



DAVIDSON COLLEGE ATHLETIC DEPARTMENT

Drug and Alcohol Education and Testing Policy

I. Introduction

The goal of the Davidson College Athletic Department's Drug and Alcohol Education and Testing Policy is to promote a substance-free environment in the college's intercollegiate athletic program. The abuse of controlled substances and performance-enhancing substances is detrimental to the health of a Scholar-Athlete, can compromise the health and safety of the Scholar-Athlete and other Scholar-Athletes during competition and practice, can interfere with academic performance, and compromises the integrity and spirit of the intercollegiate athletic competition.

The purposes of this Drug and Alcohol Education and Testing policy, which includes education, screening, counseling, and sanctions, are

- 1) Educate Davidson College Scholar-Athletes on the dangers of drug and alcohol use and abuse;
- 2) To detect possible prohibited drug use through a screening program based on random testing;
- 3) To assist in the rehabilitation of Scholar-Athletes using or abusing banned substances; and
- 4) To disassociate from our intercollegiate athletics programs any person who is found to be engaged in improper use of drugs who does not respond to rehabilitation efforts.

This policy applies to all "Scholar-Athletes," defined as students participating in the college's intercollegiate athletics program, including students who are not currently playing but are still associated with athletic teams (e.g., students who are injured, academically ineligible, red-shirted). Students who have exhausted their NCAA eligibility and/or are no longer associated with athletic teams are not covered by this policy.

This policy is not to be construed as a contract between Davidson College and the Scholar-Athletes. However, signed consent and notification forms shall be considered affirmation of the Scholar-Athlete's agreement to the terms and conditions stated in this policy.

This policy is separate and distinct from the NCAA Drug-Testing program and can be amended by the college at any time.



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II. Explanation and Education

A. Explanation of Policy

- i. A presentation will be made to each intercollegiate athletic team to review this policy, its purposes and implementation, and sanctions for violating it. A copy of this policy will be given to Scholar-Athletes and they will be asked to sign a form acknowledging receipt of the policy and consent to testing (attached as **Appendix A**).
- ii. Any Scholar-Athlete who does not wish to sign the consent form may choose not to do so and forego participation in intercollegiate athletics. Scholar-Athletes are free to refuse to consent to drug testing under this policy. However, Scholar-Athletes who refuse to be testing in accordance with this policy, which is designed to protect the health and welfare of the Scholar-Athlete, will not be permitted to participate in intercollegiate athletics at Davidson College and will, therefore, lose any athletic scholarship.
- iii. This policy shall be published on the college athletic web site with recruiting materials to inform Prospective Scholar-Athletes of its existence.

B. Educational Program

- i. Educational information will be addressed at each pre-season team meeting.
- ii. Additional drug and alcohol education may be provided during the course of the school year. These programs will be administered by a Sports Psychologist or outside guest speaker, in conjunction with the Sports Medicine Department and the Office Psychological and Counseling Services.
- iii. Attendance of the Scholar-Athlete at scheduled educational sessions is mandatory. Absence will be permitted only if approved by the Scholar-Athlete's head coach.
- iv. Athletic trainers, team physicians, and other appropriate athletic department personnel should participate in these educational sessions. All coaches are expected to participate in at least one education session each year.

III. Drug Testing Component

A. Banned Substances

- i. The following substances are banned substances under this policy:
 - a. All substances banned by the National Collegiate Athletic Association (NCAA). A copy of the NCAA Banned Drugs list is attached to this policy as **Appendix B**.



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- b. Performance Enhancing Drugs, including but not limited to anabolic/androgenic steroids and their metabolites, exogenous testosterone (if not prescribed), and blocking/masking agents. A list of banned Performance Enhancing Drugs is attached to this policy in **Appendix B**.
 - c. Socially Used Drugs, defined as controlled substances proscribed by federal or state law.
 - d. Dietary supplements (refer to **Appendix C** for specific provisions and **Appendix D** for scholar-athlete reporting of dietary supplements)
 - e. Tobacco (refer to Section IV Tobacco Use)
 - f. Alcohol (refer to Section V Alcohol Use)
- ii. Unauthorized use of banned substances constitutes an abuse of the privilege of representing the College in intercollegiate athletic competition. Such use may result in suspension or dismissal from an athletic team and may lead to further sanctions, including the loss of a Scholar-Athlete's scholarship, consistent with NCAA regulations. Such use will be reported to the Dean of Students and may result in additional proceedings and sanctions under the Code of Responsibility.
- B. Medical Exceptions
- i. Davidson College recognizes that some banned substances are used for legitimate medical purposes. There will be an allowance made for Scholar-Athletes with a documented medical history demonstrating the need for regular use of such medication per NCAA regulations.
 - a. Athletes should notify the Sports Medicine staff upon arrival to campus or when prescribed if previously enrolled.
 - b. In the case of use of a banned substance to treat Attention Deficit Hyperactive Disorder, the Scholar-Athlete's documentation from the prescribing physician to the athletic department/sports medicine staff should contain a minimum of the following information to help ensure that ADHD has been diagnosed and is being managed appropriately.
 - 1. Description of the evaluation process which identifies the assessment tools and procedures including test results.
 - 2. Statement of the diagnosis, including when it was confirmed
 - 3. History of ADHD treatment (previous/ongoing)
 - 4. Statement that a non-banned ADHD alternative has been **considered** if a stimulant is currently prescribed
 - 5. Statement regarding yearly follow up and monitoring visits
 - ii. Scholar –Athletes are encouraged to review the NCAA website for more information and details on medical exceptions. (www.ncaa.org, academics &



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athletes, health & safety, look under Recently Released, NCAA Drug Testing Medical Exceptions Policy-ADHD Reporting Guidelines

C. Screening Program

- i. Consequences of refusal to participate
 - a. A Scholar-Athlete who refuses to consent to drug testing under this policy will not be permitted to participate in intercollegiate athletics at Davidson College and will, therefore, lose any athletic scholarship.
 - b. A Scholar-Athlete who fails to appear at the designated time and place for drug testing will be ineligible to participate in intercollegiate athletics (training, practice or competition) unless and until reinstated by the Director of Athletics or his/her designee. The Director of Athletics or his/her designee, within 2 days after the scheduled drug testing will evaluate the circumstances regarding the Scholar-Athlete's failure to appear and may reinstate eligibility or set conditions for reinstatement (e.g., rescheduling drug test).
 1. A Scholar-Athlete who leaves the team after being selected for drug testing and then returns to the roster will be subject to drug testing and miss 50% of their traditional season. Coaches may give additional penalties.
 - c. If a Scholar-Athlete is unable to produce valid urine sample the Scholar-Athlete will be suspended from eligibility to participate in intercollegiate athletics until the Scholar-Athlete produces the required specimen.
- ii. Selection process: The testing program consists of the following types of testing:
 - a. Unannounced Random Testing – All Scholar-Athletes who have signed the consent form and are listed on the team roster are subject to unannounced random testing at any time. The Director of Athletics or his/her designees will select an official team roster and submit it to the contracted drug testing company who will select scholar-athletes by using a computerized random number program.
 - b. Reasonable Suspicion Screening –
 1. A Scholar-Athlete may be subject to testing at any time with the Director of Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a banned substance. Such reasonable suspicion may be based on objective information as determined by the Director of



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Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Head Athletic Trainer, Assistant Athletic Trainer, or Team Physician, and deemed reliable by the Director of Athletics or his/her designee. The evidence supporting the suspicion must be reasonably reliable and should be clearly documented in writing using the Reporting Form attached hereto as **Appendix E**.

2. Reasonable suspicion may include, without limitation:
 - a. Observed possession or use of substances appearing to be banned substances;
 - b. Arrest or conviction for a criminal offense related to the possession or transfer of banned substances;
 - c. Disciplinary action taken by the college for a violation of the Code of Responsibility related to the possession or transfer of banned substances;
 - d. Referrals by campus police to Dean of Students for suspected violations of the Code of Responsibility related to possession or transfer of banned substances; or
 - e. Observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of banned substances. Among the indicators which may be used in evaluating a Scholar-Athlete's abnormal appearance, conduct, or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, and mood changes.
3. If there is reasonable suspicion, the Director of Athletics or his/her designee will notify the Scholar-Athlete and the Scholar-Athlete must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced.
4. Note: The possession and/or use of banned substances may be determined by means other than urinalysis. When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis.



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- c. Post-season/Championship Screening – Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual Scholar-Athletes at any time within thirty (30) days prior to the post-season competition. If a Scholar-Athlete tests positive, he or she will not be allowed to compete at the post-season event and will be subject to the sanctions herein
 - d. Re-entry Testing – A Scholar-Athlete who has had his or her eligibility to participate in intercollegiate sports suspended as a result of a banned substance violation may be required to undergo re-entry testing after the counselor or specialist involved in the Scholar-Athlete’s case indicates that re-entry into the intercollegiate sports program is appropriate.
 - e. Follow-up Testing – A Scholar-Athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Athletic Director or his/her designee in consultation with the counselor or specialist involved in the Scholar-Athlete’s case.
 - f. Pre-season Screening – Scholar-Athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to the first competition.
- iii. Testing procedure
- a. Procedure of testing
 1. No more than 24 hours prior to the test, the Scholar-Athlete is notified by the Director of Athletics or his/her designee of selection to be tested under this policy. Notification will be made in person or by phone call.
 2. The Scholar-Athlete signs notification of selection.
 3. The Director of Athletics or his/her designee signs as a witness.
 4. The Scholar-Athlete arrives at the designated site promptly.
 5. The testing procedure will follow the Urine Collection Guidelines attached hereto as **Appendix F**, and the Scholar-Athlete will be given a copy of the Urine Collection Guidelines by the collector.
 6. If a Scholar-Athlete is suspected of manipulating their specimen (e.g. via dilution) the Scholar-Athlete’s sample will be considered invalid and the Scholar-Athlete will be subjected to further testing or disqualification.



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7. The designated drug testing coordinator will obtain results from contracted drug testing company.

D. Notification of Positive Test Results

- i. The Director of Athletics, the Head Team Physician, the Head Athletic Trainer, the Scholar-Athlete's coach, and, if the Scholar-Athlete has one, his/her substance abuse counselor will be informed of positive test results. Other college officials may be notified of the result when the Director of Athletics or his/her designee determines that the relevant official has a legitimate institution interest in receiving the information.
- ii. The Director of Athletics or his/her designee may inform the parents and/or guardians of any Scholar-Athlete who is under eighteen years of age of a first positive test result. The Director of Athletics or his/her designee may notify a Scholar-Athlete's parents and/or guardians of second and subsequent positive results, regardless of the Scholar-Athlete's age. With performance enhancing drugs, all positives will be reported to the Scholar-Athlete's parents and/or guardians.
- iii. Reinstatement petitions and appeals can also result in the disclosure of test results pursuant to this policy.
- iv. The Athletic Director or his/her designee may refer a positive test result to the Dean of Students as a potential violation of the Code of Responsibility, and in that case the provisions in the Code of Disciplinary Procedures and the college's Alcohol and Drug Policy for notification of parents and/or guardians will apply.

E. Consequences of Impermissible Drug Use

- i. First Occasion
 - a. Counseling, rehabilitation and behavior modification evaluation by the Davidson College counseling center. The interpretation and subsequent recommendations for treatment and rehabilitation resulting from this assessment shall be made available to the Intervention Team (comprising the Head Athletic Trainer, a Counselor and a Doctor or Nurse from the Student Health and Counseling Center, and the college Nutritionist). Any expenses incurred as the result of assessment along with all treatment and rehabilitation will be paid for by the student.
 - b. Notification to Dean of Students:
 1. Any sanctions imposed by the athletic department will be subordinate to a suspension, if any, imposed by the office of student life.
 - c. Follow-up screening.



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1. A Scholar–Athlete whose urinalysis screen produces a positive result will be subjected to a follow-up screen after allowance of adequate time for substances to be removed from the Scholar-athlete’s system. The Scholar-Athlete will be subject to periodic testing throughout the year.
- d.Suspension of athletic eligibility: For the first offense, the Scholar-Athlete will be suspended for ten percent of scheduled traditional competitions for his or her participation in intercollegiate athletic competition. This includes post season competition but does not include scrimmages, non-traditional season competitions, alumni games or exhibition games/contests.
1. Additional penalties or dismissal from the team could be given by the head coach or athletic director if the athlete has had other discipline issues and previously been put on probation.

The break down for time missed is as follows:

Sports	# of Contest Missed	# of Dates Missed	Max # of competitions allowed by NCAA
Baseball	6*		56
M/W Basketball	3		28
M/W Cross Country		1	7
Field Hockey	2		20
Football	1		11
Men’s Golf		2	24
Women’s Lacrosse	2		17
M/W Soccer	2		20



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M/W Swimming	2		20
M/W Tennis		3	25
M/W Track and Field		2**	18
Volleyball		3	28
Wrestling		2***	16

(Rounded to the nearest whole number)

*Tournaments: each day counts as one contest missed despite the number of games played

** Two day meets counts as one date of competition

*** A dual match counts as one date of competition missed.

ii. Second Occasion

a. Counseling, rehabilitation and behavior modification evaluation by the Davidson College counseling center. The interpretation and subsequent recommendations for treatment and rehabilitation resulting from this assessment shall be made available to the intervention team. Any expenses incurred as the result of assessment along with all treatment and rehabilitation will be paid for by the student.

b. Notification of Dean of Students:

1. Any sanctions imposed by the athletic department will be subordinate to a suspension, if any, imposed by the office of student life.

c. Cancellation of all or part of any aid given to the Scholar-Athlete by Davidson College.

d. Suspension of athletic eligibility: For the second offense, the Scholar-Athlete will be suspended for fifty percent of scheduled traditional competitions for his or her participation in intercollegiate athletics. This includes post season competition but does not include scrimmages, non-traditional season competitions, alumni games or exhibition games/contests.

1. Additional penalties or dismissal from the team could be given by the head coach or athletic director if the athlete has had other discipline issues and previously been put on probation.

The break down for time missed is as follows:



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Sports	# of Contest Missed	# of Dates Missed	Max # of competitions allowed by NCAA
Baseball	28*		56
M/W Basketball	14		28
M/W Cross Country		4	7
Field Hockey	10		20
Football	6		11
Men's Golf		12	24
Women's Lacrosse	9		17
M/W Soccer	10		20
M/W Swimming	10		20
M/W Tennis		13	25
M/W Track and Field		9**	18
Volleyball		14	28
Wrestling		8***	16

(Rounded to the nearest whole number)

*Tournaments: each day counts as one contest missed despite the number of games played

** A two day meets counts as one date of competition

*** Tournaments: count as one date of competition missed. A dual match counts as one date of competition missed.



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- iii. Third Occasion
 - a. Cancellation of Eligibility. The athletic eligibility of the student will be canceled permanently. The student will not be eligible for renewal of any athletic scholarship and any existing scholarship will be subject to cancellation. The Scholar-Athlete will no longer be under the jurisdiction of the athletic department and is not eligible for any related service.
 - b. Notification of Dean of Students
 - c. Counseling and rehabilitation. A student whose eligibility has been canceled may seek assistance from established counseling center on campus or medical resources otherwise recommended by intervention team. Such services will not be initiated, supervised or paid for by the athletic department, since the affiliation with the athletic program of the institution has been ended.
- F. Notification of Sanctions.

The student will be given prompt written notice by the Athletic Director or his/her designee of the positive test results and the sanctions to be imposed.
- G. Contesting Results of Test. Scholar-Athletes who test positive for a banned substance may, within 72 hours following receipt of notice of the positive test, contest the finding. Upon the Scholar-Athlete's request for additional testing of the sample, the Director of Athletics or his/her designee will formally request the laboratory retained by the college to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.
- H. Reinstatement: A Scholar-Athlete may file a petition for reinstatement with the Director of Athletics during any suspension which results from a positive test. Along with his or her petition, the Scholar-Athlete must undergo a comprehensive medical examination, including drug testing and a review of all counseling or other treatment records by the school's physician. The Intervention Team will consider the petition and all relevant records (including medical records) and forward a recommendation (along with the supporting documentation) to the Director of Athletics within 10 business days. The Director of Athletics will make the final determination regarding reinstatement.
- I. Appeals.
 - i. A Scholar-Athlete may appeal (a) a determination that reasonable suspicion exists or (b) any sanction resulting from a positive drug test. A Scholar-Athlete desiring to appeal must file a written notice of appeal with the Director of Athletics within three business days of notification of a positive test result.



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- ii. A hearing will be conducted by a three-person Appeal Committee appointed by the Faculty Athletics Representative. No officer, employee, or agent of the athletic department shall be eligible to serve on such a committee. Evidence of the Scholar-Athlete's drug use and all positive test results will be presented to the Appeal Committee. The Scholar-Athlete may argue that (a) reasonable suspicion for the testing did not exist or (b) that the proposed sanctions for a positive test are inappropriate or contrary to this policy. The Scholar-Athlete may have an advisor from the college community (faculty, staff, or student) present at the hearing; however, the advisor may not play an active role in the hearing process. The Scholar-Athlete will be given an opportunity to present evidence to support his or her contentions, call witnesses, or cross-examine other witnesses presented by the Director of Athletics (if any appear). The Scholar-Athlete will have the burden of proving that (a) no reasonable suspicion for the drug testing existed or (b) the sanction imposed for a positive drug test was inappropriate or contrary to this policy.
- iii. The Appeal Committee will decide the appeal within five working days of the hearing and will notify, in writing, the Director of Athletics, the Scholar-Athlete, his/her head coach, the Head Trainer, and the Head Athletic Physician of its decision. The Director of Athletics may inform other university officials of the decision when the Director determines that the relevant official has a legitimate institutional interest in receiving the information. The decision of the Appeal Committee is final and may not be appealed. A written record of the Appeal Committee's decision, including the evidence considered by the Appeal Committee, will be maintained by the Director of Athletics.

J. **Safe Harbor Program.** An eligible Scholar-Athlete may refer himself/herself for voluntary evaluation, testing, and treatment for alcohol or drug problems under the Safe Harbor Program, attached hereto as **Appendix G**.

IV. TOBACCO USE

Use of tobacco products (e.g., cigarettes, cigars, pipes, and smokeless tobacco) poses serious health threats to Scholar-athletes. The U.S. Surgeon General, National Cancer Institute, Center for Disease Control, and the National Institute for Dental Research do not recommend the use of any tobacco products.



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The objectives of this policy as it relates to use of tobacco are: to assist Scholar-Athletes with tobacco related health problems; and to provide a uniform policy relating to tobacco use by Scholar-Athletes.

A. Prohibited Use

The use of tobacco products is prohibited during practice, competition, and athletic related events (e.g. athletics banquets, press conferences). Any Scholar-Athlete who uses tobacco products in violation of this policy will be subject to sanctions.

Each head coach may also have team rules regarding the use of tobacco products away from competition, practice, and related events that may also impact the ability to practice and compete of the Scholar-Athlete on his/her team. Such rules may provide for sanctions that are more stringent than those required by this policy.

B. Consequences for Prohibited Use.

- a. Scholar-Athletes violating this policy will be disqualified for the remainder of practice or competition.
 - i. If such penalty is invoked during competition, additional A-10 Conference penalties would be applicable.
 - ii. The prohibition applies to all contests, exhibitions, practices, meetings, etc.
- b. A Scholar-Athlete who self-refers a tobacco products problem to any athletic department staff person will be referred to the Head Athletic Trainer or designee. The Scholar-Athlete will then be assessed by his/her team physician and by a substance abuse counselor, if deemed necessary by the team physician.
- c. If a team physician determines that a Scholar-Athlete has a tobacco products addiction or health problem, the Davidson College counseling center and team physician will establish a treatment plan for the Scholar-Athlete.
- d. If a Scholar-Athlete does not comply with the prescribed treatment plan, he/she will be suspended from the intercollegiate athletics program until he/she complies with the prescribed treatment plan.

V. ALCOHOL USE

Possession and consumption of alcohol by minors in the State of North Carolina is illegal. Accordingly, Scholar-Athletes under the age of 21 are expected to abide by State law.



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Responsible consumption or abstinence is expected from Scholar-athletes over the age of 21. Scholar-Athletes may not consume alcohol prior to practice or competition.

Each team will set its own policy for consumption of alcohol while in their traditional and non-traditional seasons. Each coach will submit their team policies to the athletic director prior to any collegiate activity for the year. Any violations of their policy will be reported to the athletic director prior to any penalties being enforced to the individual(s).

C. Prohibited Use

Scholar-Athletes, regardless of age are prohibited from drinking alcoholic beverages when traveling with or representing their teams.

- a. Additionally, alcoholic beverages are not to be consumed while attending athletic events or athletic sponsored functions.

D. Consequences for Prohibited Use.

- a. Should a Scholar-Athlete violate State law, college policy, or a team rule relating to the use of alcohol and should that violation come to the attention of any athletic department staff person, the staff person will notify the Head Athletic Trainer of the violation. The Scholar-Athlete will then be assessed
- b. A Scholar-Athlete who self-refers an alcohol related problem to any athletic department staff person will be referred to the Head Athletic Trainer or designee. The Scholar-Athlete will then be assessed by his/her team physician and by a substance abuse counselor, if deemed necessary by the team physician.
- c. Should a Scholar-Athlete be suspected of consuming alcohol prior to a practice or competition, the Scholar-Athlete will be referred to the Head Athletic Trainer or designee. The Scholar-Athlete will be held from practice or competition and referred to his/her team physician and Davidson College counseling center for assessment.
- d. If the Davidson College counseling center or team physician determines that a Scholar-Athlete has an alcohol abuse problem a treatment plan will be established for that athlete.
- e. If a Scholar-Athlete does not comply with the prescribed treatment plan, he/she will be suspended from the intercollegiate athletic program until the Scholar-Athlete has complied with the plan.
- f. If a Scholar-Athlete self-refers directly to a substance abuse counselor for an alcohol abuse problem, the counselor will perform a substance abuse assessment. The Scholar-Athlete's team physician and athletic training staff



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will be notified in writing of the results of the assessment, including any prescribed treatment.

Appendix A – Consent Form

Appendix B – NCAA Banned Drugs List

Appendix C - Policy Statement on Use of Supplements

Appendix D –Scholar-athlete Supplement Notification Form

Appendix E – Reasonable Suspicion Reporting Form

Appendix F -- Urine Collection Guidelines

Appendix G – Safe Harbor Program and Acknowledgment Form

Date Adopted: [8/1/2014]

Updated: [1/28/2015]



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Appendix A

Consent Form



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**ACKNOWLEDGMENT OF SCHOLAR-ATHLETE
DRUG EDUCATION AND TESTING POLICY
AND CONSENT FOR DRUG TESTING**

I, _____, was present at my team certification meeting. I received a copy of the Scholar-Athlete Drug Education and Testing Policy.

I hereby consent to have specimens collected and tested for the presence of prohibited drugs in accordance with the provisions of the Scholar-Athlete Drug Education and Testing Policy. I understand that samples are sent to outside laboratories for actual testing.

I authorize the release of all information and records, including test results, relating to the testing of my specimen sample(s) to those individuals specified in the Scholar-Athlete Drug Education and Testing Policy. They include, but are not limited to, my head coach, my team physician, the Head Team Physician, the Head Athletic Trainer, and the Director of Intercollegiate Athletics.

I waive any privilege or right to privacy I may have in connection with the release of such information and records to those individuals. I release Davidson College, its Board of Trustees, its officers, employees, and agents from legal responsibility or liability for the release of such information and records to those individuals.

I understand that I may choose not to sign this Form. If I do not sign this form, I understand that I will not be able to participate in intercollegiate athletics at Davidson College and that I will, therefore, have to forfeit my athletic scholarship and/or grant in aid.

Scholar-Athlete Signature (Print Name)

Date: _____

Parent Signature

(If scholar-athlete is under 18)

Date: _____



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Appendix B

NCAA Banned Drugs List



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2018-19 NCAA Banned Drugs

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

The NCAA Bans the Following Classes of Drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. Beta-2 Agonists.

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

The institution and the scholar-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:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

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

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



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Examples of NCAA Banned Substances in Each Drug Class

Note to Scholar-athletes: There is NO complete list of banned substances.

Do not rely on this list to rule out any label ingredient.

- 1. Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA); methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); octopamine; DMBA; phenethylamines (PEAs); etc. *Exceptions:* phenylephrine and pseudoephedrine are not banned.
- 2. 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; SARMS (ostarine); etc.
- 3. Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
- 4. Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- 5. Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
- 6. Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
- 7. Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7, 17-dione), etc.
- 8. Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

**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)** at 877-202-0769 or www.drugfreesport.com/rec password: ncaa1, ncaa2 or ncaa3. **It is your responsibility to check with the appropriate or designated athletics staff before using any substance.**



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Appendix C

Policy Statement on Use of Supplements



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POLICY STATEMENT ON THE USE OF SUPPLEMENTS

It is to be noted that the Davidson College Athletics Department does not condone the use of dietary supplements. The NCAA stance on dietary supplements is that scholar-athletes should be advised that the most effective and safest way to enhance their performance is to avoid dietary/nutritional supplement products and rely on a combination of a healthy diet, appropriate conditioning, rest and recovery, and avoiding substance abuse.

Scholar-athletes should always bring all supplement products to the designated athletics staff before using, and then checking all supplements through the Resource Exchange Center, REC, staffed by the National Center for Drug Free Sport, the NCAA third party drug testing administrator. The REC is the only authoritative resource for questions related to whether listed ingredients on nutritional supplement product labels or in medications contain NCAA banned substances.

Products labeled as dietary supplements sold over the counter, in print advertisements and through the internet are under-regulated by the U.S. FDA. Dietary supplements are at risk of contamination or may include ingredients that are banned under your drug testing policy. Scholar-athletes have tested positive and lost their eligibility using dietary supplements. Any product containing dietary supplement ingredients is taken at the scholar-athlete's own risk.

To access the REC, call toll free 1-877-202-0769 or go to www.drugfreesport.com/rec, select NCAA, and insert password ncaa1, ncaa2, or ncaa3 (depending on your divisional affiliation). Right on the home page you can select "Ask about Dietary Supplements" or go to the "Prescription/Over-the-Counter Drug Search". It's as easy as 1, 2, or 3.

By signing the Policy Consent Form, the scholar-athlete:

1. Acknowledges that he/she understands that they are to disclose all dietary supplements used to the head athletic trainer;
2. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of dietary supplements;
3. Fully accepts that they have been made aware of the Davidson College and the National Collegiate Athletic Association (NCAA) policies with regard to the use of dietary supplements;
4. Accepts any and all liability if they have in the past used, continue to use, and/or use at anytime in the future, dietary supplements in any form; and releases the Davidson College, its agents, and all personnel of any and all responsibility and liability related to such use.



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Appendix D

Scholar-Athlete Supplement Notification Form



DAVIDSON COLLEGE ATHLETIC DEPARTMENT

SCHOLAR-ATHLETE SUPPLEMENT NOTIFICATION FORM

I, _____, acknowledge that I am currently taking and/or have
Scholar-athlete Print Name

(within the past 6 months) taken the following ergogenic aids, creatine powder, amino acids, protein supplements, or other similar substances, hereinafter referred to as "Supplements." (Use the back of this form if necessary.)

Table with 4 columns: NAME, DOSAGE, MAIN INGREDIENTS, COMMENTS. It contains four empty rows for data entry.

I understand and agree:

- a) The Davidson College Department of Intercollegiate Athletics neither approves of nor condones the use of Supplements;
b) I have been informed of the Davidson College Department of Intercollegiate Athletics, Pioneer Football League, National Collegiate Athletic Association (NCAA), and United States Olympic Committee (USOC) policies with regards to the use of Supplements, and have had any questions about these policies answered;
c) The use of Supplements may result in serious harm to me, possible permanent injury to my health, and even death.
d) I risk losing my eligibility to participate in intercollegiate athletics if I test positive for an NCAA banned substance;
e) I must list all Supplements on the Chain of Custody Forms at the time of any drug test.

I fully accept any and all risks and liability if I have used in the past, continue to use, or use at any time in the future Department of Athletics any form of Supplements.

I further understand and agree Davidson College, its officers, employees, and agents are not responsible for any harm and possible permanent injury to my health caused by my past, present, and/or future use of Supplements. I agree to hold harmless, indemnify, and irrevocably and unconditionally release Davidson College, and their officers, employees and agents from any and all liability, and demands, claims and causes of action relating to my use of Supplements.

I understand the statements in this form, and have had all questions about the information in this form answered to my satisfaction.

Scholar-athlete's Signature

Date

Parent / Guardian's Signature (if under 18 years old)

Date



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Appendix E

Reasonable Suspicion Reporting Form



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Reasonable Suspicion Reporting Form

I, _____, under the reasonable suspicion clause that is outlined in the Davidson College Drug Education and Drug Testing Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant _____ 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 Scholar-athlete has shown:

- irritability, loss of temper, poor motivation, failure to follow directions, verbal outburst, physical outburst, emotional outburst, weight gain, weight loss, sloppy hygiene and/or appearance

The Scholar-athlete has been:

- late for practice, late for class, not attending class, receiving poor grades, staying up too late, missing appointments, missing/skipping meals

The Scholar-athlete has demonstrated the following:

- dilated pupils, constricted pupils, red eyes, smell of alcohol, smell of marijuana, staggering, constantly running, recurrent bouts with a cold, over stimulated, excessive talking, withdrawn, periods of memory loss, slurred speech, recurrent motor vehicle accidents, recurrent violations of Student Code of Conduct

Other specific objective findings include:

Signatures:

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



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Appendix F

Urine Collection Guidelines



DAVIDSON COLLEGE ATHLETIC DEPARTMENT

URINE 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 scholar-athlete will provide photo identification or a client representative will need to identify the scholar-athlete. The scholar-athlete will then print his or her name and arrival time on the Roster Sign-In Form.
3. The scholar-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 scholar-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 scholar-athlete will rinse his or her hands with water (no soap) and then dry their hands. Then the scholar-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 scholar-athlete will be responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to scholar-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 scholar-athlete must remain in the collection room until the sample is completed. During this period, the scholar-athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the scholar-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 scholar-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 scholar-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 scholar-athlete with the institutional collector observing. The scholar-athlete must remain in the collection room until another specimen is provided. The student athlete will provide another specimen.



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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 scholar-athlete's sample is inadequate for analysis, at the client's discretion, another sample may be collected.
16. If a scholar-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the institutional collector will collect another specimen from the scholar-athlete.
17. Once a specimen has been provided that meets the on-site specific gravity, the scholar-athlete will select a sample collection kit from a supply of such.
18. The specimen processor will open the kit, demonstrate to the scholar-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 scholar-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 scholar-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.



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Appendix G

Safe Harbor Program and Acknowledgment Form



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SAFE HARBOR PROGRAM

A scholar-athlete eligible for the Safe Harbor Program may refer himself/ herself for voluntary evaluation, testing and treatment for alcohol or drug problems. A scholar-athlete is not eligible to enter the Safe Harbor Program:

1. More than one (1) time;
2. After he/she has been informed of an impending drug test;
3. After documentation of a positive drug test; or
4. Thirty (30) days prior to NCAA or Conference postseason competition.

Davidson College will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The scholar-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 sanctions except those listed in this section (i.e. the team physician may suspend the student from play or practice if medically indicated). A scholar-athlete 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.

If a scholar-athlete is determined to have new banned substance use and/or alcohol use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor Program treatment plan, the scholar-athlete will be removed from the Safe Harbor Program and be subject to appropriate disciplinary actions as detailed in the Davidson College Department of Athletics Drug Testing Policy and Procedures. Entering the Safe Harbor Program will be treated as one of the disciplinary action phases and any positive test indicating new banned substance use and/or alcohol use after the initial Safe Harbor Program test will be treated as the next subsequent positive.

While in compliance with the Safe Harbor Program treatment plan, the scholar-athlete will not be included in the list of students eligible for random drug testing by Davidson College. Students in the Safe Harbor Program may be selected for drug testing by the NCAA.

The Director of Athletics, Team Physician, Head Athletic Trainer, and the scholar-athlete's Head Coach may be informed of the scholar-athlete's participation in the Safe Harbor Program. The athletic trainer assigned to the scholar-athlete's sport may also be notified if medically appropriate. The assistant coaching staff may also be informed at the discretion of the Head Coach. Other University employees may be informed only the extent necessary for the implementation of this policy.



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Policy and Procedures Acknowledgement Form

I _____ understand that, according to the
Scholar-athlete Name

Davidson College’s Department of Intercollegiate Athletics Substance Abuse Policy and Procedures, I may self-refer into the Safe Harbor Program once during my intercollegiate athletic career for voluntary evaluation and counseling.

I further understand that I am not eligible for the Safe Harbor Program after being informed of an impending test, after having received notification of a positive institutional test or NCAA drug test, or thirty (30) days prior to NCAA or Conference post-season competition.

Davidson College will work with me to provide a treatment plan which may include confidential impermissible substance testing. I will be furnished with a copy of the treatment plan and guidelines after an initial meeting with a substance abuse counselor to evaluate the extent of any of my substance use.

I understand that if I test positive for an impermissible substance upon entering the Safe Harbor Program, the initial test result will not result in any administrative sanction, but may be suspended from play or practice if medically warranted. I will be permitted to remain in the Safe Harbor Program for a reasonable period, not to exceed thirty (30) days, as determined by the treatment plan.

If I fail to comply with the treatment plan, I will be removed from the Safe Harbor Program and my initial Safe Harbor positive test will be treated as a first positive and subject to the sanctions as set forth in the policy. While in the Safe Harbor Program, I will not be included in the regular random testing program, but may be selected for drug testing by the NCAA. Upon successful completion of the Safe Harbor program, I will be subject to additional testing for one calendar year.

The Director of Intercollegiate Athletics, the Team Physician, the Head Athletic Trainer and my head coach or his/her designee will be informed of my participation in the Safe Harbor Program. My assistant coach(es) may be notified at the discretion of the head coach or designee. Other University employees may be informed only to the extent necessary for the implementation of this policy.

Signature: _____ Date: _____
(Scholar-athlete)

Signature: _____ Date: _____
(Director of Athletics/Designee)