

This is a detailed overview of the IU Southeast Department of Intercollegiate Athletics Institutional Drug Testing Program, as well as education related to alcohol and tobacco use. All coaches, department staff, and student-athletes should read this policy and have a complete understanding of the expectations for our student-athletes.



# Substance Abuse Education and Testing Program

Indiana University Southeast, New Albany, IN  
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# IU Southeast Athletic Department

## Substance Abuse Education and Testing Program

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### Overview

This program and its sanctions are independent of the NAIA National Drug Testing Program. Student-athletes are free to refuse to consent to drug testing under this Program. However, student-athletes who decline participation in the program, which is designed to protect the health and welfare of the student-athlete, will not be permitted to participate in intercollegiate athletics for IU Southeast and will result in loss of any athletic financial aid. A student-athlete who fails to submit to drug testing as provided in this Program, after initially consenting to such testing, shall be considered to have made a decision not to participate in the Program and will be immediately eliminated from all athletic activity, and will result in loss of financial aid. **This policy is not to be construed as a contract between the university and the student-athletes at IU Southeast. However, signed consent and notification forms shall be considered affirmance of the student-athlete's agreement to the terms and conditions contained in this policy and shall be a legal contractual obligation of the student-athlete.**

### Introduction

The overall goal of Indiana University Southeast Substance Abuse Education and Testing Program (Program) is to promote a year-round drug free environment in the IU Southeast athletic program. Within the overall goal are the following objectives:

- To protect the health, safety and welfare of the student-athlete;
- To address, identify and treat student-athletes' problems and concerns surrounding drug use, alcohol consumption and their abuses;
- To inform and educate the student-athlete, and others associated with athletic teams about drugs and alcohol, and the effects of their use/abuse;
- To protect the institution's integrity; and
- To seek to maintain "fair play" in intercollegiate athletics by IU Southeast student-athletes.

**For the purposes of this program, a student-athlete shall be defined as any individual who is listed on an institutional roster OR official NAIA Official Eligibility Certificate.**

The first priority of the IU Southeast program is the student-athlete's health, safety and welfare. The approach is from a medical perspective with an emphasis on prevention, diagnosis, treatment and rehabilitation of all student-athletes participating in the intercollegiate athletic program at IU Southeast.

The program focuses on four concerns to ensure the health of the student-athlete. One focus is on substances commonly believed to be "performance enhancing" drugs, so that the student-athlete will not feel compelled to take these health-endangering substances in order to feel that they are competitive.

The second focus is on the use of "street drugs" because of their potential for addiction, which could impair the physical and mental wellbeing of the student-athlete. In addition there is evidence to indicate that their use may impair performance and reaction time, possibly resulting in injury to the student-

athlete or others during athletic activity.

The third focus is on the consumption of alcohol. Alcohol is involved in over 90% of the undesirable behaviors observed among students on college campuses. Responsible alcohol consumption will be a focal point.

The fourth focus is a twelve-month program that will assist in abstinence through drug testing, education and counseling.

Education and counseling are the essential cornerstones of the program and are directed toward alerting student-athletes and coaches to the potential harm of substance abuse. Education and counseling are supplemented with a drug and alcohol testing component since studies have shown that education alone is not a sufficient deterrent to drug use.

The IU Southeast protocol for drug testing is designed to be fair, to achieve reliability of testing results and to protect the privacy rights of the student-athlete. Test results are confidential and become a part of the student-athlete's medical record. Test results will not be released to anyone except in accordance with this Program or as otherwise required by law.

This Program and its administration are subject to modification by the Drug and Alcohol Education and Testing Committee. However, any modification will only be implemented by action of the Director of Athletics upon the approval by the Chancellor of the University and will not be applied retroactively. Any amendments or modifications shall apply to and be effective for all student-athletes upon notice and acknowledgment by such student-athletes of the program as so amended or modified.

This program resides under the guidance of the IU Southeast Athletic Department. Although this is a student-athlete based program, student support personnel such as cheerleaders, pep band members, student managers and student trainers may be included.

## **Educational Component**

There are three facets to the educational program: (A) explanation of IU Southeast Athletic Substance Abuse Education and Testing Program (Program) to student-athletes and others, and (B) dissemination of information to student-athletes and those associated with athletic teams, including recruits who have not yet signed with the institution, regarding drugs and alcohol, their use and abuse and how such use or abuse may affect the student-athlete and his/her team and teammates, and (C) successful completion of myPlaybook coursework through the NAIA Academy as required by the NAIA National Drug Testing Program.

### 1. Explanation of IU Southeast's program to the student-athletes:

A presentation will be made as a required component of an annual student-athlete orientation. This presentation will outline and review the Program, its purposes, implementation and sanctions. A copy of the Program will be provided to the student-athletes in their student-athlete handbook. The policy is also located online at [www.iusathletics.com](http://www.iusathletics.com). They will be asked, yearly, to sign a form acknowledging receipt and understanding of the Program and providing voluntary consent to participate in the Program (if the student-athlete is under eighteen (18) years of age at the time of signing, the parent or guardian will be faxed a copy of the Program and will acknowledge by return fax or scanned email the receipt, understanding and consent for the student-athlete to participate in the Program).

Any student-athlete who does not wish to sign the Consent Form may choose not to do so and will forego participation in intercollegiate athletics. Student-athletes are free to refuse to consent to drug testing under this Program. However, student-athletes who decline participation in the Program, which is designed to protect the health and welfare of the student-athlete, will not be permitted to participate in intercollegiate athletics for IU Southeast and will result in loss of financial aid. A student-athlete who fails to submit to drug testing as provided in this Program, after initially consenting to such testing, shall be considered to have made a decision not to participate in the Program and will be immediately eliminated from all athletic activity, and will result in loss of financial aid.

2. Education of Student-Athletes and Others about Drugs and Alcohol.

1. Educational programs are designed with the following goals:
  - A. To educate, inform and teach those associated with intercollegiate athletics how to recognize the warning signs and side effects of specific drugs.
  - B. To educate the student-athlete and other appropriate personnel about the associated problems of drug and alcohol abuse and how such use may adversely affect the student-athlete and his/her team and teammates.
  - C. To encourage discussion about the use of drugs and consumption of alcohol.
  - D. To outline rehabilitation and treatment programs as well as referral centers.
2. Each team and coaching staff will receive training annually which will focus on, but not be limited to, information regarding the dangers of using performance-enhancing substances, illegal substances and alcohol. This training will take place in a variety of ways including through online Canvas orientation courses.
3. Completion of training sessions is **mandatory**. Absence will be permitted only with the approval of the Director of Athletics. All absences will result in the student-athlete being required to attend a make-up session.
4. Athletic trainers, student-athletic trainers, members of the sports medicine team and other responsible personnel should participate in educational sessions.
5. Appropriate athletics department personnel will be expected to attend NAIA drug and alcohol education seminars, national clinics and seminars, and to participate in departmental drug education training sessions in order to be informed of current information.

3. Completion of myPlaybook Coursework (NAIA Academy) as required by the NAIA National Drug Testing Policy

1. Student-Athletes must complete the required myPlaybook educational coursework each year through the NAIA Academy at [www.NAIA.org/learn](http://www.NAIA.org/learn)
2. Access to this training will also be included in the student-athlete orientation online seminar each student-athlete is required to complete annually.

### **Counseling Component**

1. The purpose of the counseling component is to provide assistance, direction, and resources for student-athletes who need additional support as a result of positive tests, physician referral, or self-addressed needs. This component seeks to provide appropriate follow-up and rehabilitation of student-athletes testing positive while addressing their psychological, social and medical wellbeing.
2. Counseling will be provided by trained specialists identified by the Sports Medicine Team. Referrals will originate with a member of the Sports Medicine Team who shall be involved in developing an

appropriate treatment plan. Referrals will often be made to the Personal Counseling Center on campus when deemed appropriate. Counseling will be confidential.

3. The IU Southeast Personal Counseling Services are available to all IUS Students (part or full time) at no fee. Counselors are all professionally trained and have specific skills related to work with college students. The Director of Personal Counseling Services (Dr. Day) holds a doctoral degree in clinical psychology and is licensed by the state of Indiana as a Health Services Provider. The Counselor/Care Manager is a licensed clinical social worker who provides both mental health counseling and referrals for resource assistance, e.g., food, housing, health care, etc. The staff also includes doctoral level graduate students from local universities. This office will be used as the primary referral source for any necessary counseling, assessments and/or inventories.

### **Safe Harbor Program**

A student-athlete eligible for the IU Southeast Safe Harbor Program may refer him or herself to the Program for voluntary evaluation, testing and counseling. A student is not eligible for the Program after he or she has been informed of an impending drug test or after having received a positive IU Southeast or NAIA drug test.

IU Southeast will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative sanction except those listed in this section (any member of the sports medicine team may suspend the student from play or practice if medically indicated).

A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NAIA or Conference postseason competition. A student-athlete will only be permitted to enter the Safe Harbor Program one time during their athletic eligibility at IU Southeast.

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 IU Southeast. Students in the Safe Harbor Program may be selected for drug testing by the NAIA.

The Director of Athletics, Associate Athletic Director, the student-athlete's Head Coach, the Head Athletic Trainer, and any physician on the sports medicine team may be informed of the student's participation in the Safe Harbor Program.

The assistant coach(s) also may be informed at the discretion of the head coach. Other university employees may be informed only to the extent necessary for the implementation of this policy.

If the student-athlete is determined to have new substance use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate sanctions as detailed in the IU Southeast Program.

Entering the Safe Harbor Program will be treated as a positive test as it relates to sanctions and any

positive test after the initial Safe Harbor Program test will be treated as the next subsequent positive.

## **Drug Testing Component**

### **1. General Provisions:**

1. The testing program will consist of four types of testing:
  - A. Random drug testing for “performance enhancing” drugs, “street drugs” and alcohol.
  - B. Reasonable suspicion drug testing for “performance enhancing” drugs, “street drugs” and alcohol.
  - C. Full Team Testing for “performance enhancing” drugs, “street drugs” and alcohol.
  - D. Re-entry/follow up testing for “performance enhancing” drugs, “street drugs” and alcohol.
2. Once the decision to schedule a drug test has been made, a representative from the athletic department administrative or medical team will notify the selected student-athlete population of the upcoming test no more than twenty-four (24) hours prior to the test. Head Coaches of selected student-athletes may also be contacted.
3. The Protocol for specimen collection, chain of custody and the University’s responses to positive tests shall be followed for random as well as reasonable suspicion drug testing.
4. Student-athletes who fail to arrive at the testing site at the designated time will be charged with a positive test. Student-athletes who arrive late or miss a test due to an emergency (car accident, death/illness in family) must present proof of the emergency to the Drug and Alcohol Education and Testing Committee. This committee will hear appeals and decide what sanctions should be placed on the student-athlete.
5. Independent of the provisions in the Safe Harbor Program, and as is the practice with all medical concerns the Team Physician or a member of the Sports Medicine Team may prohibit athletic competition and/or participation by any student-athlete for such time as deemed medically necessary. Restrictions should be sufficient to ensure that the student-athlete’s condition no longer presents a health danger to himself/herself or his/her teammates.
6. Records of test results will be handled in accordance with strict standards of confidentiality, and released only under the circumstances allowed by the provisions of this Program or as otherwise required by law.

### **2. Random Drug Testing**

1. As part of the student-athlete’s annual pre-season medical screening, an initial urine specimen may be collected from each participant.
2. Although the testing selection process may be random, a computerized system or similar mechanism (which will be documented) may be used, to ensure that all athletes are equally eligible for testing. Actual selection for testing will be conducted by the testing center – Drug Free Sport.
3. Once notified, the Director of Athletics will notify the student-athlete of a positive result. The Team Physician, Head Coach, Associate Athletic Director and Staff Athletic Trainer will also be notified of a student-athlete’s positive test result. The student-athlete will be given an opportunity to appeal the positive test. The Dean of Students will also be informed.
4. All individuals with prior positive drug test results will be subject to unannounced drug testing throughout their athletic eligibility as a part of their treatment program. In addition, all with prior positive results will be tested at the next and subsequent random drug tests for the remainder of his/her eligibility.
5. Regardless of test results, random drug testing will be conducted on an unannounced basis

throughout the calendar year.

6. Subsequent positive tests will result in sanctions as set forth in this institutional policy.
7. Mandatory team testing may occur for any team qualifying for a NAIA National Tournament.

### 3. Drug Testing Based on Reasonable Suspicion

1. "Reasonable suspicion" is defined as suspicion founded on specific and objective facts, which, if taken with rational inferences drawn from those facts and taken as a whole, strongly suggest that drug testing may produce evidence of improper use. The evidence supporting the suspicion must be reasonably reliable, documented and clearly outlined. Any employee or student at IU Southeast can provide the Director of Athletics with reasonable suspicion information.
2. All individuals reporting "reasonable suspicion" information must document such information in writing using the "Reasonable Suspicion" form.
3. Based upon a "reasonable suspicion" that a student-athlete is using drugs improperly, the student-athlete will be tested using the random drug testing protocol.
4. Specimen collection and responsive actions to a positive test result shall be handled the same as those found through random testing.
5. Mandatory team testing (under reasonable suspicion) shall occur if reliable and reasonable evidence is presented to the Director of Athletics to warrant such testing.

### 4. Preseason/Postseason Testing

1. Specific team testing may occur during the initial preseason physical or prior to postseason championship competition.
2. Pre or postseason testing may include all team members or a random sampling.
3. Specimen collection and responsive actions to a positive test result shall be handled the same as those found through random testing.

### 5. Re-Entry/Follow-Up Testing

1. All student-athletes who have tested positive for a banned substance are required to be re-tested and have a negative result prior to returning to participation.
2. Additionally, all student-athletes who have had a positive test will be subject to follow-up testing. These student-athletes will be tested each time there is a random drug test.
3. Specimen collection and responsive actions to a positive test result shall be handled the same as those found through random testing.

## **Specimen Collection Guidelines**

1. Only those persons authorized by the institution will be allowed in the collection room.
2. When arriving to the collection room, the student-athlete will provide photo identification or a client representative will need to identify the student-athlete. The student-athlete will then print his or her name and arrival time on the Roster Sign-In Form.
3. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with the institutional collector to complete the necessary information before proceeding with the specimen collection process.
4. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by the institutional collector (same gender) to the restroom to provide a specimen. The

student-athlete will rinse his or her hands with water (no soap) and then dry their hands. Then the student-athlete will place a specimen barcode from the Custody & Control Form onto the beaker.

5. The institutional collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.
6. The student-athlete will be responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the institutional collector), opened and consumed in the collection room. These items must be free of any other banned substances.
8. If the specimen is incomplete, the student-athlete must remain in the collection room until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the student-athlete must leave the collection room for a reason approved by the institutional collector, the specimen must be discarded.
10. Upon return to the collection room, the student-athlete will begin the collection procedure again.
11. Once an adequate volume specimen is provided; the institutional collector will escort the student-athlete to the specimen processing table.
12. The specimen processor will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.
13. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the institutional collector observing. The student-athlete must remain in the collection room until another specimen is provided. The student-athlete will provide another specimen.
14. Once the specimen processor has determined the specimen has a specific gravity above 1.005 the sample will be processed and sent to the laboratory.
15. If the laboratory determines that a student-athlete's sample is inadequate for analysis, at the client's discretion, another sample may be collected.
16. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the institutional collector will collect another specimen from the student-athlete.
17. Once a specimen has been provided that meets the on-site specific gravity, the student-athlete will select a sample collection kit from a supply of such.
18. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum



volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into the vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).

19. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.
20. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.
21. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials in the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.
22. The student-athlete is then released by the institutional collector.
23. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the “drugs of abuse” laboratory and one sample is placed in the shipping container for shipment to the “anabolic steroids” laboratory.
24. After the collection has been completed, the samples will be forwarded to the appropriate laboratory and copies of any forms forwarded to the Sport Drug Testing Department.
25. The samples then become the property of the client.
26. If the student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.

## **Responses to Test Results**

Drug Free Sport will notify the Director of Athletics of all drug testing results. Once notified, The Director of Athletics will then notify the student-athlete, Head Coach, Associate Athletic Director, Team Physician, Dean of Students, and Head Athletic Trainer of the positive test results. The Director of Athletics will inform the parent(s), guardian(s) or spouse of any student-athlete who is under eighteen (18) years of age of positive test results. If a student-athlete tests positive, he or she has the option to request the testing of the “B” vial.

IU Southeast will require the student-athlete to pay for the testing of the “B” vial. Additionally, the student-athlete will be withheld from competition during the “B” vial testing process. Additional responses to positive test results, whether achieved under random, mandatory or reasonable suspicion testing will be as follows for both “performance enhancing” and “street” drugs”:

### **First Positive Test**

The student-athlete will be suspended from the intercollegiate athletics program for a minimum of 10% (rounded to the next whole number) of the NAIA Frequency of Play and Scheduling (Article I, Section F, Item 1) maximum number of games/contest/playing dates for that student-athlete respective sport (See Table 1 Below). Provided the Team Physician or another physician on the sports medicine team determines that the student-athlete’s condition presents no health danger to himself/herself or his/her

teammates, the student-athlete will be allowed to continue conditioning and practice activities. They will not participate in, travel to, or sit on the bench of the/those contest(s) they are suspended from. Non-renewal of an athletic or other grant-in-aid will also occur. To be eligible for reinstatement as a student-athlete, the individual must undergo mandatory counseling and/or a treatment program including unannounced re-testing as directed by the Team Physician or another physician on the sports medicine team. The Dean of Students for the campus will also be notified of the first positive test and additional sanctions may be implemented.

Table 1: Suspension Period by Sport for First Positive Test		
Sport	Number of Games/Contests/Playing Dates Allowed	Suspension for First Positive Test
Volleyball	28 Dates	3 Dates
Tennis	24 Dates / Tournaments and/or Scrimmages	2 Dates
Basketball	30 Games	3 Games
Softball	28 Dates	3 Dates
Baseball	55 contests	6 Contests

Please note that a student will be required to serve the full suspension regardless of whether games/contests/playing dates are considered to be regular-season or post-season competition. In the case where a team’s season ends before the suspension can be fulfilled, the remaining games of the suspension will carry forward into the next season.

**Second Positive Test**

The student-athlete will be banned from the intercollegiate athletics program for one calendar year. To be eligible for reinstatement as a student-athlete, the individual must undergo mandatory counseling and/or treatment including unannounced re-testing as directed by the Team Physician. Non-renewal of any athletic or other grant-in-aid will also result. The Dean of Students for the campus will also be notified of the second positive test and additional sanctions may be implemented.

**Third Positive Test**

The student-athlete will be permanently banned from the IU Southeast intercollegiate athletic program and will not be eligible for reinstatement. Non-renewal of any athletic or other grant-in-aid will also result.

Positive testing results from NAIA or other outside sports testing agencies will also be treated as positive tests obtained under this policy, and may result in sanctions under this policy in addition to possible sanction from NAIA or other outside agencies. Any attempt to adulterate, manipulate, or dilute the urine collection will result in the test being considered a positive test. The student-athlete will be provided an opportunity for appeal. The Dean of Students for the campus will also be notified of the third positive test and additional sanctions may be implemented.

**The Head Coach may have team rules regarding the use of illicit substances, which may affect the athlete’s eligibility for practice and competition. Such team policies may be more stringent than those of this Program.**

## Reinstatement

The student-athlete may petition for reinstatement from the one calendar year suspension following the second positive result under the following conditions:

1. The student-athlete must complete the mandatory counseling and/or treatment program.
2. The student-athlete must consent to a comprehensive medical examination, including drug testing, and a review of all counseling or other treatment records by the Team Physician or another physician on the sports medicine team.
3. The student-athlete must agree to undergo unannounced, periodic drug testing with the understanding that he/she cannot gain eligibility until he/she has had two (2) consecutive negative drug test results.
4. Upon completion of all of the above (a, b and c) the Sports Medicine Team will forward the petition including documentation of the comprehensive medical examination, drug tests, counseling and treatment records to the "Appeals Committee" to render a decision.
5. Should a student-athlete test positive at any time subsequent to being reinstated, he or she will immediately and permanently be barred from the intercollegiate athletics program. Non-renewal of athletic or other grant-in-aid will follow.

## Appeals

A student-athlete may appeal any sanction as the result of a positive drug test result. A student-athlete desiring to appeal must file a written notice of appeal with the Director of Athletics within two days of notification of a positive test result.

An appeals hearing will be conducted by a three-person committee (Appeals Committee) chosen by the Chair of the Drug and Alcohol Education and Testing Committee. The student-athlete making the appeal and any committee member whom previously participated in the decision to recommend testing, will be excluded from the Appeals Committee. Evidence of the student-athlete's drug use, and all positive test results or documented reasonable suspicions will be presented to the Appeals Committee. Reasons why sanctions or testing should be imposed may be presented. The student-athlete will be given an opportunity to refute the proposed sanctions or reasonable suspicions, present evidence to support his/her contentions, call witnesses or cross-examine other witnesses. Students may have one supporter (not legal counsel) present during the hearing. The supporter may not participate in the hearing or make any statements during the hearing.

The Appeals Committee will reach a decision within five working days of each hearing and will notify, in writing, the student-athlete, Head Coach, Team Physician, Director of Athletics, Associate Athletic Director, and Head Athletic Trainer of its decision. The athletic department and a member of the sports medicine team will maintain a written record of the Appeals Committee's decision, including all evidence considered by the committee. The appeal's committee decisions are final.

## Use of Supplements

The NAIA stance on dietary supplements is that student-athletes should be advised that the most effective and safest way to enhance their performance is to avoid dietary/nutritional supplement products and to rely on a combination of a healthy diet, appropriate conditioning, rest and recovery, and avoiding substance abuse.

Dietary/nutritional supplements are at risk of contamination and may include ingredients that are banned under the IU Southeast Student-Athlete Drug Policy and Program. Student-athletes are

responsible for any substance they ingest and may be at risk for testing positive for banned substances and receive the corresponding sanctions because of supplement use. Student-athletes taking any product containing dietary/nutritional supplement ingredients do so at their own risk. Student-athletes should submit an IU Southeast Student-Athlete Dietary Supplement Disclosure and Review Form (attached at the end of this policy) annually and must check any supplements they are taking with the Resource Exchange Center (REC). Again, Indiana University Southeast and the NAIA's stance on dietary supplements is that student-athletes should be advised that the most effective and safest way to enhance their performance is to avoid dietary/nutritional supplements.

## **Alcohol Policy**

Lawful, responsible consumption or abstinence is expected from all student-athletes. Consumption and/or possession of alcohol by minors in the State of Indiana is illegal. The objective of the Department of Intercollegiate Athletics Alcohol Policy is threefold. First, to assist student-athletes with alcohol-related problems. Second, to specify treatment for student-athletes experiencing alcohol-related problems. Third, to provide a uniform policy for all student-athletes.

The Head Coach may have team rules regarding the consumption and possession of alcohol that may affect the student-athlete's eligibility for practice and competition. Such policies and sanctions may be more stringent than those outlined in the department's policy.

1. A student-athlete, who self-identifies an alcohol-related problem to any athletics department staff person will be referred to the Head Athletic Trainer. A member of the Sports Medicine Team and the intervention counselor, as deemed necessary will then assess the student-athlete. The student-athlete may use the "one-time exemption" one time in their athletic career at IU Southeast.
2. Should a student-athlete have an alcohol-induced incident that causes undesirable behavior, he/she will be referred to the Head Athletic Trainer. A member of the Sports Medicine Team and intervention counselor, as deemed necessary, will then assess the student-athlete.
3. Should a student-athlete be suspected of consuming alcohol prior to a practice or competition, the student-athlete will be referred to the Head Athletic Trainer or staff athletic trainer. A breathalyzer test or litmus test will be performed. If the test is a positive .02 or greater by the breathalyzer or color change by the litmus paper, the student-athlete will be immediately withheld from practice or competition and referred to the team physician or another physician on the sports medicine team for assessment.
4. When a member of the Sports Medicine Team determines that a student-athlete has an alcohol problem, the intervention counselor and a physician on the sports medicine team will establish a treatment plan.
5. If a student-athlete does not participate in the prescribed treatment plan, he/she will be immediately suspended from athletic participation until the student-athlete has complied with the plan.
6. The response for a second positive alcohol test result will have the same response imposed upon the student-athlete as that of a first positive test result for "performance enhancing" or "street" drugs. Additional responses will follow sequentially (i.e. 3<sup>rd</sup> alcohol positive = 2<sup>nd</sup> "performance enhancing"/"street" drug positive and 4<sup>th</sup> alcohol positive = 3<sup>rd</sup> "performance enhancing"/"street" drug positive).

## **Tobacco Use**

NAIA and IU Southeast rules prohibit against the use of all tobacco products by student-athletes, coaches, and personnel during practice activities and competition. Per NAIA rules, a student-athlete found to be using tobacco products during a practice or competition will be disqualified from the remainder of that practice or competition. Student-athletes found to be using tobacco products will be referred to the Team Physician or another physician on the sports medicine team for assessment and be subject to referral to the Dean of Students office.

## **Drug and Alcohol Education and Testing Committee**

The Drug and Alcohol Education and Testing Committee shall be composed of the following individuals:

1. The Team Physician or another physician on the sports medicine team shall chair the committee.
2. One administrative staff member from the Athletics Department appointed by the Director of Athletics.
3. One Head Coach appointed by the Director of Athletics.
4. One senior student-athlete appointed by the Director of Athletics.
5. Other Members maybe appointed by the Director of Athletics upon recommendation of the Drug and Alcohol Education and Testing Committee.

The duties of the Drug and Alcohol Education and Testing Committee shall include the following:

1. Oversee the Drug and Alcohol Education and Testing Program for student-athletes and others at IU Southeast.
2. Perform annual reviews of the Drug and Alcohol Education and Testing Program.
3. Assess the drug testing protocols, procedures and correct identified irregularities.
4. Submit an annual report of the Committee's activities to the Director of Athletics, Athletics Advisory Committee and the Chancellor of the University.
5. Provide advice to the Director of Athletics, Office for Athletics Compliance, Athletics Training, Head Coaches, and student-athletes.
6. Carry out other duties related to Drug and Alcohol Education and Testing as assigned by the Director of Athletics.

## **Appeals Committee**

The three (3) person Appeals Committee shall be composed of the following individuals\*\*:

1. The Team Physician or another physician on the sports medicine team shall chair the committee.
2. Individual #1 as appointed by Chair.
3. Individual #2 as appointed by Chair.

\*\*The student-athlete making the appeal and any committee member whom previously participated in the decision to recommend testing, will be excluded from the Appeals Committee.

The duties of the Appeals Committee shall include the following:

1. Hear student-athlete appeals as set forth in this policy.

2. Coordinate and execute an official hearing for the appeal.
3. Render final decisions within five (5) working days of each hearing.
4. Notify, in writing, the student-athlete, Head Coach, Team Physician, Director of Athletics, Associate Athletic Director, and Head Athletic Trainer of the committee's final decision.
5. Chair of committee will maintain written record of committee's decision, and all evidence considered by the committee.

## **Appendix A: Resources**

NAIA: [www.naia.org/learn](http://www.naia.org/learn)

Drug Free Sport: [www.drugfreesport.com](http://www.drugfreesport.com)

Dietary Supplement Resource Exchange Center: <http://www.drugfreesport.com/rec/>

(Password: naialive5)

## **Appendix B: Forms**

Banned Substance List – Pages 13-14

Consent Form – Page 15

Dietary Supplement Disclosure and Review Form – Page 16

Reasonable Suspension Reporting Form – Pages 17-18

Student-Athlete Notification Form – Page 19

# ATHLETIC DRUG EDUCATION AND TESTING

## BANNED DRUGS AND EDUCATIONAL INFO

**It is your responsibility to check with the appropriate or designated athletics staff before using any substance. The list below may include, but is not limited to the follow substances:**

### **IU Southeast bans the following classes of drugs for student-athletes:**

- a. Alcohol
- b. Tobacco (including smokeless tobacco)
- c. Stimulants
- d. Anabolic Agents
- e. Diuretics and Other Masking Agents
- f. Street Drugs
- g. Peptide Hormones and Analogues
- h. Anti-estrogens
- i. Beta-2 Agonists

**Note: Any substance chemically related to these classes is also banned.**

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

### **Drugs and Procedures Subject to Restrictions:**

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

### **NAIA Nutritional/Dietary Supplements Warning:**

**Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!**

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

**Note to Student-Athletes: There is no complete list of banned substances.  
Do not rely on this list to rule out any supplement ingredient.**

Updated: April 2016

**Check with your athletics department staff prior to using a supplement.**

Some Examples of IU Southeast Banned Substances in Each Drug Class

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) etc.  
*exceptions:* phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens:

anastrozole; tamoxifen; formestane; ATD, clomiphene etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

**Additional examples of banned performance enhancing drugs can be found at:**

[www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)

**Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!**

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center (REC), 866-635-7877** or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)

**Organization: NAIA | Password: naialive5**

**It is your responsibility to check with the appropriate or designated athletics staff before using any substance.**



# ATHLETIC DRUG EDUCATION AND TESTING PROGRAM CONSENT FORM

## 1. AGREEMENT

I/We understand that the *Indiana University Southeast Department of Intercollegiate Athletics Substance Abuse Education and Testing Program policy (IU Southeast Drug Testing policy)* is available online at [iusathletics.com](http://iusathletics.com). I/We have been given an opportunity to review the IU Southeast Drug Testing policy and/or have the IU Southeast Drug Testing policy explained to me/us and to ask questions about it. I/We understand by the signature(s) below I/we acknowledge that I understand the IU Southeast Drug Testing policy, agree to participate, and abide by the policies and procedures contained within it.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (If student-athlete is under 18 years old)

\_\_\_\_\_  
Date

## 2. CONSENT TO URINALYSIS

I hereby consent to have a sample of my urine collected and tested during my annual physical examination and at other such times as necessary or required for the presence of certain drugs or substances in accordance with the provisions of the IU Southeast Drug Testing policy. I/We also understand that failure to show for an IU Southeast or NAIA drug test may be treated as a positive test result.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (If student-athlete is under 18 years old)

\_\_\_\_\_  
Date

## 3. AUTHORIZATION FOR RELEASE OF INFORMATION

I/We further authorize you to release information and records, including test results, relating to screening or testing of my urine sample(s) in accordance with the provisions established in the IU Southeast Drug Testing policy or NAIA drug testing protocol to the Chancellor of IU Southeast, Athletic Director, Associate Athletic Director, Faculty Athletics Representative, the Team Physician or any other physician on the sports medicine team, the coaches of my sport, the assigned athletic trainer for my team, my parent(s)/guardian(s), and other necessary IU Southeast administrators. I also authorize IU Southeast Athletics to disclose information and records, including test results, related to screening or testing of my urine sample(s) in accordance with the provisions established in the IU Southeast Drug Testing policy or NAIA drug testing protocol to the NAIA, The Athletic Conference, and other institutions as necessary under NAIA legislation and Athletic Conference bylaws. To the extent set forth in this document, I/we waive any privilege I may have in connection with such information.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (If student-athlete is under 18 years old)

\_\_\_\_\_  
Date

## 4. RELEASE OF LIABILITY

The Trustees of Indiana University, its officers, employees, and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this form and the IU Southeast Drug Testing Program.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (If student-athlete is under 18 years old)

\_\_\_\_\_  
Date

**Indiana University Southeast  
Student-Athlete Dietary Supplement Disclosure & Review Form**

I, \_\_\_\_\_ am taking or intend to take the following dietary  
Student-Athlete Name

supplements. I acknowledge the risk of losing my eligibility to participate in intercollegiate athletics if I test positive for an NAIA or Indiana University Southeast banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are neither motivated nor qualified to accurately certify that these products contain no banned substances. “Healthy” or “naturally occurring” are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

Before taking or using any dietary supplement, I am responsible for ensuring the product does not contain any banned substance by reviewing the ingredients and utilized the Resource Exchange Center (REC) from Drug Free Sport at <https://dfsrec.com/users/login> (Organization: NAIA | Password: naialive5). The Resource Exchange Center is a trusted nutrition, health and wellness resource, combining scientifically proven dietary information with the most up-to-date research on supplements and over-the-counter and prescription drugs.

**Brand Name:**

**Listed Ingredients:**

(Student-Athlete to review ingredients in REC and notify the athletic trainer if anything is flagged.)

1. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

## Indiana University Southeast Department of Athletics Drug Testing Reasonable Suspicion Reporting Form

I, \_\_\_\_\_ (Staff Name), under the reasonable suspicion clause that is outlined in the Indiana University Southeast Drug Education and Drug Testing Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant \_\_\_\_\_ (Student-Athlete) be referred to the Director of Athletics or his/her designee for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past \_\_\_\_\_ hours and/or \_\_\_\_\_ days.

**Please check below all that apply:**

**The Student-Athlete has shown:**

- |  |  |
|--|--|
| <input type="checkbox"/> irritability  | <input type="checkbox"/> physical outburst (e.g. throwing equipment) |
| <input type="checkbox"/> loss of temper                                      | <input type="checkbox"/> emotional outburst (e.g. crying)            |
| <input type="checkbox"/> poor motivation                                     | <input type="checkbox"/> weight gain                                 |
| <input type="checkbox"/> failure to follow directions                        | <input type="checkbox"/> weight loss                                 |
| <input type="checkbox"/> verbal outburst (e.g. to faculty, staff, teammates) | <input type="checkbox"/> sloppy hygiene and/or appearance            |

**The Student-Athlete has been:**

- |  |   |
|--|---|
| <input type="checkbox"/> late for practice     | <input type="checkbox"/> staying up too late    |
| <input type="checkbox"/> late for class        | <input type="checkbox"/> missing appointments   |
| <input type="checkbox"/> not attending class   | <input type="checkbox"/> missing/skipping meals |
| <input type="checkbox"/> receiving poor grades |   |

**The Student-Athlete has demonstrated the following:**

- |  |   |
|--|---|
| <input type="checkbox"/> dilated pupils  | <input type="checkbox"/> withdrawn and/or less communicative  |
| <input type="checkbox"/> constricted pupils  | <input type="checkbox"/> periods of memory loss   |
| <input type="checkbox"/> red eyes  | <input type="checkbox"/> slurred speech   |
| <input type="checkbox"/> smell of alcohol on the breath                                | <input type="checkbox"/> recurrent motor vehicle accidents and/or violations (provide dates _____ ) |
| <input type="checkbox"/> smell of marijuana  | <input type="checkbox"/> recurrent violations of Student Code of Conduct policy                     |
| <input type="checkbox"/> staggering or difficulty walking                              |   |
| <input type="checkbox"/> constantly running and/or red nose                            |   |
| <input type="checkbox"/> recurrent bouts with a cold or the flu (provide dates _____ ) |   |
| <input type="checkbox"/> over stimulated or "hyper"                                    |   |
| <input type="checkbox"/> excessive talking   |   |

**Other specific objective findings include:**

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**Signatures:**

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Name of Staff

---

Signature of Staff

---

Date

**Reviewed By:**

---

Director of Athletics/Designee

---

Date

---

Name of Counselor Consulted

---

Date Consulted

Reasonable Suspicion Upheld

Reasonable Suspicion Denied

**Indiana University Southeast Drug and Alcohol Testing Program  
Student-Athlete Notification Form**

**Student-Athlete:** \_\_\_\_\_

Student ID: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of Notification: \_\_\_\_\_ Time of Notification: \_\_\_\_\_ a.m./p.m.

---

I, \_\_\_\_\_, the undersigned:  
Student-Athlete

Acknowledge being notified to appear for institutional drug and alcohol testing and have been notified to report to the drug and alcohol testing station at:

\_\_\_\_\_, on \_\_\_\_\_ at or before \_\_\_\_\_ a.m/p.m

I will be prepared to provide an adequate urine specimen and will not over hydrate. I understand that providing numerous diluted specimens may be cause for follow-up drug testing.

**I understand that I may have a witness accompany me to the drug and alcohol-testing site.**

I understand that failure to appear at the site on or before the designated time will constitute a withdrawal of my previous consent to be tested as part of the Institutional Drug and Alcohol Testing Consent and will result in a penalty.

By signing below, I acknowledge being notified of my participation in institutional drug and alcohol testing, and I am aware of what is required of me in preparation for this drug and alcohol-testing event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Student-Athlete

I can be reached at the following telephone number on test day: \_\_\_\_\_

Institutional Representative retain top portion of completed forms



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**Indiana University Southeast Drug and Alcohol Testing Program**

Student-Athlete: \_\_\_\_\_

Location of Test: \_\_\_\_\_ Date of Test: \_\_\_\_\_ Report Time: \_\_\_\_\_

**\*\* Report To The Test Site with Picture Identification \*\***

**DO NOT DRINK TOO MANY FLUIDS**