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UNIVERSITY OF NEBRASKA 2006-07 STUDENT-ATHLETE HANDBOOK

Drug Education

In programs conducted by University and athletic medicine personnel, you will become acquainted with the hazards of both performance-enhancing drugs and so-called "street" or "illicit" drugs, as well as alcohol, and the misuse of prescription drugs. The purpose of these educational programs is to familiarize you with the scope of the problem, to acquaint you with the facilities and procedures available to you should you experience problems of drug and/or alcohol abuse, and to provide you with the tools necessary to live a life free from the problems associated with either drug or alcohol abuse. Lectures and educational programs are provided for the benefit of the student-athlete.

The Purpose of Drug Testing

While the department makes every effort to educate you concerning the dangers of drug abuse, drug testing is done to identify any student-athlete who is using a prohibited substance and to ensure that you are medically competent to participate in intercollegiate athletics and minimize your risk of being injured or causing injury to another athlete.

If you are found to be using a drug specified on the NCAA Banned Drug List, you will be counseled regarding the effects on you and on fellow team members. You are also required to participate in drug assessment, education and counseling and/or treatment programs as directed by the University.

Drug Testing by the NCAA and Big 12 Conference

As a student-athlete at Nebraska, you are subject to drug testing by the Athletic Department and by the NCAA and/or Big 12 Conference. Under NCAA regulations, any student-athlete involved in an NCAA championship (individual or team) or in a certified postseason football bowl game may be tested prior to, during or after the event in accordance with the regulations of the governing organization.

at Nebraska may be tested by the NCAA at any time of year, while student-athletes in all sports can be tested by the Big 12 Conference at any time during the year. If any of these tests confirm that you have used a banned drug, the NCAA will declare you ineligible for further participation in postseason and regular-season competition for one calendar year following your positive test and until you retest negative. In addition, if the Big 12 Conference finds you have tested positive for steroids, the conference will declare you ineligible for competition for one calendar year.

Drug Testing by Nebraska

Each student-athlete is subject to drug testing a minimum of two times within the school year. The first test is administered at the time of your physical exam for the academic year. Each subsequent test will be unannounced and can occur during the fall, spring or summer terms. Any student-athlete refusing to be tested will be considered positive and subject to disciplinary actions. The analysis results are returned to the Director of Athletic Medicine. Test results are made known to the student-athlete, his/her family, the Athletic Director, and the head coach of the athlete's sport. Other appropriate people are notified only if it is deemed necessary by the head coach and team physician (i.e., position coach, University officials, law enforcement officials, medical personnel). However, every effort is made to keep drug policy violations in confidence. The testing procedure involves the collection of specimens of urine under observation by health care personnel. The collection and coding of specimen samples is executed in a manner to ensure total confidentiality and to avoid misidentification. All analyses are performed by qualified laboratory personnel.

Use of Tobacco

NCAA bylaw 11.1.5 prohibits the use of tobacco products by student-athletes, coaches and game officials during practice and competition in all sports. A student-athlete using tobacco products during practice or competition could be disqualified for the remainder of the practice or competition.

Performance Psychology

Elite athletes realize that developing mental skills can provide the winning edge in their performances. The University's Health Center Counseling & Psychological Services (CAPS) staff, including John Goldrich (Athletic Department liaison), Sue Bukacsek (Athletic Department liaison), Megan McMasters, Gail Lockard, Robert Portney, Marty Ramirez, Sanat Roy, Mary Swoboda, Charlie Foster, Janine Fromm, Scott Winnow and Tricia Besett-Alesch are available to all Husker student-athletes. CAPS staff are available to assist student-athletes with difficulties that affect their performance at Nebraska, including participation in athletics. These difficulties include depression, relationship problems, anger management, adjustment issues/illnesses, eating disorders, etc.

Other areas in which student-athletes may receive assistance are: motivation, self discipline and control, visualization/imagery training, relaxation and concentration, peak performance, goal setting, stress reduction and management, mental toughness, mental blockage, personality profiling, interpersonal skills and communication, performance evaluation and analysis, and team cohesiveness. Please refer to the listing of our medical staff in this handbook for counseling and psychological problems.

POSITIVE DRUG TESTING POLICIES

University of Nebraska Policy

Student-athletes testing positive for amphetamines, cocaine, marijuana, phencyclidine (PCP), "ecstasy", barbiturates, opiates or steroids are subject to the following:

First Offense

- ▶ Notification of family if under 21 years of age.
- ▶ Frequent urine drug testing through remainder of the academic year
- ▶ Probation
- ▶ Educational program participation required
- ▶ Follow recommendations of a substance abuse evaluation

Second Offense

- ▶ Suspension
- ▶ Extensive drug evaluation and rehabilitation required before rejoining team
- ▶ Enrollment in an inpatient drug rehabilitation program or other treatment as recommended by a Substance Abuse Professional
- ▶ Permanent suspension if situation warrants
- ▶ Frequent testing if allowed to rejoin team

University of Nebraska - Third Offense

- ▶ Permanent suspension
- ▶ Conviction for possession of illegal drugs and/or conviction of crimes while under the influence of alcohol will result in suspension or other appropriate disciplinary measures. Additionally, selling drugs generally will be grounds for immediate and permanent suspension.

Big 12 Conference Policy

A student-athlete who tests positive for the use of a banned substance, other than a "street drug," shall be declared ineligible to represent a Big 12 institution in intercollegiate competition during the time period ending one calendar year after the 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 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.

If the student-athlete tests positive for the use of an illegal or non-prescribed drug, the institution shall be notified and the student-athlete shall be treated in accordance with institutional drug testing policies. (C.R. Section 8)

Team eligibility sanctions may be imposed in the event that the institution, after having been notified of a positive test, knowingly allows the student-athlete to compete.

NCAA Policy

NCAA Bylaw 18.4.1.5.1 dictates that a student-athlete who tests positive (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of a minimum of one season of competition in all sports if the season of competition has not yet begun for the student-athlete, or a minimum of the equivalent of one full season of competition in all sports if the student-athlete tests positive during his or her season of competition. The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (365 days) after the student-athlete's positive drug test, and until the student-athlete retests negative and the student-athlete's eligibility is restored by the Eligibility Committee.

If the student-athlete tests positive a second time for the use of any drug, other than a "street drug," as defined in 31.2.3.1, he or she will lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive for the use of a "street drug" after being restored to eligibility, he or she shall be charged with the loss of a minimum of one additional season of competition in all sports, and also shall remain ineligible for regular-season and postseason competition at least through the next calendar year.