

aid. Fifth year athletics aid does not apply for summer school unless approved by the Director of Athletics.

### STUDENT MANAGERS

Student managers will be monitored by their respective coaches or supervisors. At the end of each year, their academic progress will be checked and if they are not succeeding academically, the department will recommend to the coach or supervisor that their athletics aid not be renewed. Former or current student-athletes may not serve as student managers.

*NOTE: The 1986 Tax Reform Act may affect the amount of gross income that should be reported to the Internal Revenue Service. Please consult a Tax expert for further advice.*

## **DRUG AWARENESS PROGRAM**

Hardly a day goes by that newspapers and television do not include stories about the "War on drugs," crack houses, teenage drinking, drunken driving, fetal alcohol syndrome, athletes using steroids, drinking games among college students, miracle medications that can save lives, lives torn apart by alcohol use, and the list goes on. Over-the-counter medications that can save lives, prescription pharmaceuticals, alcohol, nicotine, caffeine, and illegal drugs such as marijuana, cocaine, and LSD are a part of life in our society.

The University of Utah is committed to the development of the student-athlete in all facets of his/her life. To this end, we expect all student-athletes to share a lifestyle that reflects our commitment to honesty, integrity, and discipline, both in and out of the athletics arena. We expect that student-athletes will not behave in ways that are potentially dangerous either to themselves or others. This includes the use of alcohol and other drugs.

The following is a summary of the University of Utah Athletics Department's policy and procedures for combating substance abuse.

### Philosophy:

Intercollegiate athletics is a significant instrument of education that helps develop a partnership among participants, students, faculty, staff, alumni, and fans. The misuse and/or abuse of drugs or chemicals endanger the safety and health of all student-athletes and are inconsistent with the educational atmosphere that should prevail in the respective athletics programs. Student-athletes are high profile individuals on campus, are vulnerable to criticism by choices they make, and represent the Athletics department and University of Utah through those choices.

### General Principles:

- As a required condition for any student-athlete to be a member of a University of Utah varsity intercollegiate athletics team, he/she must agree to participate in the Athletics department's Drug Testing and Education Programs. These programs are considered an extension of the physical examination of our athletes and we feel it is in the best interests of both the student and the University to conduct a sound drug testing and education program.
- All members of the University of Utah athletics teams shall be tested annually. A student-athlete will be listed as testing positive if he/she is a "no show" for a scheduled drug test.
- Positive tests are accumulative during an athlete's career at the University of Utah.
- Student-athletes shall be immediately and permanently terminated from the squad and their athletically related financial aid revoked if found guilty of selling drugs.
- Drugs not listed on the penalty chart are subject to classification by our team physician for inclusion on the chart.
- Exceptions to these regulations must be authorized by the Director of Athletics.

### Purpose:

- To deter the misuse and/or abuse of drugs or other substances that create a threat to the safety and health of the student-athlete, and disrupt order and discipline in the athletics programs.
- To identify the student-athlete who is a mis-user/abuser of legally or illegally obtained drugs, and assist the identified

- student-athlete in his/her effort to return to a drug-free life through education and public awareness.
- To assist the student-athlete with ways he/she can help combat peer pressure regarding recreational drug abuse.
- To assure the integrity of the intercollegiate athletics program at the University of Utah, including the compliance with NCAA Bylaw 14.1.4.1, which states:

"Each academic year a student-athlete shall sign a form prescribed by the Management Council in which the student consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form ... shall result in the student-athlete's ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics. "

**Policy:**

The University of Utah enforces Federal and Utah state laws and penalties in regard to misuse of legal drugs (alcohol and tobacco) and use of illicit drugs, and reserves the right to enforce these penalties to their fullest extent as provided by law and/or has the option to use disciplinary sanctions [against students] as follows:

- University of Utah Student Code Chapter 5, Article XI, Sections N, O, R and S prohibits:
    - Possession, use or distribution of illicit drugs on campus as defined by U.S. and Utah laws.
    - Smoking in violation to the Utah Indoor Clean Air Act.
    - Possession and/or consumption of liquor on University premises.
    - Violation of drug laws off campus while participating in any University sponsored activity.
    - Violation of the Drug-Free Workplace Act by any work-study or employed student of the University.
- Violation of the student code may result in one or more of the following sanctions:
- Enforcement of federal and/or state laws as is appropriate to the law violated, and/or
  - Review of the violation by the University of Utah Student Behavior Committee with possible sanctions being imposed

which may include suspension or expulsion dependent upon the nature of the offense, related circumstances, and previous violations.

Student-athletes at the University of Utah shall not misuse or abuse drugs or other chemicals or substances. The University of Utah Athletics department will ask all student-athletes to submit a urine specimen to be analyzed up to, but not limited to, four times a year. Subsequent tests will be required if results are positive. The Athletics Director and head coach will ask all student-athletes to submit to random drug testing throughout the academic year. The Athletics Director reserves the right to test without notice. Analysis of the urine specimen will be done by a national testing laboratory by qualified technicians. Positive tests will be confirmed by gas chromatography mass spectrometry and will take approximately 72 hours. These tests are considered part of the student-athlete's physical examination and are required for participation. The test results will be part of the educational and/or medical records and will be confidential. A qualified professional will automatically refer a student-athlete with a positive test result for an extensive alcohol and drug evaluation. The student-athlete will have an opportunity to discuss his or her problems with the head coach, athletics administration representative, or team physician and to pursue counseling.

**Objectives:**

- Education
  - a. To deter the use of illegal or over the counter and/or prescription drugs and educate student-athletes concerning problems associated with drug abuse.
  - b. To create an awareness of related problems in the use of illegal/legal drugs and to provide freshmen and new student-athletes with an overview of the social decisions facing them relative to campus life.
  - c. To provide selective information to coaches and student-athletes regarding the effects of misuse/use of legally or illegally obtained drugs.
- Drug Testing

- a. To deter any drug abuse by University of Utah student-athletes.
- b. To identify the drug and the student-athletes that may be using drugs.
- c. To provide reasonable safeguards that every student-athlete is medically competent for athletics competition.
- Evaluation/Referral for Treatment
  - a. To prevent recurring drug abuse through professional counseling or other action as recommended by the Substance Abuse Evaluation Institution.
  - b. To reinforce the department's commitment to deter the use of illegally obtained drugs.
  - c. To provide the opportunity for the student-athlete to discuss any drug related problems with a qualified professional.
  - d. To see that treatment takes an active role in the total educational process of the student-athletes who have drug related problems. (If long-term treatment is needed it must be done at the student-athlete's expense).

**STEPS IN THE TESTING PROCEDURE (Liaison Officer for Men and Women):**

- Establish the dates, times and place regarding testing with the head coach.
  - Prepare the testing sites for security and confidentiality (as well as possible).
    - Pre-test orientation (Liaison Officer)
      - a. Relax the testing group
      - b. Explain complete chain of custody to testing group
- Each individual's procedure:
- a. All student-athletes being tested must sign the Liability Consent Form.
  - b. A code number for the student-athlete is provided and he or she will endorse and declare any prescription and/or non-prescription drugs being taken.
  - c. A Test Requisition Form is completed.
  - d. The student-athlete provides a urine specimen. Failure to provide a sample will be treated as positive.
  - e. The student-athlete pours urine in a bottle and places the bottle and requisition form in a mailer. If a student-

- athlete is unable to provide a urine specimen, a blood test will be given.
- f. When all student-athletes have provided a urine specimen, the witness must:
    - 1. Insure security of the shipping carton
    - 2. Make a duplicate of the original code sheet (containing the student-athlete's name, code number, pertinent medication summary) screening student-athlete's name.
    - 3. The original log sheet and shipping carton containing the specimen is delivered to the drug testing center by the site coordinator.

**RESPONSIBILITIES OF THE DRUG TESTING INSTITUTION**

- The institution performs EMIT screening and notifies, by telephone, only the liaison officer within 48 hours of the collection of the samples.
- Positive tests will be confirmed by gas chromatography mass spectrometry process by the testing laboratory, which then provides confirmation of results, by telephone within 72 hours.
- Hard copy results of both testing procedures are provided by the testing institution to the liaison officer within 72 hours of the confirming telephone call.

**STIPULATIONS GOVERNING POSITIVE TESTS**

**Pre-Drug Testing of New Incoming Student Athletes:**

- Spot drug test those who have been identified by the coaching staff
- Urine collection will be done the first week of practice for fall sports, and first week of classes for other sports. The coaching staff and athletics trainer will determine exact time and date.
- Positive results will be reported to the trainer/head coach and the student athlete. Typically, test results are made available two to three days after urine collection.
- Those who test positive from the first "non-penalized" test will be required to notify his/her parent(s) and/or legal guardian(s) or spouse in the presence of a staff athletics trainer and head coach to discuss plan of action.

- Student athlete will be required to attend a two-session BASICS class provided by the Alcohol and Drug Education Center. BASICS is done in two 60-90 minute individual sessions.
- There will be a follow up drug test at a time determined by the head coach and trainer.
- After the initial drug test during the first week of practice/conditioning, subsequent drug tests will fall under the U of U Athletics Department drug testing policy noted below.

**First Positive Test:**

- Liaison officer (head trainer) receives results of a positive test by number.
- Head trainer informs student athlete of the positive test and the nature of the substance.
- The liaison officer will have the authority under the consent form, to advise the head coach, team physician, drug and alcohol consultants, and the Athletics administration representatives of the nature and extent of the substance present in the student-athlete's system.
- The student-athlete will be required to meet with a representative of the Athletics Department who will inform the student-athlete of the mandatory six-hour course (2, three hour classes) ADEC class. The student athlete will be responsible for the \$50 class fee. If a student athlete misses a class session, they will be required to reschedule and pay an additional \$25 fee.
- A positive anabolic steroid and cocaine test will require medical clearance to resume practice/competition.

**Second Positive Test:**

- Liaison officer (head trainer) receives results of a positive test by number.
- Head trainer informs student-athlete of the positive test and the nature of the substance.
- The liaison officer will have the authority under the consent form, to advise the head coach, team physician, drug and alcohol consultants, and the Athletics administration representatives of the nature and extent of the substance present in his or her system.

- The student athlete will be required to take an alcohol and drug assessment administered by the Alcohol and Drug Education Center.
- The clinician who performed the evaluation will mail the confidential results to the head trainer. Upon receipt of this information, the head trainer will forward copies of this information to the athletics representatives and head coach identified in the release of information statement signed by the student athlete.
- **The student athlete meets with a representative of the Athletics Department who will inform him/her of his/her dismissal from the program, for one calendar year.** Each case will be reviewed after six months to evaluate the athlete's progress and behavior change.

- The athlete will review and sign the "release of information" form, which will allow the head coach, team trainer, team physician, and Athletics administration representative to have access to the recommendations made by the Alcohol and Drug Education Center.
- The student-athlete will review the recommendations of the Alcohol and Drug Education Center with a representative of the Athletics administration and will commit to, in writing, an action plan to address the identified concerns and recommendations. The student athlete in order to be eligible to return to athletics competition (following the one calendar year time period) must successfully complete this action plan.
- The student-athlete must maintain regular contact with the selected representative of the Athletics administration. This procedure will be a "tracking mechanism," to ensure that the student-athlete appropriately complies with the identified action plan.

**Third Positive Test:**

- Liaison officer (head trainer) receives results of a positive test by number.
- Head trainer informs student-athlete of the positive test and the nature of the substance.
- The liaison officer will have the authority under the consent form, to advise the head coach, team physician, drug and

alcohol consultants, and the Athletics administrative representatives of the nature and extent of the substance present in his or her system.

- **The student-athlete meets with a representative of the Athletics Department administration who will inform him/her of his/her dismissal from the program and cancellation of his/her financial aid.**

#### **NCAA BANNED-DRUG CLASSES 2004-2005**

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/sports\\_sciences/drugtesting](http://www.ncaa.org/sports_sciences/drugtesting) for the current list. 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.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

#### **Bylaw 31.2.3.1 Banned Drugs**

The following is a list of banned-drug classes, with examples of substances under each class:

##### **(a) Stimulants:**

Amphetamine, amphetamine, benigrade, benzphetamine, bromantan, caffeine (guarana) (for caffeine—the concentration in urine exceeds 15 micrograms/ml), chlorphentermine, cocaine, cropropamide, crothetamide, diethylpropion, dimethylamphetamine, doxapram, ephedrine (ephedra, ma huang), ethamivan, ethylamphetamine, fencanfamine, meclufenoxate, methamphetamine, methylene-

dioxymethamphetamine (MDMA (ecstasy)), methylphenidate, nikethamide, pemoline, penterazol, phendimetrazine, phenmetrazine, phentermine, phenylephrine, phenylpropanolamine (ppa), picotoxine, pipradol, prolintane, styehmine, synephrine (citrus aurantium, zhi shi, bitter orange), and related compounds

##### **(b) Anabolic Agents:**

Anabolic steroids, androstenediol, androstenedione, boldenone, clostebol, dehydrochloromethyl-testosterone, dehydroepiandrosterone (DHEA), dihydrotestosterone (DHT), dromostanolone, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norandrostenediol, norandrostenedione, norethandrolone, oxandrolone, oxymesterone, oxymetholone, stanozolol, testosterone and related compounds (for testosterone—if the administration of testosterone or 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), other anabolic agents, clenbuterol, methenolone

##### **(c) Diuretics:**

Acetazolamide, bendroflumethiazide, benzthiazide, bumetanide, chlorothiazide, chlorthalidone, ethacrynic acid, flumethiazide, furosemide, hydrochlorothiazide, hydroflumethiazide, methylothiazide, metolazone, polythiazide, quinethazone, spironolactone, triamterene, trichlormethiazide, and related compounds

##### **(d) Street Drugs:**

Heroin, marijuana and THC (tetrahydrocannabinol) (for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml)

##### **(e) Peptide Hormones and Analogues**

Chorionic gonadotrophin (HCG-human chorionic gonadotrophin), corticotrophin (ACTH), growth hormone (HGH, somatotrophin), all the respective releasing factors of the above-mentioned substances also are banned, erythropoietin (EPO), semoreline

## ALCOHOL AND DRUG EDUCATION CENTER

**Mission Statement:** The Alcohol and Drug Education Center (ADEC) exists to help individuals think critically about their health choices and to promote campus norms which support healthy behavior. We recognize that American cultures, and even some cultures on campus, promote the irresponsible use of substance. Our job is to teach students, faculty, and staff to evaluate messages they have received about health and learn to make choices they are happy with in the long term. We encourage students, faculty, and staff to not only seek health for themselves, but also to become invested in the health of the community. In fact, we believe people only achieve health when they are contributing to the health of their community.

**Goal:** To provide coaches and athletes with access to qualified professionals to present information or conduct discussions with individual teams in order to assure that the information is specifically suited to the needs of each team.

For team presentations or a workshop, contact the U.T.E.S. / Life Skills Coordinator.

### STUDENT-ATHLETE MENTORS (SAMs)

Often, discussing problems of any kind with a counselor or a coach is difficult and you might naturally worry about the consequences of "confessing" to a substance abuse problem. Another alternative is to talk to a SAM (Student Athlete Mentor). Each team has at least one designated SAM. The Alcohol and Drug Education Center and the University of Utah Athletics Department jointly sponsor this program.

SAMs are NOT trained to act as counselors; rather, their purpose is to act as a support and information resource to team members who may be experiencing problems with alcohol and/or drugs or other problems. Although talking to a SAM is not a substitute for professional help, they may help you discuss potential options. SAM members all serve as mentors to incoming freshmen who are enrolled in ESS 2490, the Introduction to Life Skills for Student-Athletes class.

SAMs were chosen by coaches and trained in the basics of alcohol and drug abuse as well as listening skills. All participants understand the importance of confidentiality. What you discuss with a SAM will stay with him/her. He/she may encourage you to open up to the appropriate person, but he/she realizes that this is YOUR decision, not his/hers.

### NCAA REGULATIONS ON DRUG USE

The National Collegiate Athletic Association, in accordance with the member institutions, has implemented a drug-testing program for NCAA championship competition, which became effective September 1986. Listed below are some questions and answers about the NCAA rules:

**Why a drug-testing program?** The drug-testing program has been initiated "to provide clean, equitable competition for student-athletes competing in NCAA championships and NCAA-certified post-season football bowl games."

**What does it involve?** All student-athletes will be required to sign a drug-testing consent form. Failure to sign this consent form "shall result in the student-athlete's ineligibility for participation in all intercollegiate competition."

The testing program involves urine collection at NCAA championship events and laboratory analyses for substances on a list of banned drugs developed by the NCAA Executive Committee which includes illicit drugs as well as many over-the-counter medications.

**Which drugs are tested?** The testing list "is comprised of drugs generally purported to be performance-enhancing and/or potentially harmful to the health and safety of the student-athlete." The list specifically includes psychomotor stimulants (such as amphetamines and cocaine) and anabolic steroids, as well as other drugs.

There are 215 over-the-counter drugs banned by the NCAA. These include such products as A.R.M. (Allergy Relief Medicine), Alka-Seltzer Plus Cold Tablets, Bronkaid Mist and Tablets, Comtrex, Dexamtrim, Formula 44-D Cough Mixture,

Murine Plus, No Doz, Primatene Mist and Tablets, Robitussin Syrup, Sine-Aid, Sudafed, Triaminic, Vismine and Vivarin. Any student-athlete advancing to NCAA championship level competition is advised to familiarize him/herself with the list in its entirety (available from the Assistant Director of Athletics or Head Athletics Trainers).

#### **FOR MORE INFORMATION:**

If you would like more information, or if you have questions about your own use or a friend's use, please call any of the campus offices listed below. Confidential information and consultation is available.

**Alcohol & Drug Education Center**      581-7776  
**328 Student Services Building**

**Alcoholics Anonymous**                      484-7871  
**2480 S. Main #112**  
**Salt Lake City, UT 84115**  
Meetings are held all over the greater Salt Lake area. Call for the time of a meeting near you.

**University Counseling Center**              581-6826  
**426 Student Services Building**

**University of Utah Medical Center**        581-6228  
**Alcohol & Drug Abuse Clinic**

**University of Utah UNI**                      583-2500

### ***ATHLETICS SUPPORT SERVICES*** **ATHLETIC TRAINING ROOM**

The University of Utah Athletics Department is concerned with the health and well being of its student-athletes. The Athletic Training Room is the main medical area for evaluation, treatment, and rehabilitation of all athletic injuries. There are three locations. One is located in the basement of the HPER E Building on the University campus. The second location is at the Dee Glen Smith Center, which is the football facility. The third is in the Dumke Center north of the HPER E building.

The Athletic Training Room employs five full time athletic trainers (a head trainer and four assistants) each certified by the National Athletic Trainer's Association. It also employs seven graduate assistants (also certified by the NATA), as well as other students from the NATA Undergraduate Program in the Department of Exercise and Sport Sciences who put in practicum hours working in the Athletic Training Room.

The Athletics Department provides the regular services of five team physicians who coordinate medical coverage and other services to all student-athletes. The team physicians consist of two orthopedic surgeons and three family practitioners that all specialize in sports medicine.

#### **INSURANCE/MEDICAL FILE**

All student-athletes must have the following on file in the Athletic Training Room BEFORE they will be allowed to practice, compete, receive equipment or treatment, or be covered by the Athletic Department's secondary insurance policy:

- Physical Examination Form: The team physician will give new scholarship athletes a physical when they arrive in the fall. New walk-on athletes must obtain a physical from a medical doctor of their choice and at their expense, complete and sign the physical examination form. Student-athletes will also complete a medical history form at that time. All returning athletes must update their medical history form and have a limited physical examination in the fall.
- Athletics Department Medical Insurance Info: This is a form that provides the Athletics Department and doctors' offices/hospitals with your group insurance coverage information. It, also, serves as an emergency card that trainers/coaches take with them on road trip in case of an emergency.

#### **Student-Athletes Responsibilities Regarding Injuries:**

When a student-athlete is injured during practice or competition, he/she should immediately notify an athletic trainer, no matter how minor it might appear at the time. If a doctor's attention is warranted, the athletic trainer will arrange the appointment. The Athletics Department's insurance carrier must refer student-