HELPS AVOID A FALSE POSITIVE TEST RESULT**

**K. Drug Treatment Program**

Any athlete desiring substance abuse treatment is encouraged to utilize the resources available to all University of Illinois students. These include resources in the Counseling Center and McKinley Health Center. Student Health Insurance also covers some off-campus resources. These off-campus resources are available through referral from the Team Physician or McKinley Health Center. Student-athletes can utilize these resources before, during or after the drug testing program.

**Adopted 1985  
Reviewed 11/05**