UNIVERSITY OF KENTUCKY ATHLETICS DEPARTMENT



DRUG AND ALCOHOL PROGRAM

(INCLUDING SUPPLEMENT USAGE)

2005-06

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(Original 1981)

INTRODUCTION

The University of Kentucky Athletics Department is committed to providing a healthy and safe environment for its student-athletes, coaches, and staff. The abuse of alcohol or drugs by UKAD student-athletes, coaches, and staff will not be condoned or tolerated. It is the responsibility of the athletic staff and coaches to see that alcohol abuse and drug use does not occur on our teams, and if it does, to refer those student-athletes for counseling to prevent further use or abuse.

Alcohol and illicit drugs can have a detrimental affect on the student-athlete's health and performance (see Appendix 1). Anabolic steroids, considered to be a performance enhancer, have been proven to be detrimental to the student-athlete's health (see Appendix 2). The NCAA and all sports federations ban steroids. The use of anabolic steroids by UK student-athletes is prohibited. The health and welfare of the student-athletes, coaches, and staff is of paramount concern to the UK Athletics Department. It is the department's commitment to provide an alcohol and drug-free environment. In order to meet this commitment, this comprehensive drug and alcohol usage policy and program has been developed and implemented.

OBJECTIVES

The Athletics Department has established the following Drug and Alcohol Policy and Program objectives:

1. To provide a non- abusive alcohol use and drug free environment

2. To educate student-athletes, coaches, and staff members about the physical, social, psychological, financial, and legal problems associated with alcohol abuse and drug use

3. To identify student-athletes, coaches, or staff members who are abusing alcohol or drugs and assure prompt counseling and treatment

4. To provide a program to assist individuals who use or abuse drugs or alcohol to recognize their problem and be referred for counseling and rehabilitation

5. To provide a fair administrative process for sanctions and appeals

6. To provide information and warnings about the use of supplements

C.A.T.S. C.A.R.E.

This acronym stands for Comprehensive Abuse Treatment Services Counseling Assistance Rehabilitation Education. C.A.T.S. C.A.R.E. is a comprehensive, multi-faceted program developed to meet the needs of UK student-athletes. The program is an outgrowth of the UK Athletics Department's alcohol-drug program.

In 2001, the Center for Disease Control released the results of a study conducted to determine the top health concerns of Americans aged 10-24 years old. Risk-behaviors included: abusing drugs and alcohol; cigarettes, tobacco use; unsafe sexual behavior; being a passenger with a drinking driver; and lack of nutrition and exercise. The C.A.T.S. C.A.R.E. Program has been expanded with additional components developed to address each of these areas. It is the intention of the UK Athletics Department to make each student-athlete aware through education of the health risks involved with these risk-behaviors and provide or coordinate Counseling, Assistance, Rehabilitation, or additional Education for those who request it. The UK Athletics Department strongly feels that through good health promotion the student-athlete's performance in the classroom, on the field of play, and in the community will improve.

THE PROGRAM

The Drug and Alcohol Program consists of these components: drug education, reportable offenses, testing, random/probable cause notification, and disciplinary actions. The program complies with and augments NCAA and University of Kentucky Alcohol and Drug Programs and Policies.

1. Drug Education

The Athletics Department will sponsor a multi-faceted drug education program that is coordinated by CATS.

The program's objective is to educate student-athletes, coaches, and staff members about the physical, psychological, financial, and legal problems associated with alcohol and drug use and/or involvement. This program consists of lectures, audio-visual presentations, computer programs, and printed materials.

Each UK Athletics Department student-athlete, coach, and staff member will receive educational information throughout the academic year. Special mandatory meetings may be held at the discretion of the Athletics Director and/or Head Coach.

2. Reportable Offenses

Any student-athlete involved in an alcohol or drug-related incident including, but not limited to: DUI, fighting, domestic violence, trafficking in controlled substances, etc., will be subject to immediate evaluation for possible alcohol or drug abuse. The incident will be investigated by UKAD personnel in conjunction with UK officials. The student-athlete will be required to undergo evaluation, counseling, and drug screening as determined by a University Health Service Substance Abuse Counselor and/or Team Physician. Results may include probation, suspension, and/or termination from the team and can be considered a violation of the Alcohol and Drug Policy as determined by the Athletics Director.

Violations of the UK Residence Halls and/or Student Code of Conduct policies will be sent to the Head Athletic Trainer. The Athletics Director will determine if these infractions also constitute violations of this policy subject to evaluation, counseling, testing, and disciplinary action.

3. Drug Testing

An alcohol and drug-testing program through urinalysis methodology will be utilized. Other methods to detect alcohol use may be utilized.

A. Consent Forms:

Each student-athlete must sign an NCAA Consent Form provided by the compliance office and UKAD alcohol-drug testing authorization form each year. These forms will be kept on file. A student-athlete who does not sign the authorization forms will not be permitted to participate in practice or competition.

B. Banned Substances:

UKAD may test for drugs listed on the NCAA Banned Drug List, Anabolic Steroids, alcohol, and illegal "street drugs" (see Appendix 3).
Note: You will be in violation of this policy if you test positive for a prescription drug that has not been prescribed to you. Physician documentation will be required.

4. NCAA Year Round Drug Testing

UKAD will participate in the NCAA Year Round Drug Testing Program for Football and one other Men's/Women's sports. Drugs that will be tested include: Anabolic steroids, diuretics, ephedrine, peptide hormones and analogues, and urine manipulators. Any student-athlete who tests positive in the NCAA Program will be required to comply with all NCAA and UKAD disciplinary actions, along with counseling. A copy of the NCAA Year round Drug Testing Program is on file in the Athletic Training Room and the Compliance Office.

5. Notification

A. Random Selection

The drug-testing schedule will be set by the Athletic Training Staff with the approval of the Athletics Director. The Head Coach will be notified the day of or the day prior to the screening, depending on the pre-arranged testing time. Individual student-athletes will be randomly chosen for screening. All student-athletes will be eligible for testing each time. Testing will be conducted year round. The Athletic Training Staff, Head Coach or his/her designee will notify the selected student-athletes. If the testing takes place at another time and location, the student-athlete will be contacted via a notification form (Appendix 4). The Athletics Director or Head Coaches have the authority to request additional individual (with probable cause) or team screenings at any time.

Each student-athlete will be subject to multiple screenings on a weekly basis.

B. Probable Cause

Student-athletes will be drug-screened and/or evaluated if there is probable cause to suspect alcohol, drug use or abuse. The coaching staff, administrators, academic advisors, athletic trainers, or strength coaches may receive a report of substance abuse or observe certain signs, symptoms, or changes in behavior that may cause him or her to suspect substance abuse. These staff members have a duty to report any suspicions to the Athletics Director. A signed report will be forwarded to the appropriate head athletic trainer and the medical team physician using the form in Appendix 5. Typical behaviors are included on this form. The student-athlete will be notified of the decision regarding the need for counseling and/or testing.

6. Collection Methodology

UKAD has contracted with a certified commercial laboratory to perform the collection and screening of UK student-athletes. The laboratory's protocol will be followed for collection. Direct observation of the student-athlete during collection is required per NCAA testing protocol. The student-athlete must provide an acceptable (unadulterated) sample for testing or face re-testing and/or disciplinary action. Except for special cases, laboratory staff will handle all paperwork, collection, observation, and chain of custody related to the screening. UKAD staff members may assist in the screening procedures at the request of laboratory staff.

For special case screenings, a member of the UK Athletic Training Staff may handle the collection and direct observation. The staff member will follow the laboratory's procedures, guidelines, and chain of custody requirements for the urine sample.

7. Testing Methodology

Urine samples will be processed using Enzyme Immunoassay testing methods. All "positives" will be confirmed through Gas Chromatography/ Mass Spectrometry testing methods. Chain of custody procedures will be followed from collection to notification of the UK Athletics Department.

8. Positive Results

All positive results are confirmed through the use of Gas Chromatography/Mass Spectrometry testing methods. All drug-testing results, which are numerically encoded to protect the student-athlete's identity, are delivered to the Head Athletic Trainer who will forward the sealed packet to the Athletics Director. The Athletics Director will examine the results and return all forms. The Head Athletic Trainer will identify any student-athlete with a positive test result to the Athletics Director and whether or not this constitutes a violation of the policy. The Athletics Director will meet with the student-athlete to review the positive test and consequences. The respective Head Coach will then be notified and will meet with the student-athlete to inform him/her of any disciplinary action over and above the UK Athletics Department's required sanctions. The student-athlete will then be referred to the Head Athletic Trainer or Director of Sports Medicine who will review the established policy and procedures, including the appeal process, appropriate disciplinary actions, and explain the program of evaluation, counseling, and future screening. A contract which states the specific disciplinary actions, including action by the Head Coach, will be signed by the student-athlete, Head Coach and/or Head Athletic Trainer or Director of Sports Medicine.

9. Confidentiality

Student-athletes are assigned a numeric code which appears on all lab forms thus protecting their identities. Only the Head Athletic Trainer and the Director of Sports Medicine have the rosters that match the names to the codes. These rosters are kept in a locked file in the head athletic trainers' offices. Only the Athletics Director, Team Physician(s), Head Athletic Trainer(s), Head Coach, and Substance Abuse Counselor are informed of the identity of the student-athlete. Other individuals (Assistant Coaches, Strength Staff, Athletic Trainers, Academic Staff, Medical Staff, etc.) will be informed ONLY on a need-to-know basis. As part of the treatment program, the student-athlete may be required to participate in group counseling sessions which may affect confidentiality.

10. Disciplinary Action

A. NCAA Year Round and Championship or Bowl Game Testing Program

A positive drug test in the NCAA Drug Testing Program will result in sanctions determined by the NCAA. UK has no input in the NCAA's decision-making or control over these sanctions. A positive test result in the NCAA program can be considered a positive test result in the UK program per the Athletics Director. UK Athletics Department disciplinary actions will be in addition to NCAA's sanctions.

B. UKAD Alcohol and Drug Disciplinary Policy

The team physician may suspend the student-athlete from all athletic participation if medically indicated following a positive drug test result.

First Offense

1. Parent(s), guardian, and/or spouse notified in writing.
2. Suspension from the next eligible 10% of games or contests. This includes post season contests and will be carried over to the next season if necessary. The Head Coach may permit the student-athlete to participate in practices and team meetings during the suspension period and only following the team physician's clearance.
3. Evaluation by Substance Abuse Counselor and/or Team Physician.
4. Student-athlete will follow the treatment plan developed by our Counselor.
5. Random testing as specified by our Counselor.
6. Additional disciplinary action as specified by the Head Coach.
7. Possible termination from team.

Second Offense

1. Parent(s), guardian, and/or spouse notified in writing.
2. Suspension from the next eligible 50% of games or contests. This includes post season contests and will be carried over to the next season if necessary. The Head Coach may permit the student-athlete to participate in practices and team meetings during the suspension period and only following the team physician's clearance.
3. Must be evaluated and **complete** treatment plan by Substance Abuse Counselor and/or Team Physician as a condition to return to play.
4. Random testing as specified by our Counselor.
5. Additional disciplinary action by the Head Coach.
6. Possible termination from team.

Third Offense

1. Cancellation of eligibility to participate in the athletic program.
2. Any athletic grant-in-aid will not be renewed.
3. Existing grant-in-aid may be canceled in accordance with NCAA and conference guidelines.
4. Parent(s), guardian, and/or spouse notified in writing by the Athletics Director.

Safe Harbor

You are encouraged to voluntarily come forward to seek assistance with an alcohol or drug related problem without punitive sanctions. Requests should be made to your team's head athletic trainer or team physician. You will be given a request form to sign (Appendix 6) that will be kept in your file in the athletic training room. This program requires you to ask for "Safe Harbor" **prior** to the first test in the first semester of your eligibility. Typically this will be at the beginning of the first fall semester for freshmen or first semester for transfer student-athletes. This will be your **one and only** opportunity while participating in UK athletics. Counseling is always available to assist with problems or circumstances that could lead to a positive alcohol or drug test result.

Once you declare "Safe Harbor" you will:

- Be tested for drugs and/or alcohol immediately
- Be evaluated by the UHS Counselor and /or Team Physician regardless of the test results
- Follow and complete the prescribed counseling/ treatment plan
- Be drug/alcohol tested at a frequency prescribed by the counselor or team physician
- Remain in Safe Harbor until released by the counselor and/or team physician for a period of time not to exceed 30 days
- Not be eligible for randomized drug testing while in Safe Harbor, but will remain eligible for drug testing by the NCAA

The team physician may suspend the student-athlete from all athletic participation if medically indicated. Failure to comply with any aspect of the counseling program or any subsequent positive drug test indicating new or increased use of a banned substance will result in removal from Safe Harbor. The student-athlete will then be re-enrolled in the regular testing program and disciplinary action can be enforced according to the UKAD Alcohol and Drug Policy.

The Athletics Director, Director of Sports Medicine, Head Athletic Trainer, Athletic Trainer assigned to your sport, and the Team Physician may be informed of your request for Safe Harbor. Other university officials may be informed only to the extent necessary for the implementation of this policy.

All offenses are cumulative throughout the student-athlete's eligibility.

Following the first positive test for each offense, the student-athlete will be screened again. Since certain drugs can remain in the human body for extended periods of time, the student-athlete will be tested until he/she receives a negative test result. However, each test must show evidence of no increased drug use or it can be considered as another offense. Once a negative screen is obtained, any subsequent positive screens will be treated as an additional offense.

11. Contract

The student-athlete will sign a Disciplinary Action Contract (see Appendix 7). This contract will outline disciplinary actions and procedures the student-athlete must follow as part of the Alcohol and Drug Program. Failure to comply with the contract can result in suspension or termination from the team.

12. Failure to Report for a Test

Any student-athlete who does not report for a drug screen will be reported to the Athletics Director. Disciplinary action will be imposed, such as performing additional community service in the local schools, but can also include suspension. Failure to comply will be treated as a positive screen.

APPEAL PROCESS

If a student-athlete tests positive for a banned substance, he/she has the right to appeal the test result and/or disciplinary action. The Athletics Director must receive a written request found in Appendix 8 within 48 hours of the notification of the positive test.

Upon the Athletics Director's approval of the student-athlete's request to have the results of the drug screen appealed, the Head Athletic Trainer or Director of Sports Medicine will contact the Drug Testing Laboratory. A second drug screen can be performed at a certified laboratory using the original sample at the student athlete's expense (~$100). Testimony regarding the chain of custody and procedures at the laboratory can be provided for the student-athlete by the laboratory, also at the athlete's expense.

If the student-athlete wishes to appeal a disciplinary decision or procedure, the Athletics Director must receive the written request for appeal within 48 hours of the student-athlete's notification of the penalty. The Athletics Director may assemble an Appeals Committee to conduct a hearing in a timely manner following receipt of the request by the student-athlete.

The Athletics Director will determine participation status of the student-athlete during the appeals process following medical clearance by the Team Physician. Once the student-athlete is cleared, the Head Coach will still have the discretion to determine participation in team activities.

Appeals Committee:

The Appeals Committee consists of:

1. An Athletics Department administrator (serves as chairperson)
2. An uninvolved Coach
3. An uninvolved student-athlete
4. A member of the full-time Athletic Training Staff

DRUG COUNSELING AND REHABILITATION

The University of Kentucky Athletics Department will require all student-athletes who test positive on their drug screen or who have a self-admitted drug, alcohol or related problem to go through a comprehensive evaluation, counseling, and rehabilitation program to help them overcome the problem.

The initial step of the program will be to meet with the Team Physician and/or Substance Abuse Counselor to evaluate the problem and establish a treatment plan. The student-athlete will be required to attend counseling sessions and follow the treatment plan prescribed. This plan may include out-patient or in-patient therapy, attendance at Alcohol Anonymous or Narcotics Anonymous meetings, group sessions, or other special treatments.

To deter future drug use, weekly random drug screens may be required following the advice of the counselor. Extensive counseling or in-patient treatment may be recommended and/or required with certain individuals.

FINANCIAL RESPONSIBILITIES

Once a student-athlete has tested positive for a banned substance, he or she will be required to be evaluated by the Team Physician or a Substance Abuse Counselor at University Health Services to determine the extent of their substance abuse problem. The student-athlete will be referred for the appropriate follow-up counseling or treatment.

Student-athletes who abuse drugs or alcohol may require long term counseling and in-patient comprehensive care to help them deal with their problem. Financial responsibilities must be determined prior to any form of long-term counseling (including semester breaks when counseling is to be continued off campus), in-patient therapy, or hospitalization. The student-athlete or his or her parent(s) or guardian may be responsible for these costs. ,

SUPPLEMENT USE

The use of supplements has become widespread among athletes. The UKAD policy concerning the use of supplements discourages their use. Student–athletes must be cautious of using supplements available through commercial outlets as many contain substances banned by the NCAA. Student-athletes can improve their strength and performance through proper nutrition, conditioning, and rest.

According to NCAA policy, UKAD can only provide non-ergogenic nutritional supplements provided they do not contain any NCAA banned substances. Permissible supplements include: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, vitamins, and minerals.

Remember: The NCAA will test for the banned stimulant, ephedrine (Ephedra, MA Huang) during its year-round testing program. This applies to all sports eligible for testing.

Any student-athlete who takes supplements or medications from any other source **must** complete the Student-Athlete Supplement Disclosure Form (Appendix 10), meet with the team athletic trainer, strength coach, and/or nutritionist, and return the form to the appropriate Head Athletic Trainer to be kept on file. Please use extreme caution when taking anything given to you or purchased from a commercial outlet. Remember that labeling on these products can be misleading and inaccurate and sales personnel are paid to sell these products. Terms such as "natural", "healthy", or "ephedra free" do not necessarily imply safety nor does it imply that the NCAA approves the substance. Bottom line: the student-athlete is responsible for knowing what is contained in any supplement that he/she takes.

TOBACCO PRODUCTS

In accordance with NCAA legislation, the use of tobacco products is prohibited by student-athletes and all game personnel (e.g., coaches, athletic trainers, managers, and game officials) in all sports during practices and competition.

HOW DRUG USAGE MAY AFFECT ATHLETIC PERFORMANCE

DRUG	EFFECT
COCAINE	Overstimulates reflexes Distorts vision Hurries muscle movement Weakens breathing Long-term use weakens muscles and nerves and makes them prone to injuries Alters normal appetite
MARIJUANA	Slows reflexes Long-term use weakens muscles and nerves and makes them prone to injuries Slow or non-reactive pupils distort vision Hearing impairment
AMPHETAMINES	Overstimulates reflexes Distorts vision Alters normal appetite
ALCOHOL	Reduces mental alertness for approximately 24 hours after a binge of about three beers or drinks.

HOW MARIJUANA AND COCAINE CAN CAUSE ATHLETIC INJURIES

- depletes energy
- impairs visual perception
- alters normal reflexes
- drives out chemicals at nerve-endings
- decreases immune and inflammatory mechanisms necessary for healing (i.e. routine simple injuries don't heal rapidly)
- collects in fatty tissues around muscles, tendons, and ligaments (i.e. marijuana)
- worsens normal simple injuries

ANABOLIC STEROIDS

This class of drug is a derivative of the male hormone testosterone. Testosterone will increase protein synthesis, when coupled with training and proper diet, may create an increase in lean muscle mass. Being a hormone, the anabolic steroid will interfere with the normal hypothalamic-pituitary-gonadal thermostat and disturb the body's delicate hormone balance. This interference can produce detrimental side effects. Anabolic Steroids are banned by the NCAA, USOC/IOC, all sports federations, and professional athletic organizations.

UKAD will not condone or tolerate the use of Anabolic Steroids by the student-athlete.

The Risks of Steroid Use
All of the following have been linked to steroid use:

1. Aggressiveness leading to violence
2. Mood swings
3. Psychiatric disorders, psychotic episodes
4. Acne
5. Balding
6. Hypertension
7. High blood cholesterol
8. Cardiac arrhythmias
9. Diminished libido
10. Atrophy of the testicles
11. Impotence
12. Stunted growth
13. Kidney disease
14. Liver damage
15. Enlarged prostate
16. Prostatitus
17. Breast enlargement (male)

(In Females)
1. Menstrual problems
2. Breast atrophy
3. Excessive hair growth
4. Enlarged clitoris
5. Deepening of voice

Kentucky Law makes it illegal to sell, possess, or use anabolic steroids. If convicted, the penalty is a maximum of 10 years in prison and a $10,000 fine.

NCAA Banned-Drug Classes 2005-2006

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. Banned Drugs

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

(a) Stimulants:

amiphenazole
methylenedioxymethamphetamine (MDMA, ecstasy)
amphetamine
bemigride
benzphetamine
bromantan
caffeine1 (guarana)
chlorphentermine
cocaine
cropropamide
crothetamide
diethylpropion
dimethylamphetamine
doxapram
ephedrine (ephedra, ma huang)
ethamivan
ethylamphetamine
fencamfamine
meclofenoxate
methamphetamine
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
dehydroepiandro-sterone (DHEA)
dihydrotestosterone (DHT)
methyltestosterone
nandrolone
norandrostenediol
norandrostenedione
norethandrolone
oxandrolone
oxymesterone
oxymetholone
stanozolol
testosterone2
Dromostanolone
Epitrenbolone
fluoxymesterone
gestrinone
mesterolone
methandienone
methenolone
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
benzhiazide
bumetanide
chlorothiazide
chlorthalidone
ethacrynic acid
flumethiazide
furosemide
hydrochlorothiazide
hydroflumethiazide
methyclothiazide
metolazone
polythiazide
quinethazone
spironolactone
triamterene
trichlormethiazide
and related compounds

(e) Street Drugs:

heroin
marijuana3
tetrahydrocannabinol (THC)3

(f) Peptide Hormones and Analogues :

corticotrophin (ACTH)
human chorionic gonadotrophin (hCG)
leutenizing hormone (LH)
growth hormone(HGH, somatotrophin)
insulin like growth hormone (IGF-1)

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

erythropoietin (EPO)
darbypoetin
sermorelin

(g) Definitions of positive depends on the following:

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

2for 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.

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

Appendix 4

UNIVERSITY OF KENTUCKY ATHLETICS DEPARTMENT

DRUG SCREENING PROGRAM

STUDENT-ATHLETE NOTIFICATION FORM
(Individual Student-Athlete Testing)

NAME:_____ SPORT:_____

DATE OF NOTIFICATION:_____ TIME OF NOTIFICATION:_____

I, the undersigned, acknowledge being notified to appear for UK drug testing and have been notified to report to _____ at _____a.m./p.m.

Failure to appear will result in disciplinary action.

Student-Athlete Signature:_____

UK Representative:_____

Appendix 5

UNIVERSITY OF KENTUCKY

PROBABLE CAUSE TO SUSPECT DRUG USE NOTIFICATION FORM

I, _____,under the probable cause to suspect alcohol, drug
Athletic Dept. Staff Member
use or abuse provision that is outlined in the UKAD Drug and Alcohol Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant

_____ be referred for possible drug testing.
Name of Student-Athlete

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
_____ sudden weight gain
_____ sudden weight loss
_____ sloppy hygiene and/or appearance

The Student-Athlete has been:

_____ late for practice
_____ late for class
_____ not attending class
_____ receiving poor grades
_____ 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
_____ over stimulated or "hyper"
_____ excessive talking
_____ withdrawn and/or less communicative
_____ periods of memory loss
_____ slurred speech
_____ recurrent motor vehicle accidents and/or violations (give dates _____)
_____ violations of UK Code of Student Conduct

Other specific objective findings include:

_____

_____

_____

_____

_____

Signatures

_____	_____	_____
Print Name of Athletic Dept. Staff	Signature of Athletic Dept. Staff	Date

Reviewed By: _____ _____
Staff Athletic Trainer and/or Team Physician — Date

If testing is warranted, use notification form.

Appendix 6

UNIVERSITY OF KENTUCKY ATHLETICS DEPARTMENT

DECLARATION OF SAFE HARBOR FORM

I hereby declare "safe harbor" from the UKAD Drug and Alcohol program. I understand that this is the one and only time I am permitted to declare safe harbor and I will:

- Be tested for drugs and/or alcohol immediately
- Be evaluated by the UHS Counselor and /or Team Physician regardless of the test results
- Follow and complete the prescribed counseling/ treatment plan
- Be drug/alcohol tested at a frequency prescribed by the counselor or team physician
- Remain in Safe Harbor until released by the counselor and/or team physician for a period of time not to exceed 30 days
- Not be eligible for randomized drug testing while in Safe Harbor, but will remain eligible for drug testing by the NCAA

Follow other steps described in this program under the safe harbor section.

Name (Print):_____

Signature:_____Date:_____

For Staff Athletic Trainer and/or Team Physician:

Eligible for safe harbor: Yes_____ No_____

Reviewed safe harbor program: Yes_____ No_____

Signature:_____Date:_____

Title:_____

Appendix 7

UNIVERSITY OF KENTUCKY ATHLETICS DEPARTMENT

DRUG SCREENING PROGRAM

DISCIPLINARY ACTION CONTRACT

I _____, understand that on _____,

I was found to have a positive drug screen for _____.

This constitutes a First Offense _____ Second Offense _____ Third Offense _____

Following a meeting with _____, I understand that I:

will follow the appropriate sanctions for the offense as outlined in the Drug and Alcohol Program.

My Head Coach may add the following sanctions or penalties:

_____

_____

_____

_____

Failure to comply with any of the above sanctions may result in my suspension, dismissal, and/or adjustment or termination of my scholarship.

Parents Contacted_____Date_____ By: Phone____ Letter____ In Person____

I have read, understand, and agree to comply with the above.

_____	_____	_____
Name - Print	Signature	Date
_____	_____	_____
Coach/ Head Athletic Trainer	Signature	Date

Appendix 8

UNIVERSITY OF KENTUCKY ATHLETICS DEPARTMENT

NOTIFICATION OF APPEALS FORM

This form is to be submitted to the Athletics Director or designate within 48 hours of being notified of a positive drug test or notification of the penalty if you are appealing the disciplinary decision.

Student-Athlete Name:_____

Phone Number:_____

Date of Drug Test:_____

Date of Notification of Results:_____

Date of Notification of Appeal:_____

Reason for Appeal:_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Signatures:

_____ _____

Student-Athlete Date Athletics Director Date

Appendix 9

UNIVERSITY OF KENTUCKY ALCOHOL POLICY

The possession and consumption of alcoholic beverages is controlled by Kentucky statutes, city ordinances, and University regulations. All members of the University community are expected to obey these laws and regulations. The University desires to provide an environment where alcohol consumption by underage students is neither encouraged nor made available and, further, to promote alcohol education and counseling programs. Consistent with this philosophy, the University expects compliance with the following regulations.

A. Use of alcoholic beverages on University of Kentucky property must not violate state and local laws (see Appendix 10).

B. Alcoholic beverages are not permitted in classrooms, laboratories, offices, other buildings where the public has access, and all outdoor areas of the campus.

C. Alcoholic beverages are not permitted in undergraduate housing leased from and supervised by the University. This includes residence halls, Fraternities, Sororities, and the undergraduate section of Greg Page Apartments. The intent of this regulation is the promotion and maintenance of an environment conducive to study for its residents, the vast majority of whom are under twenty-one years of age.

Violation of this regulation may result in discipline under the Student Code of Conduct or termination of the housing contract, or both.

D. House corporations which supervise Greek chapter houses on property leased from the University are expected to establish house rules consistent with civil law and University regulations and are responsible for ensuring compliance by house residents.

Violation of the terms of the lease and University regulations could result in termination of the lease from the University.

E. Registered student organizations are expected to comply with University regulations and with state and local laws regarding the conduct of members and guests at all times. For social occasions, student organizations also are expected to abide by University guidelines for event planning published by the Dean of Students.

During social events, student officers will be held accountable for compliance by members and guests. Violation of this regulation may result in discipline of the organization under the Student Code of Conduct or termination of student organization status.

F. Alcoholic beverages are not permitted at University of Kentucky athletic events.

G. Alcoholic beverages may not be sold, directly or indirectly, on University property. (For purposes of clarification, the University of Kentucky Faculty Club, Inc. and Spindletop Hall, Inc. are private corporations which lease property from the University and which hold valid alcoholic beverage license. The facilities occupied by these corporations are places wherein alcoholic beverages may be sold.)

H. Alcoholic beverages are permitted in graduate student apartments and houses, married student housing, and non-student residential housing, provided such use does not violate any law or University regulation.

I. Alcoholic beverages are permitted in University facilities for private events with permission of the respective Chancellor or Vice President (or the administrator's designee), provided such use does not violate any law or University regulation. Such request should be directed to the appropriate Chancellor or Vice President (or designee).

Appendix 10

KENTUCKY STATUTES APPLICABLE TO THE USE OF ALCOHOLIC BEVERAGES

1. It is unlawful for a person to sell, give, purchase, or procure any alcoholic beverage for anyone under twenty-one years of age. (See KRS 244.080)

2. It is unlawful for a person to possess or consume alcoholic beverages when under twenty-one years of age. (See KRS 244.085)

3. It is unlawful for anyone under twenty-one years of age to misrepresent his or her age for the purpose of purchasing alcoholic beverages. (See KRS 244.085)

4. It is unlawful for anyone under twenty-one years of age to use or attempt to use any false, fraudulent or altered identification card, paper, or other document to purchase any alcoholic beverage. (See KRS 244.085)

5. It is unlawful for anyone to drink or be under the influence of any alcoholic beverage in public place(s). (See KRS 244.020)

    a. "Public place" means a place to which the public or a substantial group of persons has access and includes, but is not limited to highway and transportation facilities, schools, places of amusement, parks, places of business, playgrounds, and hallways and lobbies and other portions of apartment houses and hotels not constituting rooms or apartments designed for actual residence. (See KRS 525.010)

    b. The Attorney General has written: A state university campus is a "public place" and the school buildings located thereon are public buildings, so that the drinking of alcoholic beverages on the campus or in the buildings is a violation of law. (OAG 74-39)

    c. The Attorney General also has written: A dormitory room on a state university campus is not a "public place" within the definition found in KRS 525.010. (OAG 87-11)

    d. The Attorney General has written further: It must be remembered that this opinion does not concern or affect the landlord tenant relationship between state universities and their student dormitory residents. As landlords, state universities continue to have the authority to include as a term of the dormitory room rental agreement a prohibition as to or restrictions on the consumption of alcoholic beverages within the premises leased, even though the student resident may be 21 years or older. (OAG 87-11)

Appendix 11

UNIVERSITY OF KENTUCKY

CODE OF STUDENT CONDUCT

The following is an edited version of disciplinary offenses selected from the Code of Student Conduct as it applies to the student-athlete and this alcohol and drug program. You should be knowledgeable of the complete code that is provided to you as a student. Commitment of any of these offenses will result in disciplinary action by the University.

Article I - The University Judicial System

1.2 Disciplinary Offenses

1.21 Offenses as defined below are punishable disciplinary offenses. a. Interference, coercion or disruption which impedes, impairs or disrupts University missions, processes or functions or interferes with the rights of others on University property. (Examples of conduct falling within this section are described under Section 6.32.);

b. Use, possession, or distribution on University property of narcotic or dangerous drugs, such as marijuana and lysergic acid diethylamide (LSD), except as expressly permitted by law;

c. Abusive, drunken, violent or excessively noisy behavior or expression upon University property;

d. Indecent or obscene behavior or the distribution of obscene matter upon University property. (See Definition Section following 1.21.);

e. The threat or commission of physical violence against self or other persons present on University property;

f. The commission of acts which constitute a violation of local, state or federal law upon University property;

g. Unauthorized entry or use of University facilities or any violation of University rules regarding the use of University property. Where entry to or occupation of premises or facilities was initially authorized, opportunity to comply with a lawful order to leave the premises must be given;

h. Failure to comply with directions of University officials acting in the performance of their duties;

i. The threat or commission of physical violence against any University employee for the purpose of influencing the employee's official actions;

j. Falsifying, altering or forging any official University records or documents, employing official University documents or records for purposes of misrepresentation, or causing any official University documents or records to be falsified by means of any misrepresentation;

k. Hazing by any action taken or situation created, intentionally or recklessly, whether on or off University premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such abusive activities and situations may include, but are not limited to the following: illegal or harmful use and/or forced consumption of food, alcohol or drugs; paddling in any form; creation of fatigue; personal servitude; physical and/or psychological shocks; wearing apparel which is conspicuous and not normally in good taste; engaging in public stunts and buffoonery; degrading or humiliating games and activities; sleep or food deprivation; any meetings which unreasonably interfere

with scholastic activities; and/or any other activities which are not consistent with the regulations and policies of the University of Kentucky.

l. Knowingly passing a worthless check or money order to the University or to a member of the University community acting in an official capacity;

m. Stealing any item of tangible or intangible public or private property upon University property;

n. Possessing stolen property upon University property;

o. Possessing a deadly weapon on University property without authorization of the Dean of Students;

p. Defacing, disfiguring, damaging or destroying public or private property upon University property;

q. Lifting, taking or acquiring possession of, without permission, any academic material (tests, information, research papers, notes, books, periodicals, etc.) from a member of the University community;

r. Giving false testimony or other evidence at any official hearing of the University or giving false information to any faculty or staff members acting in the performance of their duties;

s. Bribing any University employee;

t. Harassing anyone present on University property;

NOTE: The following excerpts found in Article II are new for 2005-06:

ARTICLE II: THE UNIVERSITY DISCIPLINARY SYSTEM

Inherent Authority

5. The disciplinary regulations outlined in this Code apply to behavior that occurs on University property, as defined in Article II, Section 10a., **and may also apply to off-campus behavior that is prejudicial to the character and welfare of the University, as follows :**

a. any activity sponsored, conducted or authorized by the University or a registered organization (see Article II, Section 32);
b. conduct that poses a possible serious threat to the safety, security or well-being of any member of the University community;
c. conduct that involves academic work or the forgery, alteration, or misuse of any University document, record, key, electronic device or identification;
d. conduct that is considered disorderly and/or causes substantial destruction to property belonging to the University or members of the University community.

You can read the entire Code of Student Conduct at: www.uky.edu/StudentAffairs/Code/

UNIVERSITY OF KENTUCKY

UNDERGRADUATE HOUSING ALCOHOL POLICY

IMPORTANT NOTICE

Alcoholic beverages are not permitted in undergraduate housing, including residence halls, Greek houses, and undergraduate apartments. If you:

(1) possess alcohol
(2) exhibit drunken behavior, or
(3) remain in a room in which others are drinking alcohol or in which alcohol is in plain sight, then you are in violation of the alcohol policy.

If you violate the alcohol policy, the following sanctions will be imposed:

(1) First offense: referral to "Choices", a day-long alcohol workshop that costs $100.00, and residence hall probation
(2) Second offense: referral to the Dean of Students' Office, monetary fine, institutional probation, and possible parental notification
(3) Third offense: suspension from the University.

STUDENT-ATHLETE SUPPLEMENT DISCLOSURE FORM

I, _____ would like to take the following
(Student-Athlete's Name- Please Print)
nutritional supplement(s). I acknowledge the risk of losing my eligibility to participate in athletics if I test positive for an NCAA banned substance that may be found in any substance that I may take regardless of the reason or purpose of taking such supplements. Remember, the UK Athletics policy concerning the use of supplements discourages their use. Student-athletes can improve their strength and performance or achieve bodyweight goals through proper nutrition, conditioning, and rest.

I further heed the warnings concerning labeling of these products. Specifically, that labeling on these products can be misleading and inaccurate and sales personnel are paid to sell these products. Terms such as "ephedra-free", "healthy", or "naturally occurring" do not necessarily imply safety nor does it imply that the NCAA approves the substance. Additional information can be found at www.drugfreesport.com/rec (password: ncaa1).

BRAND NAME	**INGREDIENTS**	**COMMENTS**
1)		
2).		
3).		
4).		

I have met with the following people and have been advised about using the above supplements. I acknowledge that I am responsible for knowing what is contained in any supplement I take and for any positive drug test as a result of such use.

_____ _____
Student-Athlete (signature) Date Athletic Trainer Date

_____ _____
Nutritionist Date Strength Coach Date

UNIVERSITY OF KENTUCKY ATHLETICS DEPARTMENT
Consent to Drug Testing/ Authorization for Release of Information
Limited Waiver of Confidentiality
Acknowledgement of Receipt of the UKAD Alcohol & Drug Program/Policy

I, _____ Sport:_____
(Student-Athlete's Name- Please Print)

acknowledge that I/we have received, read and understand the University of Kentucky Athletics Department Drug & Alcohol Program. This program includes education and counseling with regard to substance abuse; and disciplinary sanctions which might be imposed as a result of this program if it is determined that the Student-Athlete has violated the provisions or intent of the policy. In consideration for the opportunity for the Student-Athlete named below to participate in intercollegiate athletics at the University of Kentucky, I/we enter into the terms of this consent and authorization.

I/We hereby give my/our consent to have samples of the Student-Athlete's urine collected before, during, or after the academic year for testing for the presence of certain drugs or substances in accordance with the provisions of the University of Kentucky Athletics Department Drug & Alcohol Program. I/We further authorize the University to conduct analysis testing under the program and agree that the results of the testing will be released on a confidential basis to the head athletic trainer at the University of Kentucky; my parent(s), legal guardian, or spouse; the head coach of any sport of which I am a member; the athletics director of the University of Kentucky; team physician; and others as listed within the program/policy on a need to know basis. To the extent set forth in this document, I waive any privilege I might have in connection with such information.

I/We also understand that my/the Student-Athlete's participation in intercollegiate athletics is conditioned upon my/his/her full and good faith participation and cooperation in all aspects of the program including testing, education, counseling, and rehabilitation.

In consideration for the opportunity to participate in intercollegiate athletics at the University of Kentucky, I/we also release from legal responsibility or liability, the University of Kentucky, its Board of Trustees, the University of Kentucky Athletics Department, the UKAA Board of Directors, and the officers, employees, representatives, and agents of both entities for the release of such information and records as authorized by this form.

I/We further expressly waive any rights under applicable state or federal laws, or University policy, including but not limited to The Family Education and Privacy Act (20 USC 1232g), to the confidentiality of the information and documents resulting from my/the Student-Athlete's participation in this program, to the extent that disclosures are made as pursuant to the program stated.

_____ _____
Signature- Student-Athlete Date

_____ _____
Signature- Parent or Legal Guardian (if under 18) Date

_____
Name- Parent or Guardian- **Please Print**

Please sign and tear off form. Return to a staff athletic trainer to be placed in your file.