**Butler University**
**Athletic Department**
**Drug Testing Policy**
**For Student Athletes**

## Drug Testing and Educational Philosophy

The Butler University Athletic Department believes that the use of illegal sports performance and street drugs, the abuse of prescription drugs, and the use of dietary supplements are detrimental to both the mental and physical well being of student-athletes. Butler University has a drug testing program consisting of testing, education, rehabilitation and counseling intended to protect the health and welfare of all Butler University intercollegiate athletes. Amendments to these procedures may be issued with or without notice as deemed appropriate by University personnel. Nothing in these procedures shall be construed to create a contract between student athletes and Butler University. However, signed consent and notification forms shall be considered affirmance of the student-athletes agreement to the terms and conditions contained therein and to this policy and these procedures, and shall be legal contractual obligations of the student athletes. This policy is separate and distinct from the NCAA drug testing policy.

## Purpose of Drug Testing Program

The central purpose of the program is to protect student athletes from the detrimental effects of drug use/abuse. The drug testing program should discourage the use of drugs and illegal substances and appropriate intervention will take place should drugs or illegal substances be detected during a random drug test. Other specific goals of the comprehensive testing and education program are as follows:

1. Educate all individuals regarding the dangers of drug use.
2. Identify individuals through the drug testing program who may be involved with drug use.
3. Provide and follow through with confidential treatment/rehabilitation alternatives for those found to have used illegal drugs or substances.
4. Deterence of drug and alcohol use.
5. Develop a consistent set of sanctions set by the athletic department should an athlete test positive for illegal drugs or substances.
6. Promoting the positive role of Butler University student-athletes as representatives of the university on campus and in the larger local and national communities.

## Eligibility

All current student-athletes including red-shirts, medical red-shirts and student athletes who are academically ineligible will be subject to drug testing.

## Types of Drug Testing

1. **Team**
   A pre-determined number of student-athletes from each intercollegiate athletic team will be randomly selected to participate in the institutional drug testing program. Random testing will occur a minimum of once during each semester. Additional testing may occur if deemed appropriate by the Director of Athletics or Director of Sports Medicine.

2. **Reasonable Suspicion**
   Any student participating in the intercollegiate athletic program is subject to drug testing upon request if there is reasonable cause to believe that the student may be using banned substances. Circumstances which constitute reasonable cause include, but are not limited to, the following: current or past involvement with the criminal justice system for drug related activities, notification from the Department of Student Affairs of any report that includes the presence of drugs and/or drug paraphernalia, prior treatment for drug problems, admission of a current drug problem, prior positive test for any banned substances, physiological signs of possible impairment from drugs, or a pattern of aberrant behavior.

3. **Re-entry Testing**
   Any student athlete testing positive for an illegal substance will be subject to testing prior to release from administrative sanctions. This test must be negative prior to release.

4. **Follow–up Testing**
   Any athlete testing positive for an illegal substance will be subject to repeated random testing for one year from the time of the positive test.

## Notification Process

Usually, but not always, student-athletes will be notified of an impending drug test no earlier than the evening before a morning testing session. However, under this policy, no notice testing is permissible. The athlete will be required to complete a drug testing notification form acknowledging that he/she has been notified of the drug test and verifying the date and time of the test. The student athlete also acknowledges that failure or refusal to appear for the drug test will be considered a positive test and the appropriate disciplinary action will be taken. In addition, tardiness will not be tolerated and failure to appear within two hours of designated arrival time will be the considered a missed test. Notification of impending tests will be the responsibility of the Director of Medicine and his staff.

## Test Site

Drug testing will commonly be conducted in the Wildman Room in Hinkle Fieldhouse. In the case of no notice testing the tests may be conducted in any of the intercollegiate locker rooms utilized by student-athletes. The student-athlete will be given a time to report to the facility. A photo ID should be brought with the athlete to the drug testing site. The student-athlete will complete a form with the athletic training staff disclosing any and all medications (prescription and/or over the counter) and dietary supplements that he/she is taking. The student athlete will then be identified and begin the actual testing process.

**Banned Substances**

The following list of banned drug classes should serve as a guide to illegal substances. Keep in mind that these are banned drug classes and should not be considered a complete list of the exact names of drugs being sold in stores. Questions regarding the legality of a specific substance should be directed to the athletic training staff. **Ignorance of the legality of a substance is no excuse for a positive test!**

**NCAA Banned-Drug Classes**
**2004-2005**

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

**Bylaw 31.2.3.1 Banned Drugs**

The following is a list of banned-drug classes, with examples of substances under each class:

**(a) Stimulants:**

- amiphenazole
- amphetamine
- bemigride
- benzphetamine
- bromantan
- caffeine[1] (guarana)
- chlorphentermine
- cocaine
- cropropamide
- crothetamide
- diethylpropion
- dimethylamphetamine
- doxapram
- ephedrine (ephedra, ma huang)
- ethamivan
- ethylamphetamine
- fencamfamine
- meclofenoxate
- methamphetamine
- methylene-dioxymethamphetamine [MDMA (ecstasy)]
- methylphenidate
- nikethamide
- pemoline
- pentetrazol
- phendimetrazine
- phenmetrazine
- phentermine
- phenylephrine
- phenylpropanolamine (ppa)
- picrotoxine
- pipradol
- prolintane
- strychnine
- synephrine (citrus aurantium, zhi shi, bitter orange)
- and related compounds

**(b) Anabolic Agents:**

anabolic steroids

- androstenediol
- androstenedione
- boldenone
- clostebol
- dehydrochlormethyl-testosterone
- dehydroepiandrosterone (DHEA)
- dihydrotestosterone (DHT)
- dromostanolone
- fluoxymesterone
- gestrinone
- mesterolone
- methandienone
- methenolone
- methyltestosterone
- nandrolone
- norandrostenediol
- norandrostenedione
- norethandrolone
- oxandrolone
- oxymesterone
- oxymetholone
- stanozolol
- testosterone[2]
- tetrahydrogestrinone (THG)
- trenbolone
- and related compounds

other anabolic agents

- clenbuterol

**(c) Substances Banned for Specific Sports**
Rifle:

- alcohol
- atenolol
- metoprolol
- nadolol
- pindolol
- propranolol
- timolol
- and related compounds

**(d) Diuretics:**

- acetazolamide
- bendroflumethiazide
- benzthiazide
- bumetanide
- chlorothiazide
- chlorthalidone
- ethacrynic acid
- flumethiazide
- furosemide
- hydrochlorothiazide
- hydroflumethiazide
- methyclothiazide
- metolazone
- polythiazide
- quinethazone
- spironolactone
- triamterene
- trichlormethiazide
- and related compounds

**(e) Street Drugs:**

- heroin
- marijuana[3]
- THC (tetrahydrocannabinol)[3]

**(f) Peptide Hormones and Analogues**

- chorionic gonadotrophin (HCG-human chorionic gonadotrophin)
- corticotrophin (ACTH)
- growth hormone (HGH, somatotrophin)

All the respective releasing factors of the above-mentioned substances also are banned.

- erythropoietin (EPO)
- sermorelin

**(g) Definitions of positive depends on the following:**

[1] for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

[2] for testosterone—if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

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

**Supplement Policy Statement**
Butler University does not condone or recommend the use of nutritional/dietary supplements in any form. The NCAA shares this view and has issued a position statement that reads as follows:

> "Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information."

**Please check with a member of the Butler University Sports Medicine staff before taking any type of nutritional/dietary supplement!**

**Student-Athlete confidentiality**
Maintaining confidentiality and protection of the rights of the student-athlete is a critical factor in drug testing. Every effort must be made to protect the confidentiality of student-athletes under this policy, including those who test positive, undergo reasonable suspicion testing, or enter treatment programs. Under no circumstances will any Butler University personnel or anyone else associated with the drug testing program be permitted to discuss publicly any information acquired in their capacity, whether it involves individual student-athletes or teams.

**Drug Testing procedures**

The drug testing collection process will be handled by the Athletic Training staff. Collection will be done by direct observation and the sample will be tested for dilution (specific gravity) and pH. Student-athletes will stay in drug testing area until valid sample is obtained. In the event of a class conflict, the student athlete will be allowed to attend class and report directly back to drug testing site to complete test.

**University Personnel**

The Director of Sports Medicine will serve as the site coordinator and liaison between the athletic administration and the laboratory conducting the tests. The athletic training staff will provide support during the testing process. The Director of Athletics will be involved in all cases of positive tests.

**Results Notification**

The Director of Sports Medicine will receive results (positive or negative) directly from the testing laboratory. All results will be handled using strict measures of confidentiality. The Director of Athletics, Vice-President for student affairs and the head coach of each respective sport will be notified in the case of a positive test.

**Positive Test Results**

**First Positive Test**

1. A meeting with the Director of Athletics (or designee), the head coach and the Director of Sports Medicine will be required of the student-athlete in the event of a positive test. The student-athlete may request a person of their choosing be present at the meeting.

2. The student-athlete will be required to notify and inform his/parents of the positive test while in the presence of the Director of Athletics, Director of Sports Medicine, and his/her Head coach.

3. Notification of the positive test to the Butler University Vice President of Student Affairs.

4. The student-athlete will be suspended from all team activities for seven (7) days from the date of notification of a positive test.

5. If the suspension happens "in season" the media will be notified that the student-athlete has been suspended from the team for seven (7) days for "violation of team rules."

6. The student athlete will be referred to the Butler University Health and Counseling center for evaluation.
    a. Student-athlete will be required to sign a release of information form to enable the athletic department to check attendance at the counseling center for any counseling deemed necessary.

    b. Counseling center personnel will make the final determination on the number of counseling sessions necessary.
7. The student-athlete must be re-tested, with a negative result, and the consent of a team physician prior to returning to the team.

8. Student-athlete will be subject to unlimited random drug testing for one year from the date of a positive test.

9. 20 hours of community service within the athletic department with support staff personnel (Director of Sports Medicine, Equipment Manager or Facilities) must be completed by the student athlete within 60 days after notification of a positive test.

. An unexcused absence from or refusal to complete any part of the sanctions above will be treated as a second positive test.

10. The student-athlete's head coach has the option to impose additional sanctions including, but not limited to, indefinite suspension, revoking team privileges, travel, and/or termination of some or all athletics financial aid.

**Second Positive Test**

1. A meeting with the Director of Athletics (or designee), the head coach and the Director of Sports Medicine will be required of student-athlete in the event of a positive test. The student-athlete may request a person of their choosing be present at the meeting.

2. The student-athlete will be required to notify and inform his/parents of the positive test while in the presence of the Director of Athletics, Director of Sports Medicine, and his/her Head coach.

3. Notification of the positive test to the Butler University Vice President of Student Affairs.

4. The student athlete will again be referred to the Butler University Health and Counseling center for evaluation.
    a. Student-athlete will be required to sign a release of information form to enable the athletic department to check attendance at the counseling center for any counseling deemed necessary.

    b. Counseling center personnel will make the final determination on the number of counseling sessions necessary.

5. The student-athlete will be suspended from all team activities for a minimum of 30 days from the date of his/her notification of a second positive test result.
    a. All team activities include team meetings, strength and conditioning sessions, individual workouts, practices, and competition.

b. If the suspension happens “in season” the media will be notified that the student-athlete has been suspended from the team for thirty (30) days for “violation of team rules.”

c. The student-athlete must be re-tested, with a negative result, and the consent of a team physician prior to returning to the team.

d. The student-athlete’s head coach has the option to impose additional sanctions including, but not limited to, indefinite suspension, revoking team privileges, travel, and/or termination of some or all athletics financial aid.

e. 40 hours of community service within the athletic department with support staff personnel (Director of Sports Medicine, Equipment Manager or facilities) must be completed by the student athlete within 30 days after notification of a positive test.

6. In addition, if a second positive test occurs outside of the normal competitive season it will result in a suspension from the first 10% of contests in the next competitive season.

7. Student-athlete will be subject to unlimited random drug testing for one year from the date of a second positive test.

8. An unexcused absence from or refusal to complete any part of sanctions above will be treated as a third positive test.

**Third Positive Test**

1. Upon a third positive test result, the student-athlete will be dismissed permanently from the Butler University athletics program.

2. All athletic related financial aid will be revoked immediately.

3. Notification of the positive test to the Butler University Vice President of Student Affairs.

4. The student-athlete will be required to notify and inform his/parents of the positive test while in the presence of the Director of Athletics, Director of Sports Medicine, and his/her Head coach.

5. The media will be notified that the athlete has been permanently removed from the team for "violation of team rules."

**Self-Referral Program**

1. Any student-athlete may refer himself/herself for evaluation or counseling by contacting their head coach, a member of the athletic training staff, or an athletics department administrator.

    a. A student-athlete may not initiate self-referral after he/she has been informed of their participation in an impending drug test.

    b. Student-athlete cannot enter the self referral program at any time after positive test. This includes the entire time of athletic eligibility for student-athlete.

    c. There will be no team or administrative sanctions imposed upon the student-athlete for seeking professional help through self-referral.

    d. A treatment plan arranged through the Butler University Health and Counseling center will be put into place upon self-referral. In addition, random drug testing will occur frequently while in the self referral program.

    e. A student-athlete testing positive on the <u>initial</u> test after entering this program will not be subject to applicable sanctions. However, a positive test in a subsequent retest or failure to adhere to treatment program will result in the appropriate administrative sanctions consistent with a 2nd positive test.

    f. Self referral does not exempt an athlete from NCAA sanctions in the event of NCAA year round or championship testing.

**Medical Exception Process**

Butler University recognizes that some banned substances are used for legitimate medical purposes. Butler University will allow exceptions to be made for those student-athletes with a documented medical history demonstrating a need for regular use of such a substance. The student athlete is required to inform the Director of Sports Medicine of all medications he/she is taking prior to being tested. Additionally, a note from the student-athlete's prescribing physician will be kept in the student-athlete's medical file.

In the event a student-athlete tests positive, the Director of Sports Medicine in consultation with a team physician will review the student-athlete's medical record to determine whether a medical exception should be granted.

**Appeals Process**

Student-athletes who test positive for a banned substance may, within 72 hours of being notified of the positive laboratory finding, contest the finding of the positive results. Any student-athlete requesting an appeal of the positive results is entitled to a hearing by the appeals committee. The request for appeal must be received in writing by the Director of Athletics within 48 hours of notification of a positive test finding. The appeals committee will consist of members of the Faculty Athletic Committee. Other individuals may be needed to provide additional information at the appeals hearing. These individuals may include, but not be limited to the following:

-Drug testing laboratory representative
-Director of Athletics or designee
-Director of Sports Medicine or member of sports medicine staff
-Head Coach or coaches
-Team Physician

The student-athlete may have a representative of his/her choosing present at the appeals hearing. However, the student-athlete must be present at his/her own case. The meeting should take place within 72 hours after the written request is received. Sanctions resulting from the positive test will not apply until the appeals process is finalized. The appeals process shall only be attended by those persons deemed necessary by the Faculty Athletic Committee.

The decision by a majority vote of the Faculty Athletic Committee regarding the test results or refusal/failure to take a required test shall be final. Sanctions for a positive test will be completed and the results are not subject to further appeal.