

Southwestern Oklahoma State University

Department of Athletics

Drug Education and Testing Program

Introduction

The Southwestern Oklahoma State University athletic administration and coaching staff expressly condemn the use of banned substances and the abuse of alcohol as their use may endanger the safety and health of the student-athlete. In an effort to address the problem of substance abuse, the Department of Athletics has instituted educational programs and a Substance Abuse Program for its student-athletes. The Head Athletic Trainer directs the Department's Drug Education and Testing Program.

Purpose

The purpose of the Department of Athletics drug program is twofold: (a) to prevent the use of banned substances by members of all SWOSU athletic teams, and (b) to detect and then to educate and to rehabilitate those team members who have engaged in the use of banned substances.

Implementation

At the beginning of the academic year, the Drug Education and Testing Program is presented to all student-athletes. At this time, each student-athlete is asked to sign a form acknowledging that he/she understands the department's expectations in this regard.

Screening Process

The Department of Athletics, through the use of an independent private testing firm, will screen members of all athletic teams for the presence of any or all banned substances.

NCAA Drug Testing

In addition to the above drug-testing program, all student-athletes are subject to drug testing by the NCAA year round and at championship events. If positive results are obtained for any drug banned by the NCAA, the Athletics Director, Compliance Officer, Head Athletic Trainer, and Head Coach are notified. This drug test is subject to the regular Athletic Department Drug Education and Testing Policy in addition to sanctions imposed by the NCAA.

Drug Testing and Collection Process

The drug-testing program involves urine collection on site by the NCAA Drug Testing Program and laboratory analyses for substances on a list of banned drugs developed by the NCAA Executive Committee. This list includes illegal drugs as well as many over-the-counter medications. In addition, the SWOSU Department of Athletics, through the use of an independent private testing firm, shall, from time to time, screen or test members of all athletic teams for the presence of banned drugs. All test results will be reported to the Director of Athletics. The Director of Athletics will notify the Head Coach of the sport in which the team member participates of any test with a positive result.

Drugs to be Tested

The testing list is comprised of drugs generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete as set forth. The list specifically includes psychomotor stimulants, central nervous system stimulants, anabolic steroids, street drugs, diuretics, as well as other drugs.

Ineligibility for Use of Banned Drugs

NCAA Bylaw 18.4.1.5 provides that a student-athlete who is found to have utilized a substance on the list of banned drugs shall be declared ineligible for further participation in postseason and regular-season competition during the time period ending one calendar year after the student-athlete's positive drug test. In addition, the student-athlete shall be charged with the loss of a minimum of the equivalent of one full season of competition in all sports if the student-athlete tests positive during his or her season of competition – i.e., the remainder of contests in the current season and contests in the subsequent season up to the period of time in which the student-athlete was declared ineligible during the previous year. The student-athlete shall remain ineligible until he or she retests negative in accordance with the testing methods authorized by the Executive Committee, and the student-athlete's eligibility is restored by the Academics/Eligibility/Compliance Cabinet. If the student-athlete tests positive a second time for the use of any drug, other than a "street drug" as defined in this section, he or she shall lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive for the use of a "street drug" after being restored to eligibility, he or she shall lose a minimum of one additional season of competition in all sports and also shall remain ineligible for regular-season and post season competition at least through the next calendar year. Bylaw 18.4.1.5 also provides that the Executive Committee shall adopt a list of banned drugs and authorize methods for drug testing of student-athletes on a year-round basis. In addition, as stated in Bylaw 18.4.1.5.1, a student-athlete who previously tested positive for performance-enhancing drugs as a result of tests administered by any other athletics organization and subsequently tests positive in accordance with the testing methods authorized by the Executive Committee, shall be subject to these ineligibility provisions. This list per Bylaw 31.2.3.1 is subject to change and the institution and student-athlete shall be held accountable for all banned drug classes on the current list.

NCAA Positive Test Result

If the NCAA tests you for the banned drugs listed in Bylaw 31.2.3.1 and you test positive, you will lose a season of competition in all sports if the season of competition has not yet begun for you. If the season of competition has begun, you will lose one full season of competition in all sports – i.e. remaining contests in the current season and contests in the following season up to the time that you were declared ineligible in the previous year.

Disciplinary Action for Violation

If Southwestern Oklahoma State University tests you for the banned drugs listed in Bylaw 31.2.3.1 and you test positive, the following procedures will be implemented.

Effects of Positive Test Results

A positive test result as determined by the testing agency shall constitute a violation of this policy. Failure to comply with the treatment requirements may also be considered a violation of this Policy.

First Violation

The first violation of this policy at any time while enrolled as a student-athlete at Southwestern Oklahoma State University shall result in notification of the Head Athletic Trainer, the Director of Athletics, the student-athlete, the student-athlete's parent(s) or legal guardian(s) of student-athlete under the age of twenty-one, his or her Head Coach, and the Team Physician for the purpose of securing additional assistance. The Team Physician will arrange for a preliminary chemical dependency evaluation. Based on the evaluation, the Team Physician and the Head Athletic Trainer will determine additional required assistance and treatment. The Team Physician will provide a notification of the rehabilitation plans to the student-athlete, student-athlete's parent(s) or guardian(s) of student-athlete under the age of twenty-one, the Head Athletic Trainer, and the Head Coach. The student-athlete may be required to seek professional medical assistance for the purpose of rehabilitation and prevention of further substance abuse. The student-athlete may be subject to weekly substance abuse tests for a period of not less than two semesters. Failure to participate in required evaluation and/or treatment shall result in the written notification to the student-athlete of the failure to comply and the terms and conditions that must be met by the student-athlete for compliance. Failure by the student-athlete to comply with the terms and conditions stated in the notice shall constitute a separate and distinct violation of the policy with the consequences as set forth in the second violation including suspension from the next competition.

Second Violation

The second violation of the policy at any time while enrolled as a student-athlete at Southwestern Oklahoma State University shall result in the notification of the Head Athletic Trainer, the Director of Athletics, the student-athlete, the student-athlete's parent(s) or legal guardian(s) of student-athlete under the age of twenty-one, his or her Head Coach, and the Team Physician for the purpose of securing additional assistance. The Team Physician will provide a notification of the rehabilitation plans to the student-athlete, the student-athlete's parent(s) or guardian(s) of student-athlete under the age of twenty-one, the Head Athletic Trainer, and the Head Coach. The student-athlete shall be required to obtain timely professional, rehabilitative medical assistance acceptable to the University to prevent further substance abuse. In addition, the student-athlete who receives a second violation shall be suspended from the next competition. The student-athlete may be subjected to weekly drug tests for a period of not less than two semesters. A failure by the student athlete to comply with the terms and conditions of the notice shall constitute a separate and distinct violation of the policy and include the consequences for a third violation, including expulsion of the student-athlete from the athletic program.

Third Violation

The third violation of the policy, at any time while enrolled as a student-athlete at Southwestern Oklahoma State University shall result in the expulsion of the student-athlete from the athletic program. The student-athlete's financial aid for the remainder of the academic year

or the renewal of financial aid from any ensuing academic year may be revoked. If the person who receives a third positive violation is living in athletic provided housing, he or she shall immediately be removed from housing. The student-athlete may be reinstated by the Director of Athletics only upon completion of a qualified drug rehabilitation program approved by the Director of Athletics. Reinstatement may be conditional upon continued participation in that program. The Head Athletic Trainer will notify the student-athlete, his or her parent(s) or legal guardian(s) of student-athlete under the age of twenty-one, and the Head Coach of the violation and its consequences.

Fourth Violation

The fourth violation is the same as the third violation without the possibility of reinstatement.

Failure to Appear/Refusal of Test

Failure to appear for a test or refusal to take a test shall be treated as a violation of the policy unless a valid verifiable excuse can be submitted.

Voluntary Evaluation (“Safe Harbor Program”)

1. Self-Referral: A student-athlete who has engaged in prohibited drug or alcohol use is encouraged to seek assistance from the athletic department of Southwestern Oklahoma State University by voluntarily disclosing his or her use. A student eligible for the Safe Harbor Program may refer himself or herself to the Safe Harbor Program for voluntary evaluation and counseling.

If the student-athlete seeks assistance prior to being identified as having violated this policy or prior to being notified that he or she must undergo screening, the impermissible use will not be deemed an offense for purposes of determining sanctions under this policy. A student-athlete will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference postseason competition.

2. Treatment Plan: Southwestern Oklahoma State University Athletic Department will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. If the student tests positive for a banned substance upon entering the Safe Harbor Program, that positive test will not result in any administrative sanction unless the student tests positive in a subsequent test or the student fails to comply with the treatment plan. (The team physician may suspend the student from play or practice, if medically indicated.) A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed 30 days, as determined by the treatment plan.

3. Removal from the Safe Harbor Program: Failing to complete the treatment recommended by the counselor, having a positive test for any banned substance after entering the Safe Harbor Program, or having a positive result on a reentry test will be deemed a Second Positive Result under this policy.

4. Safe Harbor Protection: While in compliance with the Safe Harbor Program treatment plan, the student will not be included in the list of students eligible for random drug testing by Southwestern Oklahoma State University Athletic Department. Students in the Safe Harbor Program, however, may be selected for drug testing by the NCAA or other organizations.

5. Confidentiality of the Safe Harbor Program: The Athletic Director, the Head Athletic Trainer, Head Coach of the student-athlete's sport, and if the student-athlete is under the age of twenty-one, the student's parents or guardians will be informed of the student's participation in the Safe Harbor Program. The team physician assigned to that sport may also be notified, if medically appropriate. The assistant coach(es) may also be informed at the discretion of the head coach. Other university employees may be informed only to the extent necessary for the implementation of this policy.

Note: These are Southwestern Oklahoma State University Department of Athletics policies. Student-athletes may also be subject to additional disciplinary action deemed necessary by the Head Coaches consistent with their team policies.

NCAA Banned Drugs

The following is a list of banned drug classes as outlined in Bylaw 31.2.3.1 of the NCAA regulations:

Stimulants:

Amiphenazole
Amphetamine
Bemigrade
Benzphetamine
Bromantan
Caffeine¹ (guarana)
Chlorphentermine
Cocaine
Cropropamide
Crothetamide
Crothetamide
Diethylpropin
Dimethylamphetamine
Doxapram
Ephedrine
(ephedra, ma huang)
Ethamivan
Ethylamphetamine
Fencamfamine
Meclofenoxate
Methamphetamine

Anabolic Agents:

Adnrostenediol
Androstenedione
Boldenone
Clostebol
Dehydrocholrmethyl-testosterone
Dehydroepiandrosterone (DHEA)
Dihydrotestosterone (DHT)
Dromostanolone
Epitrenbolone
Fluosymesterone
Gestrinone
Mesterolone
Methandienone
Methyltestosterone
Nandrolone

Substances Banned for Specific Sports:

Rifle:

Alcohol
Atenolol
Metoprolol
Nadolol

Methylenedioxy-methamphetamine
(MDMA, ecstasy)
Methylphenidate
Nikethamide
Octopamine
Pemoline
Pentetrazol
Phendimetrazine
Phenmetrazine
Phenylpropanolamine (ppa)
Picrotoxine
Pipradol
Prolintane
Strychnine
Synephrine (citrus aurantium, zhi shi, bitter orange)
and related compounds.
The following stimulants are not banned:
Phenylephrine
Pseudoephedrine

Norandrostenedione
Norethandrolone
Oxandrolone
Oxymesterone
Osymetholone
Stanozolol
Testosterone²
Tetrahydrogestrinone (THG)
Trenbolone
And related compounds

Other anabolic agents

Clenbuterol

Pindolol
Propranolol
Timolol
And related compounds

NCAA Banned Drugs (continued)

Diuretics and other Urine Manipulators:

Acetazolamide
Bendroflumethiazide
Benzthiazide
Bumetanide
Chlorothiazide
Chlorthalidone
Erhacrynic acid
Finasteride
Flumethiazide
Furosemide
Hydrochlorothiazide

Hydroflumethiazide
Methyclothiazide
Metolazone
Polythiazide
Probenecid
Spironolactone (canrenone)
Probenecid
Triamterene
Trichlormethiazide
And related compounds

Street Drugs:

Heroin
Marijuana

Tetrahydrocannabinol (THC)³

Peptide Hormones and Analogues:

Corticotrophin (ACTH)
Growth hormone (hGH, somatotrophin)
Human chorionic gonadotrophin (hCG)
Insulin like growth factor (IGF-1)
Luteinizing hormone (LH)
(all the respective releasing factors of the

**above mentioned substances also are
banned)**
Erythropoietin (EPO)
Darbepoetin
Sermorelin

Anti-Estrogens:

Anastrozole
Clomiphene

Tamoxifen
And related compounds

Definitions of positive depends on the following:

¹for caffeine-if the concentration in urine exceeds 15 micrograms/ml

²for testosterone-an adverse analytical finding (positive result) based on any reliable analytical method (e.g. IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

³for marijuana and THC-if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

**SOUTHWESTERN OKLAHOMA STATE UNIVERSITY
DEPARTMENT OF ATHLETICS**

**Drug Testing and Education Program
Consent and Authorization Agreement**

By my signature below, I acknowledge that I have been provided with a copy of the Southwestern Oklahoma State University Drug Testing and Education Program Policy. For and in consideration of my being permitted to participate in the intercollegiate athletics program at Southwestern Oklahoma State University, I hereby agree to abide by the principles and conditions of the drug testing program that has been adopted by SWOSU's Athletic Department.

As a participant in the intercollegiate athletics program, I agree to cooperate with the personnel of the Athletic Department in the collection of urine specimens at such time or times as may be determined by the Athletic Department and I understand that such specimens will be tested for the presence of certain mood-altering substances and performance enhancer. I specifically consent to have my urine collected and tested for such mood-altering substances and performance enhancers pursuant to such program. I understand that under state law (63 O.S. Sec. 7002) it is a crime to substitute, spike, or adulterate a urine specimen with the intent to defraud or cause deceitful results in a urine screening test.

I further agree that SWOSU may, in its sole discretion, determine what tests are to be conducted upon my urine specimen, the substances to be tested for and the person or persons to perform the appropriate testing procedures. The results of such test may be provided to such University personnel or consultants as selected by the University for interpretation and evaluation and I hereby consent to University release of the test results of my urine specimen, along with any medical report, evaluation, opinion and recommendation to my parents, spouse, or legal guardian (if under the age of twenty-one), the Director of Athletics, the Head Athletic Trainer, and the Head Coach of the sport(s) in which I may be a participant. My execution of this form shall be a consent for the release of such information under the Family Educational Rights and Privacy Act of 1974 (20 U.S.C.A Sec. 1232g), and I further hereby release SWOSU, Regents of the Regional University System of Oklahoma, and the University's and Regents' officers, employees and agents from any and all liability for all damages that may result from the authorized release of such information or records.

Printed Name of Student-Athlete

Sport

Signature of Student-Athlete

Date

Signature of Parent/Guardian (if under 18)

Date