THE UNIVERSITY OF TEXAS AT DALLAS

ATHLETIC DEPARTMENT

DRUG EDUCATION & DRUG TESTING POLICY

Revised July 20, 2015
THE UNIVERSITY OF TEXAS AT DALLAS ATHLETIC DEPARTMENT
DRUG EDUCATION & DRUG TESTING POLICY

PHILOSOPHY
The Athletic Department, NCAA, and the American Southwest Conference believe in the promotion of good physical health and safety of all student-athletes. There is a commitment to developing and maintaining a drug and alcohol free environment, including, but not limited to alcohol, street drugs, performance enhancing drugs (PED’s), and all tobacco use. As a consequence, the Athletic Department’s Substance Abuse and Education Program will consist of a two-fold process: (1) student-athlete education, and (2) year-round illegal drug and substance abuse testing. The purpose of the educational program is to assist student-athletes by insuring that they are well informed about illegal drugs, dietary supplements, and the abuse of legal drugs. The educational program further attempts to promote a healthy student-athlete lifestyle as well as create a fair competitive environment. The purpose of the year-round drug and substance abuse testing program is to discourage the use of illegal drugs, and abuse of legal drugs and dietary supplements by student-athletes through a screening program based on periodic testing designed to identify those who use any substance banned by The University of Texas at Dallas (UTD), the American Southwest Conference (ASC), and/or the NCAA. Student-Athletes are assured that the program is designed to insure their continued mental and physical well-being.

This policy is not to be construed as a contract between the institution and the student-athletes at The University of Texas at Dallas. However, signed consent and notification forms shall be considered affirmation of the student-athlete’s agreement to the terms and conditions in this policy.

The University of Texas at Dallas reserves the right to amend this policy at any time, and this program is separate and distinct from the NCAA Drug-Testing Program.

OBJECTIVES
• To maintain the integrity of the intercollegiate athletics program by emphasizing abstinence from the use of unauthorized drugs, tobacco and alcohol
• To educate student-athletes as to the physical, psychological, social and legal ramifications of illegal use of drugs, alcohol, tobacco and/or performance enhancement chemicals
• To provide an early detection protocol for potential drug and/or alcohol use, as well as recreational and addictive drugs and/or alcohol use
• To recommend rehabilitation and counseling services for any student-athlete who may have a drug or alcohol problem; and
• To abide by all University, Conference, and NCAA policies and procedures.

STAFF RESPONSIBILITY:
All athletic department staff members must be versed in and committed to the athletic department’s drug education and testing program. In that regard, no athletic department staff member will encourage, condone or advise any student-athlete in the use of performance enhancing, non therapeutic drugs, alcohol, tobacco or recreational drugs. Further, they will not issue or assist the student-athlete in obtaining any performance enhancing/non-therapeutic drugs. Additionally, athletic department staff members must actively educate student-athletes against these types of substances and report the use, suspected use or concern to the director of athletics. (Please see the Drug Testing Reasonable Suspicion Reporting Form (Appendix A). All athletic department staff members will direct any student-athlete who desires to use supplements to the Head Athletic Trainer for clearance. Any athletic department staff member found to be in violation of this policy is subject to discipline and/or dismissal.

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I. STUDENT-ATHLETE NOTIFICATION AND EDUCATION:

1.1 All student-athletes will be notified of the Substance Abuse and Education program by the head athletic trainer, head coach, drug-site testing coordinator, or the designate of the Athletic Director. In compliance with the NCAA Constitution 3.2.4.6 and Bylaws 14.1.4 and 30.5, all student-athletes will be required to annually sign a drug testing consent form and institutional consent statement for both NCAA drug testing and UTD drug testing. Parental/Guardian signature will be required for student-athletes under the age of 18.

1.1.1 The University of Texas at Dallas Department of Athletics Drug/Alcohol Education & Testing Program Student-Athlete Consent Form (Appendix B) All student-athletes will sign this form annually.

1.1.2 Annually, all students will be provided with a list of the NCAA Banned Drugs, Procedures Subject to Restrictions, and the NCAA Nutritional/Dietary Supplements Warning. (Appendix C) at their individual team meetings. If a student-athlete is not present at his/her team meeting, the Head Athletic Trainer will provide that information to him/her. This information can also be found on the athletic department website, and is posted outside of the athletic training room.

1.1.3 Drug Testing may include but is not limited to those substances as outlined in the NCAA Banned Drug Classes List (Appendix C). The University of Texas at Dallas Athletic Department will adopt this list as substances that may be tested for under it’s Drug Education and Drug Testing Policy.

1.1.3.1 Alcohol, tobacco products, performance-enhancing substances, and any synthetic variations of these products or those listed on the NCAA Banned Drug Classes List will also be added to the above list of substances that may be tested for.

1.1.4 Student-athletes may consult the NCAA Sports Science Institute website (www.ncaa.org) and the Resource Exchange Center (REC) website (www.drugfreesport.com/rec) for additional information on banned substances, dietary supplements and educational materials to protect their health.

1.1.4.1 Resource Exchange Center Login: Click on the NCAA logo, select “NCAA Division III” as the organization, and enter “ncaa3” as the password. Then click on the “log-in” button.

1.2 All student-athletes will be asked to participate in a minimum of one informative educational seminar each academic year concerning the harmful effects of drugs and illegal substances. Student-athletes will be provided a forum to ask questions and be provided the most readily available information.

1.3 Student-athletes who test positive for “banned substance” and who are determined by the Athletic Department to be in need of further education or counseling for drug and/or substance abuse will be encouraged by the Athletic Department to visit on-campus professionals to address these issues. All requests for counseling will be referred to the Counseling Center for initial evaluation. Requests for counseling will be made after the athletic director and/or head coach has visited with the student-athlete and determined a need for counseling.

1.4 It is recommended that Potential Student-Athletes (PSA’s) to The University of Texas at Dallas should review this policy during their recruiting period. It can be located on the Athletic Department website. Any questions by PSA’s should be directed to the Head Athletic Trainer for The University of Texas at Dallas.
II. NCAA DRUG TESTING PROGRAM

2.1 NCAA DRUG AND SUBSTANCE ABUSE TESTING

2.1.1 According to NCAA Bylaw 18.4.1.5, “a student-athlete who is found to have utilized a substance on the list of banned drugs, as set forth in 31.2.3.1, shall be declared ineligible for further participation in post-season and regular-season competition in accordance with the eligibility provisions in 18.4.1.5.1.” Bylaw 31.2.3 provides for penalties for repeat positive tests, and further states that the student-athlete will remain ineligible until a negative test is produced.

2.1.2 The NCAA is responsible for all aspects of its drug testing to include medical code, organization, causes for loss of eligibility, student-athlete selection, notification, specimen collection, chain of custody, notification, appeal process, and restoration of eligibility. A complete copy of the guidelines for these procedures is available from the Athletic Department and on the NCAA website at www.ncaa.org.

2.1.3 The Associate Athletic Director for Student Services / Head Athletic Trainer will serve as NCAA Drug Testing Site Coordinator for all NCAA year-round substance abuse testing conducted on-campus.

2.1.4 In the event of a NCAA positive drug test, the Director of Athletics, Senior Women’s Administrator/Assistant Athletics Director for Compliance, and NCAA Drug Testing Site Coordinator will be notified.

2.1.5 Student-athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a urine sample according to protocol, or attempt to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance.

2.1.6 The NCAA conducts testing at its NCAA Championship events. A random selection is made by the NCAA on who is to be selected from each team for drug testing.

2.1.7 The student-athlete’s eligibility is conditioned upon his or her signing an NCAA drug testing consent form.

2.1.8 An NCAA positive drug test will count as a positive UTD drug test.

2.1.9 All NCAA drug testing information is available upon request by all student-athletes and coaches. An NCAA Drug Testing Program Manual and video is available in the Athletic Training Room and the Athletic Director’s office.
III. INSTITUTIONAL DRUG AND SUBSTANCE ABUSE TESTING

3.1 METHODS FOR SELECTION

3.1.1 Drug Testing
The Athletic Department will conduct random institutional drug testing of all athletic teams in addition to testing by the NCAA. Throughout the year, a random sampling of all student-athletes from each sport will be taken for institutional drug testing. The Drug Testing Site Coordinator is responsible for submitting all institutional drug-testing reports to the Athletic Director and Senior Women’s Administrator/Assistant Athletic Director.

3.1.2 Student-Athletes Eligible for Drug Testing
The student-athletes who are eligible for drug testing can include, but is not limited to, any student-athlete listed on the NCAA or institutional squad list, which includes those who are actively participating, those with medical disabilities, and medical hardship student-athletes.

3.1.3 Notification for Drug Testing
The Drug Testing Site Coordinator or Athletic Department Designee will give those student-athletes selected for drug testing notice either by phone call or direct contact. Notification will occur no more than 24 hours prior to the test.

3.1.3.1 Student-Athlete Notification Form (Appendix D)
Upon notification of selection for drug testing, the student-athlete will have to meet with the Drug Testing Site Coordinator to complete the Student-Athlete Notification Form. At this time a copy of the Collection Guidelines (Appendix E) and Information Sheet (Appendix H) will also be provided to the student-athlete and gone over with him/her.

3.1.4 Pre-Season Screening
Student-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 their first competition.

3.1.5 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 student-athletes at any time within thirty (30) days prior to the post-season competition. If a student-athlete tests positive, he or she will not be allowed to compete at the post-season event and will be subject to sanctions herein.

3.1.6 Re-entry Testing
A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as a result of a drug and/or alcohol violation may be required to undergo re-entry drug and/or alcohol testing prior to regaining eligibility. The Director of Athletics or his/her designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete’s case indicates that re-entry into the intercollegiate sports program is appropriate.

3.1.7 Follow-up Testing
A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject of 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 student-athlete’s case.

3.1.8 Reasonable Suspicion Testing
Nothing in this policy shall prevent or limit The University of Texas at Dallas’ right to require a student-athlete to submit to testing when there is cause to do so. For purposes of this section, “cause” shall be defined as behavior, conduct, or performance by the student-athlete which leads the University to conclude that there is the likelihood that the student-athlete is taking or is under the influence of illegal drugs, banned substances, alcohol, or tobacco.

3.1.8.1 Among the indicators that may be used in evaluating a student-athlete’s behavior, conduct, or performance, reasonable suspicion would be based upon:

3.1.8.1.1 Class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, changes in physical appearance, academic/athletic motivational level, emotional condition, mood changes, and legal involvement.
3.1.10 Substances Tested
Testing of the sample is intended to detect and/or identify the following substances: tetrahydrocannabinol (marijuana), cocaine metabolites, phencyclidine (PCP), ecstasy (MDMA), amphetamines, methamphetamines, and opiate metabolites. Due to advances in research and technology, other substances may be tested; The University of Texas at Dallas reserves the right to test for them at any time.

3.1.11 Reporting Results
Upon certification of the results by the certified laboratory, the Drug Site Testing Coordinator / Head Athletic Trainer will be notified via secured email of the test results conducted on the samples provided by the student-athletes.

3.1.11.1 Reporting of a Positive Drug Test - The Head Athletic Trainer will review the positive test results with consultation from the Team Physician to see if there is an acceptable explanation for the positive test(s). The Drug Testing Site Coordinator / Head Athletic Trainer will then notify the Athletic Director and Senior Women’s Administrator/Assistant Athletic Director of positive test results. The Athletic Director will have a meeting with the Head Coach and the student-athlete where the results will be discussed. The Dean of Students for the University may also be informed of all positive drug tests, and the student-athlete may be subject to any additional disciplinary from that office. All test results will be managed to maintain a high level of confidentiality.

3.1.12 All test results accumulate during the entire time that an individual is a student-athlete at The University of Texas at Dallas.
3.2 EFFECTS OF A POSITIVE TEST

<table>
<thead>
<tr>
<th>Offenses</th>
<th>Disciplinary Action</th>
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| 1st offense| • Student-athlete will be encouraged to visit the Counseling Center for initial evaluation & potential rehabilitation regarding drug use and abuse.  
• Student-athlete suspended for the first 15% of scheduled in-season competition (exhibition games will be excluded). Loss of competition imposed will carry over to post-season games & the following year if needed.  
• Subject to additional follow-up testing |
| 2nd offense| • Student-athlete will be encouraged to visit the Counseling Center for initial evaluation & potential rehabilitation regarding drug use and abuse.  
• Student-athlete suspended for the first 35% of scheduled in-season competition (exhibition games will be excluded). Loss of competition imposed will carry over to post-season games & the following year if needed.  
• Student-athlete will not be allowed to practice or participate in any team-related activities  
• Subject to additional follow-up testing |
| 3rd offense| • Student-athlete will be suspended indefinitely, and disallowed from ever returning as a participant in any Athletic Department-sponsored activity. |

3.2.1 The Athletic Director or designee shall notify the student-athlete and the head coach of a positive test result for the purpose of securing assistance in the prevention of further drug use by the student-athlete.

3.2.1.1 If the student-athlete who tests positive is a minor, the Athletic Director or his/her designee will notify his/her parents of the positive drug test. This notification may occur in the presence of the minor student-athlete if he/she wishes.

3.2.2 A student-athlete with a positive test result will be encouraged to visit the UTD counseling center for initial evaluation and potential rehabilitation regarding drug use and abuse. The counseling center will determine the educational content and duration for this program.

3.2.3 The student-athlete may be withheld from practice if deemed necessary based on the student-athlete’s health status as the drugs taken affect it. The Drug Testing Site Coordinator/Head Athletic Trainer, Team Physician and Athletic Director will determine this decision.

3.2.4 The student-athlete will be required to provide a negative drug test prior to being reinstated to competition. A student-athlete who tests positive may be subject to additional follow-up testing over the student-athlete’s athletic career. Any loss of competition imposed will carry over into post-season games & the following year if it is not possible to complete the sanction in the current year. Furthermore, a student-athlete who tests positive in the non-traditional season (e.g. April for football) would be suspended at the start of the traditional season of competition.
3.2.5 In the case of a student-athlete who is injured/ill and has a positive drug test, resulting in any loss of competition: Any loss of competition will begin once the student-athlete is finally cleared by the treating physician to resume all sport-related activity without restrictions.

3.2.6 If the student-athlete provides a third positive specimen, that student-athlete will be disallowed from ever returning as a participant in any Athletic Department-sponsored activity.

3.2.7 Multi-Sport Athletes
For any student-athlete who participates in multiple sports, and who tests positive, all disciplinary action will apply to both sports in which the student-athlete participates (i.e. – A student-athlete participates in both men’s soccer and baseball, and has a first violation. The student-athlete will be suspended for 15% of the men’s soccer scheduled in-season competition, and will also be suspended for 15% of the baseball scheduled in-season competition, in addition to the other disciplinary action outlined above).

3.3 SAFE HARBOR PROGRAM

3.3.1 A student-athlete eligible for the Safe Harbor Program may refer himself/herself for voluntary evaluation, testing and treatment for alcohol or drug problems. A student-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.

3.3.2 The University of Texas at Dallas will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-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 student-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.

3.3.3 If a student-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 student-athlete will be removed from the Safe Harbor Program and be subject to appropriate disciplinary actions as detailed in The University of Texas at Dallas 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.

3.3.4 While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by The University of Texas at Dallas. 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 student-athlete’s Head Coach may be informed of the student-athlete’s participation in the Safe Harbor Program. The athletic trainer assigned to the student-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.

3.3.5 Safe Harbor Policy and Procedures Acknowledgment Form (Appendix F)

3.4 OTHER DEFINITIONS OF A POSITIVE DRUG TEST
Student-athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a urine sample according to protocol, fail to provide a urine sample within 4 hours of arrival to the collection station, leave the collection station before providing a specimen according to protocol, or attempt to alter the integrity or validity of the urine specimen and/or collection process will be treated as if they provided a positive urine specimen for a banned substance.

3.5 APPEALS PROCESS

3.5.1 Student-athletes who test positive for a banned substance by the laboratory retained by the institution may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete’s request for additional testing of the sample, the Director of Athletics/designee will formally request the laboratory retained by The University of Texas at Dallas 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.

3.5.2 Student-athletes who test positive under the terms of this policy will be entitled to a hearing with the Director of Athletics or his/her designee prior to the imposition of any sanction. Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics or his/her designee.

3.5.2.1 In order to maintain a sense of transparency in the process, in addition to the Director of Athletics, the hearing will also include, the Drug Site Testing Coordinator/Head Athletic Trainer, the Senior Women’s Administrator/Assistant Athletic Director, and a member of the institutional Athletics Advisory Committee. They may provide input to the Director of Athletics and make recommendations regarding sanctions.

3.5.2.2 The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case.

3.5.2.3 The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or the other parties involved may request an extension of time to the Director of Athletics, who will consider whether to grant the extension upon a showing of good cause.

3.5.2.4 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 regarding the sanction to be imposed shall be final.

3.5.3 The student-athlete may not attend any kind of workout sessions, practices, competitions, and/or team-related activity while the appeal is being adjudicated.

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3.6 **INSTITUTIONAL DRUG TESTING RECORD KEEPING**

The Drug Testing Site Coordinator and Senior Women’s Administrator/Assistant Athletic Director will keep records on the number of student-athletes tested and the results of the tests. These results are kept confidential to the extent allowed by applicable state and federal laws, related rules and regulations. Results will be compared with previous years’ results to determine the effectiveness of the substance abuse and education program.

3.7 **DIETARY SUPPLEMENTS**

Dietary supplements have become commonplace in athletics since the passage of the Dietary Supplements Health and Education Act in 1994. Deceptive marketing by supplement manufacturers and supplement distributors have led student-athletes to believe that a product with the word “all natural” on the label is safe.

3.7.1 The University of Texas at Dallas and its staff members in no way condone the use of dietary supplements by any student-athlete.

3.7.2 Only a team physician may prescribe the use of a dietary supplement for the treatment of an athletic injury or illness, and will do so in consultation with the Head Athletic Trainer, and it be noted in the student-athlete’s file. The team physician and head athletic trainer will be responsible to ensure that the prescribed medication is not on the NCAA or institutional banned drug list.

3.7.3 It is vitally important that student-athletes are aware that there are many health risks and serious side effects, including death, associated with taking dietary supplements.

3.7.4 There is also a risk of testing positive for a banned substance that is not marked on a dietary supplement’s label.

3.7.5 **Student-Athlete Dietary Supplement Disclosure & Review Form (Appendix G)**

Each year, a student-athlete will be required to complete this supplement disclosure form and provide it to the athletic trainers of the University for review. Once reviewed by the athletic trainer, he/she will notify the student-athlete of the results.

3.8 **TOBACCO**

The University of Texas at Dallas supports the NCAA’s stance on the use of tobacco products as stated in NCAA Bylaw 17.1.6.3, “The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.”

3.8.1 The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use. (NCAA Bylaw 11.1.5)

3.9 **ALCOHOL AND DRUG-USE POLICY**

The University of Texas at Dallas Athletic Department does not condone the illegal or irresponsible use of alcohol or drugs. The university community is responsible for knowing the risks associated with alcohol or drug use and abuse. Student-athletes must be aware of relevant university policies and federal, state and local laws and conduct themselves in accordance with these applicable laws and policies. Student-athletes should be aware that possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of Texas law. In addition, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21.

If a student-athlete is convicted, pleads guilty to or admits responsibility for any of the following, the student-athlete will be regarded as having a positive drug test as set forth in the UTD Institutional Drug Education & Drug Testing Policy:
THE UNIVERSITY OF TEXAS AT DALLAS ATHLETIC DEPARTMENT
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1. Driving under the influence (DUI/DWI) or other motor vehicle violations involving alcohol or drugs,
2. Public intoxication,
3. Drunk and disorderly,
4. Other violations of federal, state, or local law and/or campus policies involving alcohol or drugs, including possession and/or use.

3.9.1 A student-athlete who is found in violation of The University of Texas at Dallas Student Code of Conduct for violations related to alcohol and drugs may be subject to those penalties as outlined above in section 3.2 (Effects of a Positive Test) in addition to any penalties set forth by the Dean of Students and/or the University.
THE UNIVERSITY OF TEXAS AT DALLAS

ATHLETIC DEPARTMENT

DRUG EDUCATION & DRUG TESTING POLICY

APPENDIX
APPENDIX A

The University of Texas at Dallas Department of Athletics
Drug Testing Reasonable Suspicion Reporting Form

I, _________________________________, under the reasonable suspicion clause that is
outed in The University of Texas at Dallas 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 Student-Athlete has shown:

____ irritability
____ loss of temper
____ poor motivation
____ failure to follow directions
____ verbal outburst (e.g. to faculty, staff, teammates)

____ physical outburst (e.g. throwing equipment)
____ emotional outburst (e.g. crying)
____ weight gain
____ weight loss
____ sloppy hygiene and/or appearance

The Student-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 Student-Athlete has demonstrated the following:

____ dilated pupils
____ constricted pupils
____ red eyes
____ smell of alcohol on the breath
____ smell of marijuana
____ staggering or difficulty walking
____ constantly running and/or red nose
____ recurrent bouts with a cold or the flu

(provide dates __________________ )
____ over stimulated or “hyper”
____ excessive talking
____ withdrawn and/or less communicative
____ periods of memory loss
____ slurred speech

____ recurrent motor vehicle accidents and/or
violations (provide dates ______________ )
APPENDIX A

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
The University of Texas at Dallas Department of Athletics
Drug/Alcohol Education & Testing Program
Student-Athlete Consent Form

I, ________________________________ , hereby acknowledge that I have received a copy of, read and been given the opportunity to ask questions regarding the Drug/Alcohol Education & Testing Program implemented for the Department of Intercollegiate Athletics at The University of Texas at Dallas. I understand the policies, procedures and my responsibilities as described in such policy.

As a condition to my participation in intercollegiate athletics at The University of Texas at Dallas, I consent to participate in the Drug/Alcohol Education & Testing Program. I understand that my participation in this program includes the collection and testing of my urine at various times during the year for drugs, alcohol, and/or other banned substances.

I further consent to the release of the results of any drug test to the Director of Athletics or his/her designee, Assistant Director of Athletics, my Head Coach, the Head Athletic Trainer and/or Assistant Athletic Trainers, Team Physician, Appeals Committee, the Dean of Students, and/or my parent(s) or guardian(s). I acknowledge and understand that a copy of this consent form may be sent to my parent(s) or guardian(s) along with a copy of the Drug/Alcohol Education & Testing Program. To the extent set forth in this document, I waive any privilege I may have in connection with such information.

I fully understand that The University of Texas at Dallas Drug/Alcohol Education & Testing Program is separate and distinct from the NCAA drug-testing program and its sanctions, however, I also understand that sanctions may be imposed by The University of Texas at Dallas under its Drug/Alcohol Education & Testing Program upon a positive result under the NCAA drug-testing program.

Notwithstanding anything to the contrary in the policy, I fully understand that the team physician may suspend me from competition and/or practice if credible evidence suggests that such competition and/or practice poses a health and safety risk to me, my teammates, and/or my competitors.

The University of Texas at Dallas, its officers, employees, and agents are hereby released from legal responsibility and/or liability for the release of any information and/or record as authorized by this consent form. I fully and forever release and discharge the aforementioned parties from any claims, demands, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from my participation in The University of Texas at Dallas’s Drug/Alcohol Education & Testing Program including those claims, demands, rights of action, or causes of action arising out of any positive result under such Drug/Alcohol Education & Testing Program.

Student-Athlete Signature ________________________________ Date ____________________________

Printed Name of Student-Athlete ________________________________ Date of Birth ____________________________

UTD ID# ________________________________ Sport(s) ________________________________

Parent/Guardian Signature (if a minor) ________________________________ Date ____________________________
2015-16 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

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:

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. Student-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.
Examples of NCAA Banned Substances in Each Drug Class

Note to Student-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; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, "bath salts" (methedrone); octopamine; DMBA; 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); 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](http://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](http://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.
The University of Texas at Dallas Drug and Alcohol Testing Program
Student-Athlete Notification Form

Student-Athlete: ____________________________________________

Student ID: __________________________ Sport: __________________________

Date of Notification: ________________ Time of Notification: _______ a.m./p.m.

I, ____________________________________________, the undersigned:

Student-Athlete

Acknowledging being notified to appear for institutional drug and alcohol testing and have been notified to report to the drug and alcohol testing station at:

________________________, on ______________________ at or before ___________ a.m./p.m

I will be prepared to provide an adequate urine specimen and will not over hydrate. I understand that providing numerous diluted specimens may be cause for follow-up drug testing.

I understand that I may have a witness accompany me to the drug and alcohol-testing site.

I understand that failure to appear at the site on or before the designated time will constitute a withdrawal of my previous consent to be tested as part of the Institutional Drug and Alcohol Testing Consent and will result in a penalty.

By signing below, I acknowledge being notified of my participation in institutional drug and alcohol testing, and I am aware of what is required of me in preparation for this drug and alcohol-testing event.

Signature: ___________________________ Date: ______________________

Student-Athlete

I can be reached at the following telephone number on test day: __________________________

Institutional Representative retain top portion of completed forms

---

The University of Texas at Dallas Drug and Alcohol Testing Program

Student-Athlete: ____________________________________________

Location of Test: __________________________ Date of Test: _______________ Report Time: _______

** Report To The Test Site with Picture Identification **

DO NOT DRINK TOO MANY FLUIDS
1. Only those persons authorized by the institution will be allowed in the collection room.

2. When arriving to the collection room, the student-athlete will provide photo identification or a client representative will need to identify the student-athlete. The student-athlete will then print his or her name and arrival time on the Roster Sign-In Form.

3. The student-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 student-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 student-athlete will rinse his or her hands with water (no soap) and then dry their hands. Then the student-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 student-athlete will be responsible for keeping the collection beaker closed and controlled.

7. Fluids and food given to student-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 student-athlete must remain in the collection room until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.

9. If the specimen is incomplete and the student-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 student-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 student-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 student-athlete with the institutional collector observing. The student-athlete must remain in the collection room until another specimen is provided. The student-athlete will provide another specimen.

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 student-athlete’s sample is inadequate for analysis, at the client’s discretion, another sample may be collected.
16. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the institutional collector will collect another specimen from the student-athlete.

17. Once a specimen has been provided that meets the on-site specific gravity, the student-athlete will select a sample collection kit from a supply of such.

18. The specimen processor will open the kit, demonstrate to the student-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 student-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 student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.
I ____________________________ understand that, according to the

The University of Texas at Dallas’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.

The University of Texas at Dallas 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 I 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: ________________
(Student-Athlete)

Signature: ____________________________  Date: ________________
(Director of Athletics/Designee)
APPENDIX G
The University of Texas at Dallas
Student-Athlete Dietary Supplement Disclosure & Review Form

I, ________________________________, acknowledge the risk of losing my eligibility to participate in intercollegiate athletics if I test positive for an NCAA or The University of Texas at Dallas banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are neither motivated nor qualified to accurately certify that these products contain no banned substances. “Healthy” or “naturally occurring” are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

Before taking or using any dietary supplement, I am responsible for ensuring the product does not contain any banned substance. By making this disclosure, I am requesting that these products and their ingredients by reviewed by The University of Texas at Dallas’s sports medicine staff for the purposes of determining whether they are medically safe to use and do not contain banned substances. I understand that I should not take or use these products until their usage has been reviewed by The University of Texas at Dallas’s sports medicine staff.

<table>
<thead>
<tr>
<th>Brand Name:</th>
<th>Listed Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(Athletic Trainer to review, circle banned substances and notify student-athlete.)</td>
</tr>
</tbody>
</table>

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________

Signatures:

Student-Athlete Signature ________________________ Date ____________
Athletic Trainer Signature ________________________ Date ____________
APPENDIX H

STUDENT-ATHLETE INFORMATION SHEET
THE UNIVERSITY OF TEXAS AT DALLAS
INSTITUTIONAL DRUG TESTING

This information sheet was designed to provide you with helpful tips to make this process a little easier.

1. **EAT A GOOD DINNER THE NIGHT BEFORE.** This will help ensure your urine is not dilute.
2. **Refrain from ANY fluids after 7:00 pm the night before if at all possible.**
   • Drinking excessive amounts of water can dilute your sample and it may not be accepted. *You will be required to provide an acceptable urine sample according to the guidelines before being allowed to leave the testing site.*
   • **DO NOT GO TO THE BATHROOM WHEN YOU WAKE UP. CLOSE THE LID ON YOUR TOILET, PLACE A TOWEL OVER IT, A STICKY NOTE OR ANYTHING THAT WILL REMIND YOU TO NOT GO TO THE BATHROOM PRIOR TO COMING TO THE DRUG TESTING SITE.** If you have to go to the bathroom prior to your scheduled time, come on over to the site and we will accommodate you.
3. Once you check in, you will be required to submit an accepted urine sample before you are allowed to leave the test site. *(i.e. You will NOT be allowed to leave and attend class.)*
4. You must be in shorts and t-shirt at the time of the test. **NO JACKETS OR HATS.** You may come in sweats but they will have to be removed when time to provide a sample.
5. There will be someone monitoring you while in the rest room providing sample.

**EFFECTS OF A POSITIVE TEST**

<table>
<thead>
<tr>
<th>Offenses</th>
<th>Disciplinary Action</th>
</tr>
</thead>
</table>
| **1st offense** | • Student-athlete will be encouraged to visit the Counseling Center for initial evaluation & potential rehabilitation regarding drug use and abuse.  
• Student-athlete suspended for the first 15% of scheduled in-season competition (exhibition games will be excluded). Loss of competition imposed will carry over to post-season games & the following year if needed.  
• Subject to additional follow-up testing  
• Team physician may remove from practice if deemed necessary. |
| **2nd offense** | • Student-athlete will be encouraged to visit the Counseling Center for initial evaluation & potential rehabilitation regarding drug use and abuse.  
• Student-athlete suspended for the first 35% of scheduled in-season competition (exhibition games will be excluded). Loss of competition imposed will carry over to post-season games & the following year if needed.  
• Student-athlete will not be allowed to practice or participate in any team-related activities  
• Subject to additional follow-up testing |
| **3rd offense** | • Student-athlete will be suspended indefinitely, and disallowed from ever returning as a participant in any Athletic Department-sponsored activity. |

** The above information is an overview for your reference. For further explanation on the collections procedure (please see attached sheets), and on The University of Texas at Dallas’ Athletic Department Drug Education & Drug Testing Policy, please visit the Sports Medicine section of the Athletic Department webpage at www.cometsports.utdallas.edu.