Seattle University Student-Athlete Drug Testing Program Policy and Procedures

1. **Purpose.** Seattle University conducts a drug testing program for its varsity student-athletes in an effort to help identify, support and educate varsity student-athletes who knowingly or unknowingly use substances that are illegal or banned by the National Collegiate Athletic Association (NCAA).

   a. Signed consent and notification forms shall be considered affirmation of the student-athlete’s agreement to the terms and conditions contained in this policy.

   b. Seattle University may amend the policy at any time.

   c. A current list of banned substances can be provided by the athletic training room or online at ncaa.org in the Health and Safety section.

2. **Seattle University Student-Athlete Drug Testing Program Committee**

   a. **Members of the Seattle University Student-Athlete Drug Testing Program Committee (the “Committee”)**

      i. Assistant Athletic Director for Student Athlete Support
      ii. Assistant Athletic Director for Compliance
      iii. Assistant Athletic Director for Sports Medicine

   b. **Duties.** The Committee is charged with the organizing, implementing and periodically reviewing the Seattle University Student-Athlete Drug Testing Program and associated policies and procedures. Any change to the drug testing program must be reviewed and approved by the Director of Athletics.

3. **Procedure**

   a. **Eligibility.** All current Seattle University varsity student-athletes with remaining athletic eligibility are subject to testing by the Seattle University Athletics Department. Testing may be conducted at any time, including, but not limited to, during the student-athletes’ playing season, off-season or any time during the academic year. Student-athletes will be given a Seattle University Student-Athlete Drug Testing Program consent form as a part of their clearance procedures when beginning their participation as a varsity student-athlete and will remain in effect unless otherwise notified by the Athletics Department administration or replaced by an updated version that has been signed by the student-athlete.
b. **Selection.** Student-athletes will be selected through a random selection process by an independent drug testing agency and/or by through reasonable suspicion. Seattle University will determine the dates and frequency of drug testing. Student-athletes who have been previously tested will continue subject to selection during each additional testing date.

   i. **Random Selection.** All student-athletes are subject to random drug testing at any time. Seattle University will determine the frequency and number of student-athletes tested at each given time; however, random selection of student-athletes will be conducted by the external drug testing organization.

   ii. **Reasonable Suspicion.** All student-athletes are subject to drug testing based upon reasonable suspicion. Any student-athlete, coach, faculty member, staff member or any other person suspicious that a Seattle University student-athlete is using illegal or banned substances may contact any member of the Committee or director of athletics and report their suspicion. Reasonable suspicion reports must use the appropriate “Reasonable Suspicion Reporting Form”. The director of athletics will review, evaluate and determine the action on all reasonable suspicion reports.

c. **Notification.** All student athletes will be notified via in person contact or a phone call by a member of the Committee no more than 24 hours before the administration of the test.

d. **Appearance.** Selected student athletes are required to appear during the scheduled drug testing collection time. Failure to appear or contact a Committee member prior to the scheduled collection time will result in an immediate suspension from varsity athletics participation.

e. **Collection.** Drug testing collection will be conducted in a professional manner and in a private room with at least one Committee member present. Other Seattle University Athletic Training staff may be present to assist.

4. **Testing Materials.** Seattle University will utilize a professional hospital, laboratory or agency to provide drug testing collection and urinalysis services materials. All student-athletes are subject to testing for substances including, but are not limited substances that are banned by the NCAA and appears on the published NCAA banned substance list.

5. **Results and Confidentiality.** Any testing results or outcomes will only made available to the individual tested student-athlete, the Committee and other designated persons as described in the positive test procedure. Other team
members, coaches, Athletics Department staff members, campus faculty or staff or parents of student athletes will not be notified of any result unless direct written permission is obtained by the individual student-athlete.

6. Positive Test

a. Substances. Any substance that is unlawful to consume and/or banned by the NCAA is subject for testing. Any test that results in a positive indication for these substances will be considered a violation of the Seattle University drug testing policy. See appendix of NCAA banned substance list.
   i. Resources. For more information regarding NCAA drug testing and banned substances please visit NCAA Education Affairs website: [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) and the Dietary Supplement Resource Exchange Center (REC) website: [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) (login: NCAA Division I, password: ncaa1)

b. First Positive. Upon receiving a positive test, the student-athlete will be required to meet with the Assistant Athletic Director/SWA or Assistant Athletic Director of Sports Medicine to outline a program that involves drug education and treatment. Persons notified of the positive drug test shall only include the Committee, the Director of Athletics and the student athlete’s head coach. The student-athlete will not be subject to an athletic suspension as a result of this positive test unless otherwise indicated by the Assistant Athletic Director/SWA or other notified administrator. The student-athlete may also be subjected to additional testing for the remainder of the academic year or for the next six (6) months of participation; whichever is longer. Any positive test during these subsequent testing will be treated as an additional positive test.

c. Second Positive. Any test that results in a positive indication for an illegal or NCAA banned substance after one (1) previous positive test will be considered a second violation of the Seattle University drug testing policy. Upon receiving a second positive test, the Assistant Athletic Director - Compliance will be notified that the student athlete is immediately suspended from participating in all Seattle University sponsored athletics activities including, but not limited to, athletics practices, lifting/conditioning sessions and varsity competitions until otherwise notified. Persons notified of the second positive drug test shall only include the Committee, the Director of Athletics and the student-athlete’s head coach. The student-athlete will be required to meet with the entire Committee and will receive a suspension of no less than 20% of the next varsity in-season competitions, including post-season competitions which also carry over into the following season if applicable. The student-athlete will also be required to meet with the Assistant Athletic
Director/SWA to develop a new drug education and treatment program. The student-athlete may also be subjected to additional testing for the remainder of their athletic eligibility at Seattle University. Any positive test during these subsequent testing will be treated as an additional positive test.

d. **Third Positive.** Any test that results in a positive indication for an illegal or NCAA banned substance after two (2) previous positive tests will be considered a third violation of the Seattle University drug testing policy. Upon receiving a third positive test, the Assistant Athletic Director - Compliance will be notified that the student athlete is immediately suspended from participating in all Seattle University sponsored activities including, but not limited to, athletics practices, lifting/conditioning sessions and varsity competitions for the remainder of the student-athlete’s eligibility at Seattle University. Persons notified of the third positive drug test shall only include the Committee, the Director of Athletics and the student athlete’s head coach.

7. **Positive Drug Test Appeals Process.** A student-athlete may appeal the finding of a positive test result, violation of this policy, or the sanction imposed for either a positive test or violation of this policy. To appeal, the student-athlete must provide written evidence of a material procedural error, evidence that refutes the positive result or violation or evidence that the sanction is unreasonable. The Committee will notify the student-athlete of the right to appeal. The student-athlete must submit a written appeal to the Committee or Director of Athletics within 7 business days after the student-athlete receives written notice of the positive test result, violation of this policy or sanction. If the student-athlete does not appeal within 7 business days, the result, violation or sanction cannot later be reviewed or appealed.

If the student-athlete appeals a positive test result, a violation or this policy, or a sanction, the student-athlete will meet with the Committee and Director of Athletics. The student-athlete must present his/her own case to the Committee and Director of Athletics. If the student-athlete wishes to have other individuals (e.g., parents) attend the meeting, they may not participate unless asked to do so by the Committee or Director of Athletics. The appeal meeting must take place no later than 7 business days after the written appeal has been made. No penalties, loss of eligibility or other treatment plans will be administered until the conclusion of the appeals process. Immediately following the meeting, the Committee and Director of Athletics will meet privately and deliberate, and a decision will be made by the Director of Athletics. Within 5 days after the meeting, the Director of Athletics will send a decision letter to the student-athlete. The decision will be final and there will be no further avenues of appeal.
The documentation submitted to the Committee and Director of Athletics, the testimony at the meeting and the Committee and Director of Athletics deliberations must remain confidential.

The decision of a team physician to remove a student-athlete from play or practice on medical grounds is not a sanction under this policy and cannot be reviewed or appealed.

8. **Masking Agents and Collection/Specimen Fraud.** Any student-athlete who attempts to use or tests positive for a masking agent or attempts to submit or does submit a fraudulent specimen will be considered as testing positive and in violation of the Seattle University Student-Athlete Drug Testing Program Policy and Procedures. All terms and conditions associated with positives tests will be utilized including appeals, penalties and treatment plans.

9. **Safe Harbor Program.** A student-athlete may refer him/herself for voluntary evaluation, testing and treatment for alcohol or drug problems within the parameters of the Safe Harbor Program. A student-athlete is not eligible to enter the Safe Harbor Program:

   1. more than one (1) time;
   2. after he/she has been informed of an impending drug test;
   3. after documentation of a positive drug test; or
   4. thirty (30) days prior to NCAA or Conference postseason competition.

A student-athlete is eligible to voluntarily enter the Safe Harbor Program at any other time. Seattle University will work with the student-athlete to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative sanctions except those listed in this section (i.e. the team physician may suspend the student from play or practice if medically indicated). A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time as determined by the treatment plan.

If a student-athlete fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate disciplinary actions as detailed in the Seattle University Department of Athletics Drug Testing Program Policy and Procedures.

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by Seattle University Students in the Safe Harbor Program may be selected for drug testing by the NCAA.
The Director of Athletics, Team Physician, Assistant Athletic Director for Sports Medicine and the student-athlete’s Head Coach may be informed of the student-athlete’s participation in the Safe Harbor Program. The athletic trainer assigned to the student-athlete’s sport may also be notified if medically appropriate. The assistant coaching staff may also be informed at the discretion of the Head Coach. Other University employees may be informed only the extent necessary for the implementation of this policy.

10. **NCAA Drug Testing Program.** Any drug testing administered by the NCAA and The National Center for Drug Free Sport, Inc and any associated positive tests, restrictions or suspensions are independent of the Seattle University Student-Athlete Drug Testing Program.
2016-17 NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

Stimulants;
Anabolic Agents;
Alcohol and Beta Blockers (banned for rifle only);
Diuretics and Other Masking Agents;
Street Drugs;
Peptide Hormones and Analogues;
Anti-estrogens; and
Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

Blood doping;
Gene doping;
Local anesthetics (under some conditions);
Manipulation of urine samples; and
Beta-2 Agonists permitted only by prescription and inhalation.
NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.

Student-athletes have tested positive and lost their eligibility from using dietary supplements.

Many dietary supplements are contaminated with banned drugs not listed on the label.

Any product containing a dietary supplement ingredient is taken at your own risk.

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

There is NO complete list of banned substances.

Do not rely on this list to rule out any label ingredient.

**Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine (DMAA); “bath salts” (mephedrone); Octopamine; DMBA; phenethylamines (PEAs); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

**Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenedione):

androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.
Alcohol and Beta Blockers (banned for rifle only):
alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:
bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:
heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:
growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum); etc.

Anti-Estrogens:
anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc.

Beta-2 Agonists:
bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!
Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877/202-0769 or www.drugfreesport.com/rec password: ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
Seattle University Drug Testing Program

Reasonable Suspicion Reporting Form

I, _________________________________, under the reasonable suspicion clause that is outlined in the Seattle University Drug Education and Drug Testing Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant ______________________________ be referred to the Director of Athletics or his/her designee for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past _____ hours and/or ______ days.

Please check below all that apply:

The Student-Athlete has shown:

_____ irritability
_____ loss of temper
_____ poor motivation
_____ failure to follow directions
_____ verbal outburst (e.g. to faculty, staff, teammates)
_____ physical outburst (e.g. throwing equipment)
_____ emotional outburst (e.g. crying)
_____ weight gain
_____ weight loss
_____ sloppy hygiene and/or appearance

The Student-Athlete has been:

_____ late for practice
_____ late for class
_____ not attending class
_____ receiving poor grades
_____ staying up too late
_____ missing appointments
_____ missing/skipping meals
The Student-Athlete has demonstrated the following:

- dilated pupils
- constricted pupils
- red eyes
- smell of alcohol on the breath
- smell of marijuana
- staggering or difficulty walking
- constantly running and/or red nose
- recurrent bouts with a cold or the flu (give dates ________)
- over stimulated or “hyper”
- excessive talking
- withdrawn and/or less communicative
- periods of memory loss
- slurred speech
- recurrent motor vehicle accidents and/or violations (give dates ________)
- recurrent violations of <school> Student Code of Conduct

Other specific objective findings include:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Signatures

Print Name ___________________________ Signature ___________________________ Date ___________

Reviewed By: ___________________________ Date ___________

Director of Athletics/Designee ___________________________

☐ Reasonable suspicion finding upheld

☐ Reasonable suspicion finding denied
Seattle University Drug Testing Program
Student-Athlete Notification Form

Student-Athlete:

Sport: ____________________________
(optional)

Date of notification: _______________ Time of notification: ________ a.m./p.m.

I, ____________________________________________, the undersigned:

(NAME)

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

__________________, on ______________ on or before ____________ a.m./p.m.
(location) (date) (time)

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

I will be prepared to provide an adequate saliva sample if necessary and will not eat or drink at least
10 minutes prior to providing a saliva sample.

I will be prepared to provide an adequate hair sample if necessary.

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

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

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

Student-Athlete’s Signature: ____________________________ Date: ______________

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

Institutional Representative retain top portion of completed forms.

Seattle University Drug Testing Program

Student-Athlete: ____________________________

Location of test: ______________ Date of test: ___________ Time to report: ___________

Report to the test site with picture identification.

DO NOT DRINK TOO MANY FLUIDS.
Seattle University Student-Athlete Drug Testing Program Consent Form

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

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

I further consent to the release of the results of any drug test to the Director of Athletics or his/her designee, Assistant Director of Athletics, my Head Coach, the Head Athletic Trainer and/or Assistant Athletic Trainers, Team Physician, Appeals Committee and/or my parent(s) or guardian(s).

I fully understand that Seattle University’s Drug Education & Testing Program is separate and distinct from the NCAA drug-testing program and its sanctions; however, I also understand that sanctions may be imposed by Seattle University under its Drug Education & Testing Program upon a positive result under the NCAA drug-testing program.

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

Name of Student-Athlete

____________________________________________
(Please Print)

Signature of Student-Athlete Date

____________________________________________

Signature of Parent/Legal Guardian Date

____________________________________________
(If student is under 18, parent of guardian’s signature is required)