



SACRAMENTO STATE Intercollegiate Athletics Student-Athlete Substance Abuse Policy 2006 - 2007

A substance abuse policy is an essential element in protecting student-athletes both from the harmful effects of drugs and alcohol use, as well as the legal penalties associated with violation of the law. Using illegal drugs for recreation, to enhance performance or for any other purpose is inconsistent with the policies of Department of Intercollegiate Athletics and creates a danger to the health and safety of student-athletes.

This policy is separate and distinct from the NCAA's Drug Testing Program. Through urine drug testing the athletics department intends to identify and assist student-athletes who demonstrate recreational and/or chemical dependency problems. Nothing in these procedures shall be construed to create a contract between student-athletes and Sacramento State. 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. The Athletic Department may amend this policy from time-to-time as needed and with or without notice to student-athletes at the discretion of the Director of Athletics.

PURPOSE OF THE SUBSTANCE ABUSE POLICY

- To adhere to NCAA, Big Sky Conference, Western Athletic Conference, Mountain Pacific Sports Federation, Western Intercollegiate Rowing Association, and Sacramento State rules and procedures regarding alcohol and drug use by student-athletes.
- To educate student-athletes about problems associated with substance abuse.
- To prevent illicit drug use and/or abuse by student-athletes.
- To identify student-athletes who may be using illicit drugs or abusing alcohol.
- To attempt to ensure that athletes are physically and mentally fit for the rigors of intercollegiate participation and to minimize the risks of serious injury to the athlete and/or his/her teammates.

EDUCATION AND COUNSELING PROGRAM

It is the intention of Sacramento State that all student-athletes (as defined by the NCAA squad list), athletic training students, cheerleaders, dance team members, student team managers and student equipment managers (hereafter referred to as students or student-athletes) will participate in a substance abuse education program designed to acquaint the student-athlete with the risks and hazards associated with the use of street drugs, alcohol, and performance-enhancing drugs. Furthermore, the education program will identify campus and community resources available to assist the student-athletes who may experience symptoms resulting from drug or alcohol use/abuse. Attendance and participation in the educational programs will be a condition of continuing as a member the University athletic team.

If a student-athlete feels a need for counseling regarding substance use, the student-athlete should feel secure in knowing that the athletics department shares this concern and will try to help. Counseling services are available through the counseling department located in the

Student Health Center (SHC 203). Professional outpatient therapy can be arranged for a student-athlete upon request. However, all outpatient expenses will be paid for by the student-athlete (unless the student-athlete qualifies for the Big Sky Special Assistance program and funds are available).

IDENTIFICATION PROCEDURES

The decision to drug test a student-athlete, or a group or team of student-athletes, will be based on reasonable suspicion or random sample.

A. Mandatory Student-Athlete Participation

A copy of this substance abuse policy will be given to each student-athlete. Each student-athlete will thereafter be asked to sign a consent form acknowledging receipt and understanding of the policy. Any student-athlete who does not wish to participate in the program forfeits the privilege of participation in intercollegiate athletics at Sacramento State.

B. Voluntary Student-Athlete Participation

If any student-athlete feels that he/she may have a problem with alcohol or other drugs and has not had a previous positive test, the student-athlete may request assistance through the athletics department. Such a request shall not be treated as a positive test and the student-athlete shall be counseled in a manner appropriate to the problem. A positive test occurring after such voluntary participation shall be treated as a first positive test.

This program should not be available without sanction if the student-athlete comes forward after being notified of impending drug test, or after previous drug test. An initial test should be taken to assess the substance and amount in the student. If the student-athlete tests positive after counseling, the sanctions consistent with a second positive will be imposed.

C. Random Testing

The athletics department will conduct random drug-testing of student-athletes in all sports on a year-round basis. Such testing shall occur in all sports as often as practicable, but not less than once per year. The selection of student-athletes to be randomly tested from each team shall be completely random and shall be based upon the then current roster for the team on file in office of Compliance in the Athletics Department (Room 122). The Athletic Compliance & Financial Services Director shall be responsible for selecting the names of student-athletes to be randomly tested, and the manner of selecting the names must ensure complete randomness (e.g., drawing names from a hat, using a computer program). At least one other athletics department administrator must be present whenever names are selected for random drug testing.

If a coach or athletics department administrator has a reasonable basis to suspect that a particular student-athlete or group of student-athletes may test positive the coach or athletics department administrator must provide a copy of the reasonable suspicion reporting form, for the student-athlete to be tested outside of the random testing process when there is cause to do so. If the student-athlete refuses to submit to such a test, or it is deemed that the student-athlete purposely misses the drug test, he or she shall be suspended pending the taking of the test and may receive sanctions similar to those for a positive test or such other sanctions as may be deemed appropriate by the Director of Athletics.

To the extent that disclosures are necessary pursuant to the provisions of the program, the student authorizes the release of information under The Family Education and Privacy Act/20 U.S.C. Section 1232 (g), the physician-patient privilege, any state laws or University policies.

NOTIFICATION OF DRUG TEST

Notification of a drug test can be either verbal or written. Verbal notification must be recorded for record keeping purposes and verification. When possible, written notification is provided and each athlete is asked to initial his/her understanding for official record keeping purposes. Under either scenario, the student-athlete will be required to attend the drug test within the allocated time frame or will be deemed as non-compliant and considered to be in violation of the attendance policy.

1. Substance Abuse testing can occur by two methods;
 - a. Coach notified the day prior to the collection (less than 18 hours notice)
 - b. Substance Abuse Administrator without prior notification.
2. Substance Abuse Administrator right to give tests without prior notification. Student-athletes may be selected at the conclusion of practice, weights or at other convenient times. Student-athletes selected in this manner will sign their initials as proof of notification.
3. If prior notification is given, the coaches will receive a packet containing a Notification List for each student-athlete. The coach is responsible to see that the Notification list is initialed by the athletes and returned to the Substance Abuse Administrator.
4. All persons who have been notified and fail to report for their scheduled drug test will be acknowledged as being in violation of the policy and appropriate action will be taken.

TESTING PROCEDURES

A student-athlete, or a group or team of student-athletes, may be selected for drug testing at any time. If a student-athlete interferes or fails to comply with any part of the drug testing program (e.g., falsifying signatures, manipulating or attempting to manipulate urine specimens, failing to appear for a scheduled drug test and/or not submitting a urine sample during specified times), the student-athlete will be deemed to have tested positive.

All urine samples for testing will be collected under direct supervision of authorized personnel. Containers and samples will remain under constant supervision of the substance abuse administrator until picked up for delivery to the laboratory. Identification signature sheets will remain under constant supervision of the substance abuse administrator.

Each urine sample shall be analyzed for the presence of prohibited substances by the substance abuse administrator on the Sacramento State campus. All tests will be sent to and confirmed by a qualified off-campus laboratory selected by Sacramento State. The testing lab shall report all test results to the substance abuse administrator as soon as possible.

The procedures for conducting a drug test will be as follows:

1. The student-athlete shall report to drug testing site wearing a t-shirt and shorts only.
2. Before providing a specimen, the student-athlete shall select a new collection cup and testing supplies.
3. In order to ensure the integrity of the specimen, an athletic trainer or validators shall monitor the furnishing of specimen by observation. Validators who are of the same gender as the athlete must observe the voiding process and should be members of the official drug-testing crew. The procedure does not allow for validators to stand

outside the immediate area or outside the restroom. The athlete must urinate in full view of the validator (validator must observe flow of urine). The validator must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.

4. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief or client representation for documentation. Athletes will rinse and dry hands prior to and following urination.
5. The student-athlete shall provide a complete specimen (i.e., a minimum 45 ml and a maximum 60ml, at a temperature between 90° and 100°).
6. If the specimen is incomplete, the student-athlete must remain in the collection area under the observation of the certified athletic trainer until a complete sample is provided. During this period the student-athlete is responsible to keep the collection beaker controlled.
7. The student-athlete shall pour not less than 30 ml of the specimen into one container and shall pour the remaining portion of the specimen into a second container. The student-athlete shall place a cap on each container. The trainer then shall seal each container in the required manner in the presence of the student-athlete and shall seal each container in a plastic bag.
8. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and if in range measure the pH of the urine in the presence of the athlete.
9. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
10. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
11. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
12. The laboratory will make final determination of specimen adequacy.
13. If the laboratory determines that an athlete's specimen is inadequate for analysis, at the client's discretion, another specimen may be collected.
14. If an athlete is suspected of manipulating specimens (e.g., via dilution), the client will have the authority to perform additional tests on the athlete.

15. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
16. A collector will record the specific gravity and pH values.
17. The collector will pour approximately 35 mL of the specimen into the "A vial" and the remaining amount (approximately 15 mL) into the "B vial" (another A=35 mL, B=15 mL in a second split sample kit or A=35 mL for a single sample for anabolic steroid testing, which will be shipped to a WADA accredited laboratory) in the presence of the athlete.
18. The collector will place the cap on each vial in the presence of the athlete; the collector will then seal each vial in the required manner under the observation of the athlete and witness (if present).
19. Vials and forms (if any) sent to the laboratory shall not contain the name of the athlete.
20. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding.
21. The athlete, collector and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
22. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
23. The specimens become the property of the client.
24. If the athlete does not comply with the collection process, the collector will notify the client representative/site coordinator and third party administrator responsible for management of the drug-testing program.

In the event that a violation of this substance abuse policy occurs or is suspected to have occurred during team travel, the following procedures shall be followed:

1. The head coach shall notify the Director of Athletics or other appropriate administrator in the Department of Athletics that a drug test needs to be conducted.
2. To the extent possible, the student-athlete(s) to be drug-tested shall remain under the control and supervision of his or her coach or a certified athletic trainer traveling with the team until the drug test has been conducted.
3. The athletic trainer, who shall be required to carry several drug-testing kits with the team during all team travel, shall administer the test to the student-athlete as soon as possible while the team is still on the away from the Sacramento State campus. All procedures for conducting the drug test set forth in the previous section (steps 1-8) shall be followed.
4. If for some reason it is not possible to conduct the test during team travel, the head coach or the trainer traveling with the team shall contact an alternate athletic trainer

to assist with the drug testing upon return to the Sacramento State campus. If an alternate athletic trainer unavailable, an athletics administrator will assist with the drug testing. Again, to the extent possible, the student-athlete(s) to be drug-tested shall remain under the control and supervision of his or her coach or a certified athletic trainer traveling with the team until the drug test has been conducted. Upon return to the Sacramento State campus, all other procedures for conducting the drug test set forth in the previous section (steps 1-8) shall be followed.

PROHIBITED SUBSTANCES

All substances contained on the NCAA's list of banned substances shall be considered banned substances under the Sacramento State Student-Athlete Substance Abuse Policy. This list is on file in the athletic training room and in the compliance office. The list also is available for viewing on-line at www.ncaa.org/sports_sciences/drugtesting.

TOBACCO POLICY

The Sacramento State Athletics Department prohibits the use of tobacco.

NCAA Bylaw 17.1.7 – Use of Tobacco Products

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

NCAA Bylaw 11.1.5 – Use of Tobacco Products

The use of tobacco products is prohibited by all game personnel (e.g., coaches, athletic trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

DIETARY SUPPLEMENTS

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.*

The NCAA does not approve any dietary supplement. Furthermore, the use of any dietary supplement can lead to a positive NCAA drug test.

- Student-athletes must consult with their athletic trainer or team physician about any medication or dietary supplements they use.
- The Resource Exchange Center (REC) is available to answer questions regarding NCAA banned substances at www.drugfreesport.com/rec. Division I institutions use password ncaa1.
- The team physician/athletic trainer should be aware of all prescribed medications (and supplements) a student-athlete is taking. This information should be kept on file at the institution.
- If a student-athlete tests positive because of a prescription medication, the institution may request a medical exception for certain banned drug classes as outlined in the NCAA Drug-Testing Exceptions Procedures at www.ncaa.org/health-safety.

SANCTIONS FOR SUBSTANCE ABUSE

A. First Positive Test: If a student-athlete tests positive for any banned substance or for a known “masking agent”, the minimum penalties for a first offense shall be as follows:

- Mandatory suspension from competition for a minimum of ten percent (10%) of the team’s regular season contests in the student-athlete’s sport, beginning immediately after the positive test is confirmed by the laboratory. However, if the student-athlete appeals the positive test or the penalty imposed in accordance with this policy (see “Appeal Process”), the suspension shall be delayed pending the outcome of the appeal. The athlete has 48 hours from the time of the positive test notification to request a re-test of the “B” sample. Note: The Director of Athletics, under advise of the team physician, may elect to hold the student-athlete from any participation to protect the health of the student-athlete.
 - If the 10% calculation results in a fractional number, the fraction shall be rounded up or down to the nearest whole number (e.g., 10% of a 25-contest regular season = 2.5 contests, which shall be rounded up to 3 contests).
 - If the first offense occurs during the sport’s nontraditional segment, the Director of Athletics, after consultation with the Head Coach, shall have the authority to also suspend the student-athlete from competition during that segment (in addition to the regular season suspension).
 - During any suspension imposed under this policy, the student-athlete shall be permitted to continue practicing with his or her team. However, the student-athlete shall be prohibited from sitting on the bench or wearing the team uniform during any contest.
- If warranted by the circumstances in a particular case, the Director of Athletics shall have the authority to impose a more severe penalty for a first offense (e.g., a longer suspension from competition, permanent removal from the team);
- Mandatory meeting with the head coach and the Director of Athletics;
- Possible cancellation/non-renewal of the student-athlete’s athletics grant-in-aid, to be determined by the Director of Athletics and the head coach (subject to NCAA rules); and
- All student-athletes who test positive for a banned substance will be subject to unannounced testing at an increased frequency at the discretion of the Substance Abuse Administrator for the rest of the student-athletes career.

B. Second Positive Test: If a student-athlete who has previously tested positive for any banned substance receives a second positive test (either for the same banned substance or a different one), the minimum penalties shall be as follows:

- Suspension from competition for one full calendar year; and
- Mandatory meeting with the head coach and the Director of Athletics;
- Automatic cancellation of the student-athlete’s athletics grant-in-aid for up to one year (subject to NCAA rules).

C. Third Positive Test: If a student-athlete who has tested positive for any banned substance on two previous occasions (either for the same banned substance or a different one), the penalty shall be as follows:

- Permanent removal from the team; and

- Permanent cancellation of the student-athlete's athletics grant-in-aid (subject to NCAA rules).

REINSTATEMENT

After serving any suspension and completing any other sanctions imposed as a result of a positive drug test, the reinstatement of the student-athlete to team practice/competition shall require the approval of the Director of Athletics, the head coach, the athletic trainer and the substance abuse administrator. The Director of Athletics or the head coach, at their sole discretion, shall have the right to require that the student-athlete be re-tested and receive a negative test as a condition of reinstatement. The Department of Athletics shall pay the cost of any such re-test. A health assessment by the team physician or Student Health Center may possibly be mandated.

APPEAL PROCESS

If a student-athlete who tests positive for a banned substance wishes to challenge the results of the test, he or she must submit an appeal in writing to the substance abuse administrator within 48 hours after being notified of the positive test results. Upon receipt of such an appeal, the substance abuse administrator shall request the laboratory to re-test the specimen originally provided by the student-athlete ("B" sample is re-tested at a different lab by a NCAA approved lab). The student-athlete shall be responsible for paying the cost of the re-test unless the laboratory determines through the re-testing that the original positive test result was erroneous.

If a student-athlete who tests positive for a banned substance wishes to appeal the penalty imposed by the Director of Athletics, the student-athlete must submit an appeal in writing to the Office of Student Conduct within the Division of Student Affairs within three (3) days from the date that the student-athlete receives notice of the penalty. The decision of the Director of Student Conduct shall be final.

VIOLATIONS OF CRIMINAL LAW

Any student-athlete charged with violations of city, county, state or federal criminal statutes related to alcohol or illegal drug use shall be subject to disciplinary action as proscribed in the Student-Athlete Code of Conduct. A student-athlete charged with a misdemeanor violation shall be permitted to remain involved with the intercollegiate athletics program. However, if a student-athlete is charged with a felony, the Director of Athletics shall have the authority to suspend or permanently dismiss the student-athlete from his or her athletics team or impose other appropriate discipline.

**SACRAMENTO STATE
Student-Athlete Substance Abuse Policy
CONSENT TO DRUG TESTING
DRUG TESTING NOTIFICATION FORM**

I have received, read and reviewed the SACRAMENTO STATE, Intercollegiate Athletics, Student-Athlete Substance Abuse Policy. I consent to such testing conducted as part of Sacramento State Intercollegiate Athletics Program and agree that I will not refuse to take any such test or otherwise dispute the University's rights to such tests. I understand that I may choose not to sign this form, thereby forgoing the privilege of participation in intercollegiate athletics at Sacramento State.

I hereby consent and understand that I may be asked to provide a sample of urine to be tested for the presence of certain drugs, at such times as urinalysis testing is mandated under the program during the academic year. I understand that any urine samples will be tested at an accredited laboratory for confirmation before a violation of this policy will be deemed to have occurred.

I authorize the individual or organization designated by Sacramento State to collect urine samples and determine test results to make confidential release of the results to the appropriate individuals, including, but not limited to my parent(s), legal guardian(s), spouse, head coach, director of athletics, team physician(s) and athletic trainer(s) of Sacramento State.

I understand the Sacramento State Student Health Center counseling staff and other services are available to me should I have difficulty with drugs, alcohol, or with regards to any questions regarding this substance abuse policy.

I understand any sanctions brought against me for violation of this substance abuse policy will be maintained throughout my athletic career at Sacramento State.

To the extent that disclosures are necessary pursuant to the provisions of the Program, the student authorizes the release of information under The Family Education and Privacy Act/20 U.S.C. Section 1232(g), the physician-patient privilege, any state laws or University policies.

I hereby release the trustees of California State University, its officers, employees and agents from legal responsibility or liability for any action related to the implementation of the Intercollegiate Athletics Substance Abuse Policy or the release of such information and records as authorized by the terms of this form.

PRINT FULL NAME

SPORT

STUDENT-ATHLETE SIGNATURE

DATE

SIGNATURE OF LEGAL GUARDIAN IF NOT 18 YEARS OF AGE

PARENT SIGNATURE

DATE