



**Indiana University of  
Pennsylvania  
Intercollegiate Athletics  
Substance Abuse Policy**

# **Indiana University of Pennsylvania Intercollegiate Athletics Substance Abuse Policy**

The Department of Athletics at Indiana University of Pennsylvania (IUP), its athletic trainers, physicians, coaching personnel, and administrators strongly believe that the abuse of alcohol, tobacco, and use of illicit drugs can be detrimental to the physical and mental well-being of its student-athletes, regardless of when such use occurs. Additionally, use or abuse of alcohol and use of non-prescription or illicit drugs can seriously interfere with performance of individuals as students and student-athletes, and can be injurious to student-athletes and their teammates, particularly when participating in athletic competition or practice.

Various forms of drugs and alcohol have worked their way into practically every segment of modern society. Athletics, apparently, are not immune to this phenomenon. Furthermore, because student-athletes are so often in the public eye, alcohol and drug-related activity on their part may bring adverse attention to the student-athletes and University. Numerous studies have indicated that the problem is not limited to any particular group, but rather touches all segments of our society.

For health, safety, and social concerns, the IUP Athletic Department has implemented a program of alcohol and drug education, drug safety, and counseling/rehabilitation efforts to assist and benefit the student-athletes at IUP. The following is a detailed description of the Substance Abuse Policy and the sanctions which will be administered should violations of this policy occur. In addition to the sanctions from the IUP Athletic Department, student-athletes will also face the sanctions under the University's Drug and Alcohol Policy. It should also be noted that individual teams may have separate policies and sanctions from the Athletic Department and the University. These individual team policies and sanctions will be presented in writing by the head coach of the respective team(s). Student-athletes will sign an acknowledgement of these teams policies.

## **Purpose of Policy**

The purpose of the IUP Intercollegiate Athletics Substance Abuse Policy is to inform and help the student-athletes deal with potential drug and alcohol problems. This program is based on the Athletic Department's belief that drug and alcohol abuse are detrimental to the student-athlete, the student-athlete's team, and the University. Specific goals of this program are to:

- A. Educate student-athletes about the available programs for alcohol and drug use and abuse.
- B. Discourage drug and/or alcohol abuse by student-athletes.
- C. Identify any student-athlete who may be abusing alcohol and/or using illicit drugs.
- D. Provide case management and referral for assessment and treatment for drug and/or alcohol-related problems or dependency.
- E. Educate student-athletes to identify how such drug and alcohol usage may affect them as individuals, their teams, and the University.
- F. Develop educational programs that will enable the student-athletes to make decisions that will enhance a healthy lifestyle.

### **Implementation of Policy**

A yearly presentation will be made to all intercollegiate student-athletes to outline and review the Intercollegiate Athletics Substance Abuse Policy, its purposes, and its implementation. Copies of this policy will be made available to each student-athlete, and an additional copy will be made available to the parent(s) of and/or legal guardian(s) of all first year student-athletes upon requested. The policy can also be viewed at [www.iup.edu/athletics](http://www.iup.edu/athletics). Each student-athlete will be required to sign a form which will acknowledge receipt and comprehension of the policy, provide consent to the administration of the urinalysis testing required by the program, and permit the release of drug-testing information to a limited, defined group of individuals, as outlined within the sanctions section of this policy. Failure to sign this document will result in the student-athlete not being permitted to participate in Intercollegiate Athletics at the University.

Select members of the Athletics Substance Abuse committee are responsible for implementing the IUP Intercollegiate Athletics Substance Abuse Policy.

### **Substance Abuse Policy Annual Review**

The Athletics Substance Abuse committee will consist, or work in conjunction with, Athletic and University Administrators, coaches, Health Center representative(s), legal counsel, and Sports Medicine personnel. The Athletics Substance Abuse committee will meet on an annual basis to review the Substance Abuse Policy and its procedures.

### **Student-Athlete Selection**

For the purpose of this policy, a student-athlete is defined as any rostered student-athlete, scholarship and non-scholarship, as well as any student-athlete whose eligibility has expired, but continues to receive athletic aid.

Throughout each academic year, student-athletes will be subject to drug testing. Student-athletes will be randomly and regularly tested, announced and unannounced. The testing will take place monthly, and it will include both in-season and out-of-season teams. Testing may also take a variety of other forms including:

- A. Team Testing: where a team may be immediately tested before, during, or after a workout, practice, or game with or without notice.
- B. Testing for Reasonable Suspicion: (with or without notice) suspicion of use may come from a number of sources: teammates, coaches, athletic department staff, university administration, university police, student health services, Office of Student Conduct, resident advisors, and community. The student-athlete's head coach will be consulted. Each instance will be reviewed on a case by case basis to determine the validity of the request.
- C. Post-Season Competition: members of teams participating in NCAA-sanctioned post-season competition or individual team members participating in such competition may be tested prior to that competition.
- D. Random Individual/Team Testing: an individual or team may be tested randomly throughout the school year. This will include athletes during traditional and non-traditional times. Athletes that are currently out of-season are also subject to random testing.

Random test selection will take place by means of a computer generated list of random numbers that will correlate with a master list of all rostered student-athletes. This list will be updated and maintained in the office of the Athletic Department Compliance Officer.

**Once the student-athlete selection process has occurred, the appropriate Athletics Substance Abuse committee member(s) will complete an individual appointment card for each student-athlete selected, and will deliver each card to the respective head coach or designee. Each head coach or designee will sign a form stating that they have received the appointment card(s). Each head coach or designee will be responsible for distributing that appointment card to the selected student-athlete. Each student-athlete will sign a form verifying that they have received their appointment card from their head coach or designee. All signed forms will be kept on file with appropriate members of the Substance Abuse Committee.**

<b>IUP Drug Testing Appointment Card</b>		
IUP Sports Medicine		
724-357-6496 or 724-357 2758		
M _____	has a drug testing appointment at	
Student-Athlete		
_____	on _____	_____
Location		Date
at _____ a.m./p.m.		

**Collection Procedures and Lab Analysis**

Security of the specimen (chain of custody) will be implemented from the moment the student-athlete signs-in until final completion of analysis of the specimen. If an individual is taking prescribed medication or over-the-counter medications, he/she may declare these substances at the time of collection. The testing procedure will be as follows:

1. Upon arrival at the testing site, the student-athlete's identity will be verified by using photo ID or by an Athletic department representative.
2. The student-athlete will choose a drug testing kit.
3. The student-athlete will proceed to the lavatory with a testing staff member of the same gender for witnessing of the sample.
4. Upon completion of giving the sample, the student-athlete will proceed to the testing station.
5. A testing member will verify the temperature of the sample.
6. Once the temperature has been verified, the student-athlete will observe the sample being poured into a collection vial that will be used to submit the sample for laboratory testing (if necessary). A small amount of urine will be left in the initial collection container for the dipstick testing.
7. student-athlete will be asked to label the dipstick screening device with their signature and time of day.
8. The student-athlete will observe a testing staff member placing the dipstick in the urine sample remaining in the collection container. The student-athlete will also observe the cover being placed over the dipsticks.

9. The student-athlete will then complete the required laboratory forensic drug testing custody and control form.
10. Approximately one hour after dipstick testing has been completed; the results of the dipstick test will be read by a testing staff member.
  - A. All student-athletes whose dipstick result is negative will have all urine samples discarded through appropriate biohazard procedures at the Health Center.
  - B. A student-athlete identified by dipstick testing as being positive will have the remaining secured urine sample forwarded to laboratory for confirmation analysis. The positive dipstick will also be secured and stored by the Athletics Substance Abuse committee.

Through the laboratory testing, positive results will be identified by code rather than by name, and the code and all records to testing will be kept in the strictest confidence.

All laboratory analysis will be performed by a clinical laboratory certified by the College of American Pathologist (CAP) and Athletic Drug Testing (ADT). Initial screens will be by Immunoassay (“EMIT”) with the exception of analysis of steroids, which will be screened by Gas Chromatography/Mass Spectrometry (GC/MS). All positive EMIT screenings and initial GC/MS positives will be reconfirmed by further GC/MS testing. Compound detection levels represent the lowest cutoff concentration for an analyte within that class. In some cases, zero tolerance testing will be performed, which is designed to detect the lowest level of analyte.

### **Substances to be Tested**

Drug Classes that may be tested:

- |  |                                 |
|--|---------------------------------|
| *Stimulants                            | *Street Drugs/Illicit Drugs     |
| *Anabolic Agents                       | *Peptide Hormones and Analogues |
| *Substances Banned for Specific Sports | *Diuretics                      |
| *Substances Banned by the NCAA         | *Alcohol                        |

For a specific list of drugs to be tested, please refer to NCAA Bylaw 31.2.3.1. (Banned Substances).

### **Self-Referral for Substance Abuse Issues**

If a student-athlete notifies the Athletics Substance Committee or his/her coach (who alerts the Athletics Substance Abuse Committee) regarding concerns about substance use or abuse, the student will be granted immunity from facing sanctions from the IUP Athletic Department and the University Office of Student Conduct, as long as all the following conditions are met:

- A. Admission for help must not be in reaction to a summons for a drug test. Seeking help must precede any selection or notification for a random drug screening.
- B. A student-athlete must agree to complete a drug and alcohol assessment/evaluation at a licensed treatment agency and fulfill all recommendations that result from the evaluation. Completion of services will be determined when the agency provides verification stating the student has been discharged after meeting full compliance with the agency recommendations.
- C. The student-athlete must meet with the Assistant Director, Center for Student Life, to get information on where to complete the assessment and to complete necessary paperwork, including signing a release of information that allows the Assistant Director, Center for Student Life, to

communicate with the treatment agency and the Athletics Substance Abuse committee to verify results of the evaluation and continued attendance, if recommendations are required.

- D. A student-athlete must submit a urine sample for laboratory analysis that can be used as a baseline measure. Students may then be excluded from subsequent random testing for a stated period of time until the student has the ability to start a treatment program. However, once the treatment program is initiated, the Athletics Substance Abuse committee can reinstate random testing.

If the student-athlete fails to complete any of the above, or once random testing is resumed and there is a positive result, the student will be found in violation of the IUP Intercollegiate Athletics Substance Abuse Policy resulting in sanctions. A subsequent referral will be made to the Office of Student Conduct.

### **Violation/Positive Result**

A violation/positive result is defined as any one of the following:

- A. A specimen is reported as positive (following laboratory testing) for the presence of one or more of those drugs identified as a banned substance or the detection of a masking agent by the laboratory.
- B. Being found in violation of the University Drug and Alcohol Policy.
- C. Failure to report for specimen collection as requested.
- D. Failure to comply with testing requirements, including providing an acceptable sample.
- E. Failure to comply with the policies set forth by the Athletics Substance Abuse committee or student conduct sanctions.

### **Sanction Procedures**

The Athletics Substance Abuse Committee believes that it is in the best health interest of the student-athletes to follow these policies and adhere to the rules outlined regarding drug use and abuse. However, in those cases where individuals engage in drug and alcohol behaviors that violate the rules set forth, it is important that there is a clear understanding of the potential consequences. These consequences are outlined in the following section, which defines procedures which will be implemented when a student-athlete violates those policies set forth (positive test result).

In regard to laboratory testing, “a positive test is a positive test.” Defenses such as passive inhalation or being in the company of individuals who are smoking marijuana or other drugs will not be accepted by the Athletics Substance Abuse Committee. The Athletics Substance Abuse Committee recommends to all student-athletes that they be careful of their association with people that are involved with drug use. The Committee also warns student-athletes to be careful of foods and drinks they ingest, including nutritional supplements.

Sanctions will take into account the student-athlete’s competitive schedule, and each suspension will be determined by identifying those competitive events which will be included in the student-athlete’s suspension.

# University Alcohol Policy Violations

## Possession/Use of Alcohol

### **First Violation:**

#### University Sanctions

Stayed removal from University Housing – 1 calendar year  
Disciplinary Probation – 1 calendar year  
Parent/Guardian Letter – if under 21 and financially dependent  
Alcohol Education Workshop  
Individual Assessment for BACs over .16

#### Athletic Department Sanctions

Complete sanctions as per IUP  
Office of Student Conduct for alcohol possession/use first violation.

### **Second Violation:**

#### University Sanctions

Removal from University Housing – 1 calendar year  
Loss of Visitation in Housing – 1 calendar year  
Stayed suspension – 1 calendar year  
Parent/Guardian Letter – if under 21 and financially dependent  
Individual Assessment (if not already completed)

#### Athletic Department Sanctions

Meet with member(s) of Athletics Substance Abuse Committee and Head Coach.  
20% suspension of competition schedule.\*

### **Third Violation:**

#### University Sanctions

Suspension – 1 calendar year  
Proof of treatment to return to IUP  
Parent/Guardian Letter – if under 21 and financially dependent

#### Athletic Department Sanctions

Meet with member(s) of Athletics Substance Abuse Committee and Head Coach.  
Loss of one year of eligibility.\*

### **Fourth Violation:**

#### University Sanctions

Expulsion  
Parent/Guardian Letter – if under 21 and financially dependent

## Furnishing Alcohol to a Minor

### **First Violation:**

#### University Sanctions

Suspension – 1 calendar year  
Proof of treatment to return to IUP  
Parent/Guardian Letter – if under 21 and financially dependent

#### Athletic Department Sanctions

Meet with member(s) of Athletics Substance Abuse committee and Head Coach.  
Loss of one year of eligibility.\*

## **Second Violation:**

### **University Sanctions**

Expulsion

Parent/Guardian Letter – if under 21 and financially dependent

## **University Drug Policy Violations**

### **Possession/Use of Marijuana and/or Paraphernalia**

#### **First Violation:**

##### **University Sanctions**

Stayed removal from University Housing – 1 calendar year

Stayed suspension – 1 calendar year

Parent/Guardian Letter – if under 21 and financially dependent

Marijuana Education Workshop

Individual Assessment

##### **Athletic Department Sanctions**

Meet with member(s) of Athletics  
Substance Abuse committee and  
Head Coach.

10% suspension of competition  
schedule.\*

#### **Second Violation:**

##### **University Sanctions**

Suspension – 1 calendar year

Proof of drug treatment to return to IUP

Parent/Guardian Letter – if under 21 and financially dependent

##### **Athletic Department Sanctions**

Meet with member(s) of Athletics  
Substance Abuse committee and  
Head Coach.

Loss of one year of eligibility

#### **Third Violation:**

##### **University Sanctions**

Expulsion

Parent/Guardian Letter – if under 21 and financially dependent

### **Distribution of Drugs**

#### **First Violation:**

##### **University Sanctions**

Expulsion

Parent/Guardian Letter – if under 21 and financially dependent



## **Possession/Use of Drugs and/or Paraphernalia Other than Marijuana**

### **First Violation:**

#### **University Sanctions**

Suspension – 1 calendar year  
Proof of drug treatment to return to IUP  
Parent/Guardian Letter – if under 21 and financially dependent

#### **Athletic Department Sanctions**

Meet with member(s) of Athletics  
Substance Abuse committee and  
Head Coach.  
Loss of one year of eligibility

### **Second Violation:**

#### **University Sanctions**

Expulsion  
Parent/Guardian Letter – if under 21 and financially dependent

\*See appendix for explanations and definitions

### **Student-Athlete's Right of Appeal**

All appeals will be handled through the University's Office of Student Conduct.

### **Individual Team Policies**

Each varsity athletic team at Indiana University of Pennsylvania may have a specific drug and alcohol code of conduct that addresses drug and alcohol violations. These drug and alcohol policies will be written and presented by the team's head coach to the student-athletes of their respective team prior to the start of their competitive season of September 30<sup>th</sup> of each year. Each student-athlete will sign an acknowledgement form stating they have received and understand the specific team drug and alcohol code of conduct policy prior to the appropriate date. These team drug and alcohol code of conduct policies are separate from the IUP Athletics Substance Abuse Policy. Each student-athlete will be governed by the IUP Athletics Substance Abuse Policy, regardless of individual team policies.

In the event of a violation that falls under the IUP Athletics Substance Abuse Policy, the Athletics Substance Abuse Committee reserves the right to review the individual team policy. The Athletics Substance Abuse Committee will review any previous sanctions delivered by the team policy in regard to the violation. The Athletics Substance Abuse Committee may take these previous team-related sanctions into consideration when delivering Athletics substance abuse sanctions.

In order for any team-related sanctions to be taken into consideration by the Athletics Substance Abuse Committee, the following must be met:

1. A copy of the team drug and alcohol policy must be reviewed and on file with the Athletics Substance Abuse committee.
2. The student-athletes must sign an acknowledgement form before their competitive season begins stating that they have received and understand the individual team drug and alcohol policy.
3. If game suspensions are used as sanctions by the team policy, the IUP Athletics Substance Abuse Policy on competition suspension must be followed.

If these conditions are not met, the Athletics Substance Abuse committee will not take any previous team-related sanctions into account. The Athletics Substance Abuse Committee will then hand out sanctions in accordance with the Athletics Substance Abuse Policy.

### **Conclusion**

It is the hope of the IUP Intercollegiate Athletic Department the implementation of the IUP Intercollegiate Substance Abuse Policy will serve to benefit all connected with IUP Athletics. This department further believes that this program will help make the men and women who participate in athletics at the University, and represent the University, better students, better athletes, and better able to make individual, informed, and intelligent decisions with reference to drug and alcohol usage, both now and in the future.

Any further questions regarding the University's Drug and Alcohol Policy can be answered by contacting the University's Office of Student Conduct or by utilizing the following web sites;

<http://www.iup.edu/studentconduct> or <http://www.iup.edu/studentconduct/source>.

### **Appendix**

Sanctions will result in the student-athlete being banned from 10% or 20 % of the team competition schedule. The suspended events will be the next consecutive events in the schedule. Post-season events are also included in the suspension (i.e. PSAC Championships, NCAA Championships, Post-Season Invitational Events, etc.).

Although the student-athlete may practice, he/she will not participate in any other activity(s) surrounding competition (i.e. "dressing out," sitting on the bench or being in the team area during competition, pre-event meals, being in the post-game locker room, etc.).

If a team completes its competition schedule while a student-athlete is under sanctions, the student-athlete's suspension will be carried over into that sport's next competition season, as well as any intervening sport's competitive season. If an individual is positive during a red shirt year, the student's suspension will begin during the next season's competition schedule.

If a student-athlete is suspended from the University for one calendar year, the student-athletes will be charged with the loss of one season of competition. A "red shirt" season or medical hardship cannot be used for the loss of the season of competition.



## Indiana University of Pennsylvania Intercollegiate Athletics Substance Abuse Policy

I, \_\_\_\_\_, hereby acknowledge that I  
*Printed Name*

Received a copy or had an electronic copy of the Indiana University of Pennsylvania Intercollegiate Athletics Substance Abuse Policy made available to me. I further acknowledge that I have read and fully understand said policy, and I agree to abide by the provisions as defined within the Indiana University of Pennsylvania Athletics Substance Abuse Policy.

I release Indiana University of Pennsylvania, its Trustees, Board of Directors, Officers, Employees, and agents from legal responsibility or liability for the release of information and records as outlined in this Substance Abuse Policy.

\_\_\_\_\_  
*Signature of Student-Athlete*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Banner ID #*

\_\_\_\_\_  
*Date of Birth*

\_\_\_\_\_  
*Signature of Parent (if student-athlete is a minor)*

\_\_\_\_\_  
*Date*