Department of Athletics
Drug Screening Program
Policies and Procedures

UMW
11/29/2017
I. Purpose

The University of Mary Washington department of Athletics recognizes the dangerous nature of illicit and harmful drugs. The Department of Athletics strongly believes that drugs and alcohol have a negative impact on the lives of student-athletes. These athletes are in a particularly high-risk population due to pressure to excel, high visibility, and their role as institutional representatives. This program is to support positive decision making, ensure all student athletes are committed to providing a drug free environment, and protect the reputation and integrity of the University of Mary Washington.

To monitor and prevent the use of drugs and alcohol among student-athletes, the Department of Athletics has developed a mandatory drug testing policy. This policy is designed to complement the drug screening program administered by the NCAA and is a condition of participation for all student-athletes.

II. Conditions of Eligibility

All student-athletes of the University of Mary Washington (UMW) must sign a NCAA form in which the student-athlete consents to be drug tested through the NCAA Drug Testing Program for the use of drugs and supplements prohibited by NCAA legislation. In addition, all UMW student-athletes and Team Sport Club Program participants must sign an institutional consent form to allow for drug screening and limited release of screening results, as set forth in procedures designed by the Department of Athletics, as a condition of eligibility.

III. Screening Procedures

Effective Spring 2015, the UMW Department of Athletics will conduct substance abuse screening in accordance with the accepted procedures set forth in this document. If selected as part of this screening, a student-athlete will be asked to take a urine test to detect the below drugs/drug classes at such times and places as directed by the Director of Athletics or designee. The drugs/drug classes to be tested for include:

- Alcohol (Ethanol)
- Amphetamines
- Barbiturates
- Benzodiazepines
- Cocaine
- Opiates
- Phencyclidine (PCP)
- THC (Marijuana)

For student-athletes with remaining athletic eligibility, screening will be conducted for all athletic teams and Team Sport Club Programs. This includes in and out of season sports. Unannounced screening may occur at any time during the academic calendar. The selection for screening will be based on random selection, a prior positive test, prior drug related problems, or requested by the head coach.

The REFUSAL to provide a sample will be considered a positive test and will include all of the sanctions of that positive level.
All urine samples for screening will be collected in compliance with the NCAA drug screening guidelines. Collected samples will remain under the constant supervision of a member of the Department of Athletics Staff or our drug testing partner. Identification information for each sample will remain under the constant supervision of the Athletics Department Staff. The UMW Department of Athletics bans the use of substances and methods that alter the integrity or validity of urine samples provided during drug screening. Examples of banned methods include catheterization, urine substitution, and tampering with, modification of, or renal excretion by the use of diuretics, probenecid, bromantan, or related compounds, and epitestosterone administration.

The results of the drug screening program will become a part of the student-athlete's record and are considered confidential. Records and other information shall remain in the confidential possession of the Director of Athletics, or designee, and may be released only with written consent from the student-athlete.

All drug screen results accumulate during the duration that the individual is a student-athlete at UMW.

Student-athletes should note a positive test for alcohol (ethanol) will be considered at the .08 level or higher.

**Medical Exceptions:**

Any prescription medication a student-athlete is taking should be on file with the Head Athletic Trainer and part of the student-athlete's medical record. Student-athletes will need to provide the name of the medication, dosage, prescribing physician and prescribing physician's contact information. This information must be provided prior to the administration of the drug screening test.

NOTE: The student-athlete may be required to submit additional information for prescription medications as part of the NCAA requirements for prescription drug exceptions and the NCAA Drug Testing Program.

**IV. Selection and Notification Procedures**

The methods of selection for drug testing could be unannounced and random, team testing, or reasonable suspicion screening. All student-athletes with remaining athletic eligibility will be subject to testing. The selection of individuals will be made through a random drawing of names from the team roster by the Director of Athletics or designee. A minimum of 10% of each Department of Athletics roster will be selected to include a minimum of 1 student-athlete from each team. In addition any Student Athlete who failed the previous drug test screening will be required to retest.

Safe Harbor/Voluntary Disclosure

A student athlete is eligible for the Safe Harbor program only once and only prior to notification of an impending drug test. A student athlete is not eligible after documentation of a positive drug test or 30 days prior to NCAA or conference post season competition. This program is designed to assist the student athlete who may believe they have a drug or alcohol problem. The University of Mary Washington will work with the student athlete to prepare a treatment plan.
which may include confidential drug testing. A student athlete may remain in the program for a reasonable amount of time as determined by the treatment plan. Student athlete will be subject to a drug test after 45 days of entering the safe harbor program.
V. Consequences of failure to participate in or cooperate with testing

1. If the student-athlete declines to execute the required individual consent form, eligibility to participate in intercollegiate athletics will be suspended.

2. If the student-athlete fails to appear at the designated time (more than 10 minutes late) and location for testing, he/she will be suspended from athletic participation for a minimum of one contest. This will be treated as a positive test result. However, a student athlete may test at the testing location as long as testing is still being conducted, or at AnyLabTest Now, 1135 Jefferson Davis Highway, Fredericksburg, VA 22401 within 24 hours at student athlete expense to fulfill the requirement of the drug test. If the drug test is positive all sanctions will be imposed.

3. Any student-athlete failing to sign the memorandum regarding notification of random selection shall be suspended from all athletic participation.

VI. Sanctions Following Positive Drug Screen Results

1st Positive

A. Director of Athletics notified

B. Director of Athletics will notify Head Coach

C. Additional drug screening whenever the Department of Athletics conducts random drug screening over the next twelve (12) months. Cost to be incurred by the student athlete.

D. Suspended immediately upon positive notification for 20% of the total number of countable traditional season contests. This includes suspension from all team activities. If the suspension of contests is not a whole number rounding will occur. Anything .4 and below will round down. Anything .5 and above will go to the next whole number.

E. The student-athlete will be required to have a counseling evaluation. If utilizing the Talley Center for Counseling Services (TCCS) at UMW, the scheduling of a drug assessment must be made within 1 week of the notification and will be completed in a timely manner, based on TCCS availability. The evaluation may also occur at an external agency. Recommendations from counseling services or any external agency will be forwarded to the Director of Athletics and the student-athlete must comply with the recommendations. The evaluation and any recommendation must be completed within a two-week period of the incident. The student-athlete is responsible for all costs incurred for these services.

F. Head Coach may administer additional sanctions with approval of the Director of Athletics

2nd Positive

A. Director of Athletics notified

B. Director of Athletics will notify Head Coach.
C. Additional drug screening whenever the Department of Athletics conducts random drug screening over the next twelve (12) months. Cost to be incurred by the student athlete.

D. Suspended immediately upon positive notification for 50% of the total number of countable traditional season contest. This includes suspension from all team activities. If the suspension of contests is not a whole number then rounding will occur. Anything .4 and below will round down, anything .5 and above will round to the next whole number.

E. The student-athlete will be required to have a counseling evaluation. If utilizing the Talley Center for Counseling Services (TCCS) at UMW, the scheduling of a drug assessment must be made within 1 week of the notification and will be completed in a timely manner, based on TCCS availability. The evaluation may also occur at an external agency. Recommendations from counseling services or any external agency will be forwarded to the Director of Athletics and the student-athlete must comply with the recommendations. The evaluation and any recommendation must be completed within a two-week period of the incident. The student-athlete is responsible for all costs incurred for these services.

F. Head Coach may administer additional sanctions with approval of the Director of Athletics.

3rd Positive
   A. Director of Athletics notified.
   
   B. Director of Athletics will notify Head Coach.
   
   C. Permanent termination of intercollegiate athletics participation at UMW.

NOTE TO MULTI-SPORT ATHLETES: Athletes that choose to participate in more than one intercollegiate sport at UMW will face sanctions with the sport currently in season, but the suspension will continue into the next sport season if necessary.
VII. **Administration of drug screening program and Collection Procedures**

1. Initial communication from Director of Athletics or designee as to proposed dates of testing for the semester via email. Director of Athletics or designee provides the drug testing staff with the number of students requested from each athletic team (i.e. 2 numbers between 1-15).

2. The drug testing staff utilizes [www.psychicscience.org](http://www.psychicscience.org) to select the random numbers that will determine which student athletes will be tested from each athletic team. These are emailed to the Director of Athletics or designee.

3. The names of the student athletes, their birthdates and testing times are then emailed to the drug testing staff for preparation.

4. Specimen cups bearing labels with the student athlete's name on them, drug result sheets, and check in sheets are prepared.

5. Staff will arrive at the Anderson Center 15 minutes prior to the first test time. Two members of the drug testing staff (one male and one female) are in the respective restrooms. A member of the athletic department administration will be present at the testing site.

6. The student-athlete will report to the specified location at the designated time in shorts and a t-shirt with 2 current photo ID card (Eagle One ID and/or driver’s license). A jacket and sweatpants may be worn over top shorts and t-shirts if the weather necessitates.

7. All prescription medications declared to the Head Athletic Trainer or designee. A member of the drug testing staff hands the specimen cup and sealed drug test (the drug test is a five-panel that tests for Cocaine, Opiates, Marijuana, Amphetamines and Phencyclidine.) to the student athlete. The student athlete is advised by the Head Athletic Trainer or designee NOT to open the test, keep it in plain sight, leave all personal belongings in the waiting room, and hand the test to the staff member upon entrance to the restroom.

8. The staff member(s) takes the unsealed drug test, hands the specimen cup to the student athlete, and the staff member(s) observe the individual (an observed collection is when the urine is actually seen leaving the body).

9. Prior to specimen collection, the student-athlete will be inspected to check for hidden or secreted tampering materials. Any and all pockets will be emptied prior to collection of the urine specimen.

10. Prior to specimen collection, the student-athlete will be inspected to check for hidden or secreted tampering materials. Any and all pockets will be emptied prior to collection of the urine specimen.
11. The student-athlete will be afforded the opportunity to wash his/her hands to eliminate possible adulterating or contaminating substances.

12. Date of collection, student-athlete’s name/ID number and collector’s initials should be written on the specimen bottle label.

13. The student-athlete will enter the specimen collection room (private restroom area) to produce the acceptable level/amount of urine (at least ½ full) needed for testing. Please note that the collection of a urine specimen for drug/banned substances testing is a “witnessed” procedure.

14. Any Lab Test Now Staff member will then accept the specimen from the student-athlete and immediately apply the temperature strip to the outside of the bottle. **Urine temperature should be measured within 4 minutes of collection and should read between 90-100 degrees Fahrenheit.

15. The specimen cup is handed to a member of the drug testing staff. At that time, the test is opened, place it briefly in the specimen, and then record the results on the test result sheet. The student athlete then leaves the restroom. The student athlete is not informed of the results at the time of testing.

16. Should a presumptive positive occur, a confirmation test can be performed at the discretion of the Athletic Department. The specimen will be held for 48 hours with the drug testing staff. If an appeal is noted the test would be sent to an off-site laboratory testing facility. (The definition of a presumptive positive is a result that could be reading positive due to a prescription medication.) A confirmation test would prove it is at a therapeutic versus abusive level.

17. Upon completion of all testing, the drug testing staff will depart, return to the lab, all the results will be entered into a secured portal and emailed to the Head Athletic Trainer or designee.
VIII. Appeal Process

Student-athletes who test positive under the terms of the UMW Department of Athletics Intercollegiate Athletics Drug Screening Program will be entitled to a meeting with the Director of Athletics or his/her designee prior to imposition of any sanction. Requests for such a hearing must be made in writing to the Director of Athletics within forty-eight (48) hours of notification of a positive test result. The student-athlete may have an advocate or other representative who is limited to advising. The student-athlete must present his or her own case. The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or other parties involved may request an extension of this time to the Director of Athletics, upon showing good cause.

These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the Director of Athletics or his/her designee will be final. An appeal may result in the administration of a second drug screening test to be conducted randomly at the Director of Athletics discretion.

In the case where the student-athlete feels he/she has received a “false positive” screen, he/she must notify the drug screen administrator immediately the desire to be re-tested. The student-athlete will then be provided instructions for further testing. The Director of Athletics will be notified of the results. The cost of this testing will be the responsibility of the student-athlete. If the test results from the 2nd test are found to be negative, the University will reimburse the student athlete the cost of the test.

IX. Referral Process

In the event of a positive screen, the student-athlete will be required to seek counseling and comply with any recommendations of the counselor. Part of the referral process will include signing a waiver and release of information that allows the Director of Athletics or his/her designee to contact parents/guardians and allows release of any treatment plan or recommendations to the Director of Athletics and parents/guardians. This waiver will also allow the Director of Athletics or his/her designee to monitor compliance with the treatment plan. Failure to comply with the recommendations of the counseling services office or external counseling agency will subject the student-athlete to suspension from the team for a period of time designated by the Director of Athletics.

X. Responsibility of the Student-Athlete

It is the responsibility of the student-athlete to read the UMW Drug Testing Policy prior to participation in athletics. If the student-athlete tests positive under the guidelines set forth in the Athletics Program Alcohol and Other Drug Policy and Procedures, it will be the student-athlete’s responsibility to pay for any services which are required by sanctions.

XI. Confidentiality

Each specimen will be identified at the testing laboratory by only a code number to protect the anonymity of the student athlete and shall be analyzed for the presence of drugs. The identification of each sample taken will be kept confidential by the Department of Athletics Staff. Only positive tests will be reported to the Director of Athletics. All athletes tested will be kept confidential.
Appendix

2017-18 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. Illicit Drugs.
7. Anti-Estrogens.

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:

2. Gene Doping
3. Local Anesthetics (under some conditions).
4. Manipulation of Urine Samples.
5. Beta-2 Agonists permitted only by prescription and inhalation (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements WARNING:

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

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility 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.
Some Examples of NCAA Banned Substances in Each Drug Class.

**THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.**

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

Stimulants:
- amphetamine (Adderall);
- caffeine (guarana);
- cocaine;
- ephedrine;
- methamphetamine;
- methylphenidate (Ritalin);
- synephrine (bitter orange);
- methylhexanamine (DMAA);
- “bath salts” (mephedrone);
- Octopamine;
- DMBA;
- phenethylamines (PEAs); etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetione):
- Androstenedione;
- boldenone;
- clenbuterol;
- DHEA (7-Keto);
- epi-trenbolone;
- testosterone;
- etiocholanolone;
- methasterone;
- methandienone;
- nandrolone;
- norandrostenedione;
- stanozolol;
- stenbolone;
- trenbolone;
- SARMS (ostarine, ligandrol, LGD-4033); etc.

Alcohol and Beta Blockers (banned for rifle only):
- alcohol;
- atenolol;
- metoprolol;
- nadolol;
- pindolol;
- propranolol;
- timolol; etc.

Diuretics (water pills) and Other Masking Agents:
- bumetanide;
- chlorothiazide;
- furosemide;
- hydrochlorothiazide;
- probenecid;
- spironolactone (canrenone);
- triamterene;
- trichlormethiazide; etc.

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

Peptide Hormones and Analogues:
- growth hormone (hGH);
- human chorionic gonadotropin (hCG);
- erythropoietin (EPO);
- IGF-1 (colostrum); etc.

Anti-Estrogens:
- anastrozole;
- tamoxifen;
- formestane;
- ATD, clomiphene;
- SERMS (nolvadex);
- Arimidex;
- clomid;
- evista;
- fulvestrant;
- aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc.

Beta-2 Agonists:
- bambuterol;
- formoterol;
- salbutamol;
- salmeterol;
- higenamine;
- norcoclaurine; etc.

*Any substance that is chemically related to one of the above classes, 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 Drug Free Sport AXIS, 877-202-0769 or www.drugfreesport.com/axis
- password ncaa1, ncaa2 or ncaa3.

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