

**SUBSTANCE ABUSE EDUCATION AND TESTING
POLICIES AND PROCEDURES
SAN DIEGO STATE ATHLETICS**

Attachment
2

PURPOSE

To identify student-athletes who may have a chemical dependency problem and assist such individuals in getting the proper assistance, support, and counseling they need.

BACKGROUND

Student-athletes live in an environment which often encourages the use of substances to enhance performance or deal with problems. The Department of Athletics at San Diego State University is concerned that the use of illegal drugs and National Collegiate Athletic Association (NCAA) banned substances is harmful to students, and the reputation and integrity of the athletics program. A comprehensive drug and alcohol education and testing program is essential in accomplishing a drug-free environment.

EDUCATION

1. All student-athletes will complete the e-CHUG and e-TOKE computer prevention/intervention programs at least once a competitive year. The Athletic Director has the discretion to add additional sessions at any time during the academic year.
2. Any student-athlete with eligibility remaining who fails to participate in a mandated drug education session will be suspended from the next competition during the official playing season ending in the NCAA (or national governing body) Championship.

TESTING

1. The Department of Athletics prohibits the use of illegal and/or performance enhancing substances by student-athletes. Testing may be conducted for any substance banned by the (NCAA) or additional substances at the discretion of the director of athletics.
2. The Department of Athletics prohibits underage consumption of alcohol, and strongly discourages the abuse of alcohol.
3. In addition to other legal prohibitions, including criminal statutes, student-athletes should be aware that the regulations of the California State University system state that students may be expelled, suspended, or placed on probation for "the sale or knowing possession of dangerous drugs or narcotics as those terms are used in California statutes, except when lawfully prescribed pursuant to medical or dental care, or when lawfully permitted for the purpose of research, instruction or analysis, or for possession of dangerous chemicals on campus or at a campus function." [Title 5, California Administrative Code, Section 4130 (h), (i)].
4. A student-athlete is held accountable and subject to university, athletic department, or team disciplinary action whether or not there are legal implications. If there are no legal consequences, it shall be at the discretion of the athletic director to determine if counseling, intervention and/or suspension from practice/competition are warranted.
5. It is the student-athlete's responsibility to know and understand what he/she is consuming regarding food, drugs (both over-the-counter and prescription via any route of

administration) and nutritional supplements (including protein powders, nutritional bars and drinks, etc.).

6. San Diego State University's testing program is separate and distinct from the NCAA or Conference testing program even though it may ban the same drug classes.
7. If a student-athlete was appropriately notified of a drug test and does not appear for the test, the result will be considered a positive test.
8. All urine samples will be collected and analyzed by outside independent agencies selected at the discretion of the athletic director.
9. A student-athlete or team may be subject to testing at any time when the director of athletics or his/her designee, the team physician, the head coach, or athletic trainer determines there is reasonable suspicion to believe the participant is using a banned drug.
10. All student-athletes, who appear on an official team roster, shall be tested for substances via random and selective testing. A student-athlete may be subject to testing throughout the year including team testing, pre-season, post-season, and re-entry testing.
11. The Department of Athletics considers that any positive test reported from the lab would be due to direct use and could not be attributed to passive means (Testing procedures take into account low levels of drug metabolites due to situations out of control of the student-athletes).
12. San Diego State University may amend this policy at any time without prior notification.

COMPLIANCE WITH THIS POLICY

Non-compliance by the student-athlete with these testing procedures or a general lack of cooperation on the part of the student-athlete will be considered a positive test result, at the discretion of the director of athletics.

TESTING PROCEDURES

1. Urine samples are routinely obtained on a random and selective basis to be tested for evidence of illegal and performance enhancing substances. Each student-athlete shall sign a consent form prior to undergoing the substance abuse testing. Signing of the consent form is a requirement to participate in varsity athletics at San Diego State University. Minors will need parent/guardian signature. The consent form will be provided with a complete copy of the policy and the student-athlete will have the opportunity to ask any questions regarding the policy and procedures.
2. Once a list has been generated, a staff coach (this does not include volunteers) will notify the student-athlete verbally either by phone or in person. Notification by text message, voice mail, e-mail or via teammate is unacceptable.
3. All female student-athletes chosen will report to the women's coaches' locker room or other designated location at their appointment time.
4. All male student-athletes chosen will report to the men's coaches' locker room or other designated location at their appointment time.
5. A site coordinator will be present to coordinate student-athletes but will not be involved with the collection process. In most case this will be a staff certified athletic trainer.
6. If a student-athlete is notified of a drug test and is late, then he/she MAY be required to pay a late fee of \$50 to the collection agency. This is at the discretion of the site coordinator or

staff certified athletic trainer administering the test AND the director of athletics. Any class conflict must be communicated to the administering site coordinator or staff certified athletic trainer prior to the start of the drug test. The allotted time "clock" of 3 hours to produce a urine sample will begin at the start of each drug test.

7. If a student-athlete does not produce an adequate urine specimen (minimum 60mLs, specific gravity measuring greater than or equal to 1.005, and a ph between 4.5 and 7.5) in the allotted time of 3 hours, then he/she will be suspended until an adequate urine specimen can be produced. The next drug test will occur within 2 weeks of the inadequate specimen collection. The period of suspension for failing to produce an adequate urine specimen will never be greater than the suspension for a 1st positive drug test. Inadequate specimens deemed to have been intentionally diluted or tampered with will be considered a positive test.
8. Student-athletes will be notified by the director of athletics or sport administrator only if they have tested positive for a banned substance.

POSITIVE TEST RESULT PROCEDURES

Testing procedures take into account low levels of drug metabolites due to situations out of the control of the student-athlete. Any positive test reported from the lab would be due to direct use and could not be attributed to passive means. Upon receipt of a positive test result, the laboratory expert performing the substance screen will notify the assigned staff certified athletic trainer. The staff certified athletic trainer will consult with the National Center for Drug Free Sport on any discrepancy associated with a positive test. The designee of the director of athletics will then notify the student-athlete of the positive result. A meeting will be arranged between the student-athlete and the Department of Athletics' representatives (to be determined by the director of athletics) within forty-eight (48) hours of notification of a positive test result. If the 48 hours would end on a weekend, the meeting may be held on the next business day.

The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case. Either the student-athlete or the other parties involved may request an extension of time to the director of athletics, 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 confidential. The decision by the director of athletics or his/her designee regarding the sanction to be imposed shall be final.

CONSEQUENCES OF A POSITIVE DRUG TEST (Three Strike Policy)

All offenses are cumulative for the duration of the student-athlete's career at San Diego State University.

First Offense

- 1) Assessment and counseling (treatment) through ASPIRE at an on or off campus facility. Any expenses for this treatment (\$100 minimum) will be the responsibility of the student-athlete and/or his or her parents.

- 2) Meet with director of athletics or designee and team physician.
- 3) No less than eight hours of Campus Community Service to be arranged and confirmed through the Student Health Services Health Promotion Director.
- 4) Parent/guardian notification at the discretion of the director of athletics.
- 5) Suspension from competition for a designated period of time (10% of season) during the official playing season ending in the NCAA (or national governing body) Championship and selective testing after first positive test. Note: the head coach may impose a stricter penalty, pending approval of the director of athletics. This may include removal from competition for a longer duration, and suspension from practice and athletic aid. Failure to attend mandatory counseling or to submit to a subsequent drug test at the specified location and time, shall count as a second positive test.

First Positive Drug Test Suspension Chart		
<i>Sport</i>	<i>Number of Scheduled Events</i>	<i>Suspension</i>
Baseball	56 contests	6 contests
Basketball	28 contests	3 contests
Crew	20 dates of competition	2 dates of competition
Cross Country	7 dates of competition	1 contest
Football	11 contests	1 contest
Golf	24 dates	2 dates of competition
Softball	56 contests	6 dates of competition
Track	18 dates of competition	2 dates of competition
Soccer	20 dates of competition	2 dates of competition
Swimming	20 dates of competition	2 dates of competition
Tennis	25 dates of competition	3 dates of competition
Volleyball	28 dates of competition	3 dates of competition
Water Polo	21 dates of competition	2 dates of competition

- Suspensions for the first positive drug test will not commence until the student-athlete is academically eligible for competition or medically cleared for competition. An ineligible athlete or an injured athlete who is not cleared to play will not be allowed to simultaneously serve his/her suspension as a result of a first positive drug test. For example, if a basketball athlete tested positive and was suspended for the first 10% of his/her season but was academically ineligible for the first semester, which would require him/her to miss all contests in the first semester, he/she would not begin serving a drug suspension until otherwise academically eligible at the beginning of the second term.
- The suspension must be served only for dates/contests during the championship segment that are countable toward the maximum number of dates/contests for your sport annually. For purposes of the dates/contests suspended, the postseason will count as part of the suspension.

Second Offense

- 1) Must complete items 1 through 4 listed in the first offense. These must be completed as a condition of future reinstatement.
- 2) Suspended for one-year from competition to begin the date the test results are received by the university. Note: the head coach may impose a stricter penalty, pending approval of the director of athletics. This may include removal from practice and athletic aid.

Third Offense

- 1) A third positive test during the career of a student-athlete at San Diego State University will result in a permanent suspension of athletics from the University and removal of athletic aid.

APPEAL PROCEDURE

Student-athletes who test positive for a banned substance by the laboratory retained by San Diego State University may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete's request for additional testing of the sample, the designee of the director of athletics will formally request the laboratory retained by San Diego State University to perform testing on specimen B. Specimen B findings will be final. If specimen B results are negative, the drug test will be considered negative. Consequences of a positive will proceed from the results of specimen A.

SAFE HARBOR POLICIES AND PROCEDURES

- 1) A student-athlete who initially "self-reports" to a senior athletic administrator PRIOR TO NOTIFICATION OF A DRUG TEST that he/she is using drugs, will enter the SAFE HARBOR PROGRAM and not be charged the participation suspension of a "first positive." A student-athlete is not eligible for the Program after he or she has been informed of an impending drug test or after having received a positive test result from San Diego State University or a NCAA drug test. A student-athlete may enter the Safe Harbor Program only once during his/her career at San Diego State University. The self-report to a Senior Athletic Administrator must occur at least one day prior to his/her name being selected for a drug test.
- 2) San Diego State University will work with the student-athlete to prepare a treatment plan, which will include evaluation, testing, and counseling. A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days.
- 3) 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 San Diego State University, but may be selected for drug testing by the NCAA.
- 4) Failure to comply with the above to the satisfaction of the director of athletics will lead to sanctions including the retroactive counting of a positive drug test.

Any positive test result thereafter will count as a "second positive." A student-athlete who reports to a Senior Athletic Administrator AFTER NOTIFICATION OF A DRUG TEST that he/she may test positive on the impending test will automatically incur sanctions of a "first positive" REGARDLESS of the test outcome. The sanctions will begin immediately upon the day of "self report."

ALCOHOL OR DRUG RELATED INCIDENT POLICIES AND PROCEDURES (INCLUDING UNDER AGE DRINKING)

- 1) A student-athlete is held accountable and subject to university, athletic department, or team disciplinary action whether or not there are legal implications.
- 2) If a student-athlete has a drug test that reveals alcohol in the sample, the student-athlete must meet with the director of athletics or designee and appropriate action will be taken if necessary.

- 3) A student-athlete cited for underage drinking will be referred for a mandatory alcohol intervention program, must meet with the director of athletics or designee and team physician, serve eight hours of community service, and will be subject to selective testing.
- 4) A student-athlete who is convicted of driving under the influence (DUI) of alcohol or drugs, or convicted of another drug or alcohol related offense (other than #3), will be referred to a drug or alcohol intervention program, and must meet with the director of athletics or designee and the team physician. In addition, this will be treated as a positive drug test.
- 5) Drinking or drug related arrests or other alcohol or drug related incidents not listed within this policy will trigger a response deemed appropriate by the director of athletics, which could include community service, suspension and a countable positive test.
- 6) A student-athlete charged with an offense that involves suspension if convicted may opt to start serving their suspension prior to their court trial.

WHAT YOU SHOULD KNOW ABOUT:

NUTRITIONAL SUPPLEMENTS, PRESCRIPTIONS AND POSITIVE DRUG TESTS

- 1) Many student-athletes assume if these products can be purchased at a health food store, they must be allowed under NCAA rules. This is not correct. Reliance on the advice of the clerk at the store, the distributor at the gym, or anyone, who is not with the student-athlete's athletics program, has resulted in erroneous information about whether the product contains any NCAA-banned substance. This false information sometimes results in a positive drug test for banned ingredients contained in the product. **It is the student-athlete's responsibility to know and understand what he/she is consuming.** A positive test due to use of these substances will still result in the appropriate suspension.
- 2) Many fat burners and weight-gain products contain nutritional supplements. Nutritional supplements can come in a pill, powder, liquid, and bars. They all are legal and may be obtained at grocery stores, pharmacies, health food stores, on the Internet and almost anywhere. All of these types of products are not strictly regulated and may contain substances banned by the NCAA.
- 3) Prescription medication may also result in a positive test. Student-athletes may be required to disclose any medications, name of the physician who prescribed it, the intended use and the last fill date to the Athletic Medicine staff for verification. A positive test resulting from the use of someone else's prescription medication will be counted as a positive drug test.
- 4) If a student-athlete has questions about a supplement or prescription, a Staff Certified Athletic Trainer or Team Physician can be of assistance in determining if it is safe to use the product. For more information about nutritional supplements and NCAA-banned substances, visit the Resource Exchange Center (REC) web site www.drugfreesport.com/rec. The REC is funded by the NCAA to provide a confidential resource for student-athletes and athletics staff that has questions about nutritional supplements.