

## **Roosevelt Athletics Drug Education and Testing Program**

The Roosevelt University Athletic Department is committed to the health and well being of its student-athletes. The use of illegal and banned substances and the misuse of legal dietary supplements, alcohol and tobacco threaten the overall health of a student-athlete, enhance risk of injury, affect academic performance and represent a danger to the integrity of intercollegiate competition and the mission of the athletic department.

To that end, Roosevelt University has implemented a drug education and testing program in an effort to make student-athletes aware of the dangers of drug use and abuse, and to enforce non-use through sanctions and penalties. This program has been approved by Roosevelt University and the athletic department reserves the right to amend this program as needed. Student-athletes will receive any updates made to the policy and procedures within the program.

### **Education**

The Roosevelt Athletic Department will educate its student-athletes, coaches and staff on the dangers of drug use and abuse. The department will provide all parties with the most up-to-date information on health issues concerning student-athletes, the problems associated with substance use in athletic competition, and substances and supplements banned by the NCAA and NAIA. The department will hold each semester a seminar on a topic related to drug education. Attendance by student-athletes will be mandatory. The department will look for guidance from the Student-Athlete Advisory Committee (SAAC) for topics, as well as other areas of concern, regarding drug education that need to be addressed.

### **Testing Policy**

The Roosevelt Athletic Department will conduct random drug screenings of student-athletes throughout the year, testing for use of illegal drugs and banned substances. Conditional to participation in any team related activities, including weight training, practice and competition, a student-athlete will be required to sign a consent form giving the athletic department permission to test for banned substances. The Head Athletic Trainer will serve as the administrative liaison for all drug testing protocol, including the collection and archiving of all consent forms.

### **Testing Procedure**

Participants will be randomly chosen from eligibility rosters and will submit urine specimens to be analyzed by an independent drug testing laboratory. Testing may be announced or unannounced and may occur at any time between August and June. Testing will include a random sampling from every team within the department. Should a team advanced to NAIA postseason competition, the team is subject to pre-screening prior to leaving for the event.

There will be no maximum number of times a student-athlete may be tested during a year or during his or her athletic career. In the result of a positive test, the student-athlete will be placed on an active list that will result in more frequent testing.

The Head Athletic Trainer will coordinate the tests and will let the head coaches know of chosen student-athletes within their specific sport. It is the duty of the head coach to notify the student-athlete that he or she has been selected for testing and the time and location where the test will be conducted. Any missed test will be counted as a positive test, unless special arrangements are made with the Head Athletic Trainer, and student-athletes will not be allowed to participate in any team activities until a test is submitted. Proper identification (student ID or state issued picture identification) will be needed for all tests.

### **Confidentiality**

The confidentiality of the information and any documents resulting from a student-athlete's participation in the testing program will be in accordance with the law. The drug testing results and records are subject to review by only the Head Athletic Trainer, Team Physician, Athletic Director, the student-athlete and his or her parents. All results, records and documentation will remain in the control of the Head Athletic Trainer.

### **Refusal to Participate**

A refusal by a student-athlete to submit to a test when selected will be considered a positive test and the student-athlete will be subject to the corresponding penalties and sanctions.

### **Grievance**

All student-athletes will be allowed the opportunity to meet with the Head Athletic Trainer and the Team Physician to explain a positive test result and any potential basis for a false positive test and the possibility of a need for a retest. The Head Athletic Trainer and Team Physician will make final determinations into the validity of any student-athlete grievance regarding a positive test.

### **Positive Results**

All test results will be cumulative over a student-athlete's entire career at Roosevelt University and the following actions will be taken as a result of a positive test. Student-athletes are reminded that violation of the alcohol or tobacco policy as previously stated in the handbook will count as a positive offense.

### **First Positive Offense**

- The following parties will be notified: Head Athletic Trainer, Team Physician, Director of Intercollegiate Athletics, Head Coach, Student-athlete.
- A private meeting is conducted between the Head Athletic Trainer, Team Physician and the Student-Athlete to discuss the positive test.
  - This meeting will take place within three (3) business days of the Student-Athlete being notified of a positive test.
- A meeting with the Head Coach, Student-Athlete and Head Athletic Trainer where the Student-Athlete will telephone in their presence his parent(s) or legal guardian(s) to inform them of the violation and the reason for the positive test. This sanction may be waived if deemed appropriate by the Director of Intercollegiate Athletics.
  - This meeting will take place within five (5) business days of the Student-Athlete being notified of a positive test.
- The Student-Athlete will participate in substance abuse counseling.
- The Student-Athlete will be suspended from all team activities, including, but not limited to, team meetings, practice and competitions for seven (7) days starting the day after notification of a positive test. The Student-Athlete must have completed an initial counseling consultation during those seven days or he or she will not be allowed to return to team activities until the consultation is completed.
- The Student-Athlete will miss a minimum of one intercollegiate competition. If the violation happens in season and multiple competitions take place during the Student-Athlete's seven-day suspension then he or she will miss all competitions during that period. If the violation takes place outside of the team's 24-week schedule, he or she will miss the next scheduled week of activity (carrying over to the next season if necessary).
- The Student-Athlete is subject to being tested at any time for a 12-month period following a violation to ensure compliance.

### **Second Positive Test**

- The following parties will be notified: Head Athletic Trainer, Team Physician, Director of Intercollegiate Athletics, Head Coach, Student-Athlete.
- A private meeting is conducted between the Head Athletic Trainer, Team Physician and the Student-Athlete to discuss the positive test.
  - This meeting will take place within three (3) business days of the Student-Athlete being notified of a positive test.
- A meeting with the Head Coach, Student-Athlete and Head Athletic Trainer where the Student-Athlete will telephone in their presence his parent(s) or legal guardian(s) to inform them of the

violation and the reason for the positive test. This sanction may be waived if deemed appropriate by the Director of Intercollegiate Athletics.

- This meeting will take place within five (5) business days of the Student-Athlete being notified of a positive test.
- The Student-Athlete will participate in substance abuse counseling.
- The Student-Athlete will be suspended from all team activities, including, but not limited to, team meetings, practice and competitions for thirty (30) days, starting the day after notification.
- The Student-Athlete will miss a minimum of four intercollegiate competitions. If the violation happens in season and more than four competitions take place during the Student-Athlete's 30-day suspension then he or she will miss all competitions during that period. If the violation takes place outside of the team's 24-week schedule, he or she will miss the next scheduled 30 days of activity (carrying over to the next season if necessary).
- The Student-Athlete is subject to being tested at any time for a 12-month period following a violation to ensure compliance.

### **Third Positive Test**

- The following parties will be notified: Head Athletic Trainer, Team Physician, Athletic Director, Head Coach, Student-Athlete.
- A private meeting is conducted between the Head Athletic Trainer, Team Physician and the Student-Athlete to discuss the positive test.
  - This meeting will take place within three (3) business days of the Student-Athlete being notified of a positive test.
- A meeting with the Head Coach, Student-Athlete and Head Athletic trainer where the Student-Athlete will be notified that he or she has been removed from all further athletic participation for the remainder of their athletic career at Roosevelt University.

## **Banned Substances**

The NAIA follows the NCAA listing of banned substances.

The NCAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- 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:**

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

### **Nutritional/Dietary Supplements Warning**

Before consuming any nutritional/dietary supplement product, review the product and its label with the Head Athletic Trainer.

Dietary supplements 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.

It is your responsibility to check with the Head Athletic Trainer before using any substance.

## **Some Examples of NCAA Banned Substances in each class**

**NOTE:** *There is no complete list of banned drug examples. Check with the Head Athletic Trainer to review the label of any product, medication or supplement before you consume it.*

### **Stimulants:**

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

### **Anabolic Agents:**

Boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

### **Alcohol and Beta Blockers (banned for rifle only):**

Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

### **Diuretics and Other Masking Agents:**

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

### **Street Drugs:**

Heroin; marijuana; tetrahydrocannabinol (THC).

### **Peptide Hormones and Analogues:**

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

### **Anti-Estrogens:**

Anastrozole; clomiphene; tamoxifen; formestane; etc.

### **Beta-2 Agonists:**

Bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned.

**NOTE:** Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password ncaa1, ncaa2 or ncaa3.

### **Prescription Drugs**

Student-athletes who are taking prescription medication of any kind from a physician should register the details of use with the Head Athletic Trainer. The information could allow the department to determine the medical qualifications for a student-athlete to participate in a sport and is also possible that some prescription drugs may result in a positive drug test.