

## **Drug-Testing Procedure and Consent**

The University is concerned with the physical well being of its students, including those who participate in intercollegiate athletics. While the misuse of drugs is a potential problem for all students, unique pressures and risks exist for student-athletes participating in intercollegiate athletics and their use of drugs will not be tolerated in accordance with appropriate NCAA and U.T./Martin policies and procedures.

### **Purpose**

The primary purposes of the drug education and testing policy and procedures for intercollegiate student-athletes are:

1. To employ education, testing and counseling TO DETER USE, and where deterrence is unsuccessful, to terminate participation in intercollegiate athletics;
2. To educate those students on the physiological and psychological dangers inherent in the misuse of drugs and alcohol;
3. To protect those students from the health related risks inherent in the misuse of drugs and alcohol;
4. To protect those students, and others with whom they compete, from potential injury as a result of the misuse of drugs and alcohol; and
5. To provide a testing program to identify student-athletes who are improperly using drugs or alcohol and to assist them, through education and counseling, before they injure themselves or others or become physiologically or psychologically dependent.

### **Banned Drugs**

1. Those medications and substances which are deemed to be either harmful to health or “performance enhancing” are banned under the terms of this policy. Specific substances involved are noted and updated annually in the N.C.A.A. Drug Testing/Education Programs Handbook (By Laws 31.2.3.1 and 31.2.3.1.1: Banned Drugs and Procedures).
2. Said list of banned drugs may be modified to comply with any change in Regulation 1, Section 7, Drugs of the Executive Regulations of the National collegiate Athletic Association.
3. Exceptions for utilization of diuretics may be made by the Team Physician for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug.

### **Drug Testing Procedure**

All University of Tennessee/Martin intercollegiate student-athletes may be tested for banned drugs. Testing will be accomplished by the analysis of urine specimens, or other recognized analytical procedures, obtained from the student at the direction of the Team Physician or Head Trainer. The testing procedure will ensure that the specimen being analyzed is identified with the appropriate student and that the purity of the sample is maintained. All specimens will be coded to ensure confidentiality. All chemical analyses will be conducted by a professional laboratory selected by the Team Physician, Head Trainer, and the University Office of Business Affairs.

### **Frequency of Testing**

1. All student-athletes MAY be tested at the time of their Pre-Participation Physical. This is the only drug test that will be announced prior to testing.
2. All student-athletes participating in post-season bowl games or NCAA Championships may be tested prior to their competition in their respective post-season event.

3. All student-athletes will be subject to random drug testing throughout the year.
4. All those student-athletes with previous positives will be subject to more frequent drug testing throughout the year.
5. An athlete can be tested whenever medically warranted.

### **Test Results**

#### **First Offense or Positive Drug Test-**

- 10 hrs of community services approved by the Head Coach, Head Athletic Trainer, Athletic Director.
- Complete drug counseling on campus.
- Coaches have the ability to increase the suspension, required community service hours, and/or amount of extra conditioning sessions.
- Any positive test will result in automatic testing at all scheduled test for a calendar year.

#### **Second Offense or Positive Drug Test-**

- Suspended for a minimum of 10% of scheduled contest. In the event, 10% of scheduled contests are not available; suspension will be carried to the next season.
- 20 hrs of community services approved by the Head Coach, Head Athletic Trainer, Athletic Director.
- Complete drug counseling on campus
- Coaches have the ability to increase the suspension, required community service hours, and/or amount of extra conditioning sessions.

#### **Third Offense or Positive Drug Test-**

- Suspended from all intercollegiate athletic activities and all athletic financial aid will be terminated.
- The student-athletes will be billed for the remainder of his/her athletic aid.

#### **Clean Slate:**

Any athlete with a prior positive drug test will be tested at all scheduled test for a calendar year. If the athlete test negative for a calendar year, all positive test will be expunged for his/her record.

**Drug Screening Protocol** – Urine specimen of the student-athlete will be obtained under the following guidelines:

1. All specimens will be take as:
  - a) first morning specimen, or
  - b) immediately following physical exercise.
2. All specimens will be collected by laboratory personnel and/or staff athletic trainer.
3. All NCAA rules against urine manipulation are applicable.
4. Specimen container will be handled by the student-athlete only. The student-athlete will select the container, seal the container, mark the seal, attach his or her ID number to the container and place the container in the device used to transport the specimen to the lab. All of this is under the supervision of laboratory personnel or staff athletic trainer to ensure proper chain of custody.

5. Transport of specimen – the laboratory courier or staff athletic trainer will transport the specimen bottles remains intact, and proper chain of custody is maintained.

#### **Definition of a Positive Test Result**

1. Testing of a student-athlete's specimen by professional laboratory yields a positive result of a substance banned by the NCAA. This positive result must be confirmed by the laboratory by use of gas chromatography/mass spectrometry (GC/MS).
2. Student-athlete is found guilty of violating the rules against urine manipulation.
3. Student-athlete is found guilty or admits guilt to a legal offense regarding controlled substances or alcohol. In particular using a controlled substance, possession of a controlled substance, or sale of a controlled substance. This does not include any student-athlete who voluntarily submits to drug or alcohol counseling prior to any involvement with legal authorities.
4. Student-athlete is proven to have used controlled substances. Use must be confirmed by signed affidavits and/or admission by student-athlete. Validity of proof to be determined by the Intercollegiate Athletics Director, Head Coach of the student-athlete's sport, the Team Physician, and the Athletic Trainer.
5. Student-athlete does not report for drug screening at the designated time for testing.
6. A positive test for marijuana within 30 days of a previously confirmed positive test for marijuana will be used for informational purposes only and not as a positive for further penalty unless the repeat test reveals an elevated level of THC concentration in the urine.

#### **Disposition of Positive Test Results**

1. All test results are returned by the testing lab directly to the Head Athletic Trainer
2. The Head Athletic Trainer will notify the following individuals of positive test results:
  - Designated substance abuse counselor
  - Student-Athlete
  - Intercollegiate Athletics Director
  - Head Coach of the athlete's sport
  - Assistant AD for Compliance

This notification may be either verbal or written.

#### **Pre-Bowl or NCAA Championship Drug Screening**

The NCAA will conduct Drug Screening on athletes involved in post-season bowl games and NCAA Championships. The University of Tennessee at Martin may test any or all participants in post-season competition prior to participation in this event. This is an Official Drug Screen of the University of Tennessee at Martin and the student-athlete is subject to all provisions of our Drug Screening policy. It is of the utmost importance that all of our athletes are "CLEAN" for these NCAA tests. Therefore, anyone testing positive may be withheld from post-season competition.

1. Drug Screens will be administered after qualification for post-season competition but prior to departure for post-season competition.
2. The student-athlete must declare all medication he or she is taking, including cold medicine and aspirin, prescription or non-prescription, prior to testing.
3. Any positive:
  - a) will be subject to the University of Tennessee at Martin Office of Intercollegiate Athletics policy.
  - b) Could result in disqualification from post-season competition.

### **NCAA Drug Screening**

1. Drug Screen will be administered anytime after qualification for post-season competition until one hour after competition. It may occur at anytime before, during or after competition.
2. Any positive:
  - a) If tested before competition, student-athlete is disqualified to compete and student-athlete loses one (1) year of eligibility.
  - b) If tested after competition, team may be disqualified and forfeit the competition and student-athlete is ineligible for one (1) year.
  - c) Subject to the University of Tennessee at Martin policy.

**IMPORTANT:** The student-athlete should not take anything unless approved by the Head Trainer or Team Physician, including such things as aspirin, ibuprofen, Tylenol, Naproxen, or cold medicine, whether by prescription or not, and whether given to your by a doctor other than the Team Physician or not.

### **Safe Haven Policy**

The University of Tennessee at Martin Athletic Department does offer the safe haven policy for those individuals that recognize a substance abuse problem and are interested in getting professional help.

1. The athlete must come to the Head Athletic Trainer and admit their substance abuse and be willing to following protocols.
2. Coaches **will not** be notified of athletes using the safe haven rule.
3. Athletes will be referred to professional drug counseling.
4. Admission to the safe haven will not be considered a positive test.
5. **The safe haven can only be used once.**
6. **Safe haven must be used prior to being selected for a UT Martin drug test.**
7. **Safe haven is available only for instructional test, not for NCAA drug testing.**

### **Education**

1. At the time of their initial enrollment and annually thereafter, intercollegiate student-athletes will be advised the purposes and procedures of the drug education and testing program.

### **Supervision and Evaluation**

The Drug Education and Screening Committee will have overall supervisory responsibility for this program. The committee will consist of: Head Athletic Trainer, Staff Athletic Trainers, Team Physicians, Intercollegiate Athletics Director, Assistant AD for Compliance, and the Senior Woman Administrator. The Drug Education and Screening Committee will make periodic evaluations of the program and make recommendations, if any, to the Executive Committee of the Athletics Board. The evaluation should include the effectiveness of the educational counseling program, peer counseling, procedural safeguards, testing procedures, and the list of chemicals tested.

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

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:

1. Blood Doping- The practice of blood doping (the intravenous injection of whole blood, packed redblood cells or blood substitutes) is prohibited and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.
2. Local Anesthetics- The Executive Committee will permit the limited use of local anesthetics under the following conditions: a) that procaine, xylocaine, carbocaine, or any other local anesthetic may be used, but not cocaine; b) that only local or topical injections can be used (i.e., intravenous injections are not permitted), and c) that use is medically justified only when permitting the athlete to continue the competition without risk to his or her health.
3. Manipulation of Urine Samples- The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of the urine samples provided during the NCAA drug testing. Examples of banned methods are catheterization, urine substitution, and/or tampering or modification of renal excretion by the use of diuretics, probenecid or related compounds, and epitestosterone administration.
4. Beta 2 Agonists- The use of beta 2 agonists is permitted is permitted by inhalation only.
5. Drug screening for select nonbanned substances may be conducted at NCAA championship and certified postseason football contests for nonpunitive purposes.