



## Eastern Arizona College Athletic Department

### **Substance Abuse Education and Testing Program Procedures and Consequences, and Banned Drugs**

EAC Policy Manual Number: 5331.00, 5331.01, and 5331.02

#### **Purpose**

Eastern Arizona College is concerned for the health and welfare of its student-athletes, hereafter referred to as athlete(s). It recognizes substance abuse and dependency may interfere with an athlete's health, academic achievement, individual athletic performance and a team's success. It is the intent of the College to educate and inform athletes of the effects of substance abuse and dependency, thereby enabling athletes to make responsible decisions and allowing the College to maintain the integrity of collegiate competition.

#### **Description**

Eastern Arizona College athletes are prohibited from using or being under the influence of illegal drugs or other prohibited substances. The abuse of and/or dependency upon legally permitted substances are also prohibited. Athletes found to be in illegal possession, or illegally distributing prohibited substances, or in possession of paraphernalia, will be subject to immediate dismissal from all athletic teams. Violation of this policy will result in the athlete being suspended from athletic participation as prescribed in GCCCD Regulation 5331.01. Further, in accord with the National Junior College Athletic Association (NJCAA) Bylaws and Constitution, athletes in violation of GCCCD Regulation 5331.01 will have all athletic student aid cancelled.

All athletes will participate in the Athletic Department's Substance Abuse Education and Testing Program. Included in the education program is a Department sponsored enrichment workshop each athlete must pass to be eligible for athletic participation. Each athlete shall also be subject to drug testing as prescribed in GCCCD Regulation 5331.01.

Athletes are encouraged to voluntarily seek confidential assistance before violations of this policy occur. No athlete will be penalized for seeking this assistance. However, disciplinary action is required in cases where drug testing shows the athlete to be in violation.

Each athlete, and parent(s) or guardian(s) if the athlete is under the age of 18, must sign the Consent to Drug Testing and Authorization for Release of Test Results form as prescribed in GCCCD Regulation 5331.03 indicating understanding of, and agreement to comply with, this policy as a condition of participation in Eastern Arizona College Intercollegiate Athletics.

#### **Procedures**

The Athletic Department shall inform in writing the student-athlete, hereafter referred to as athlete, of the drug testing policy and regulation of Eastern Arizona College. Athletes will be given a copy of the policy and applicable regulations prior to the signing of a National Letter of Intent or before his/her initial participation each year and be asked to sign the Consent to Drug Testing and Authorization for Release of Test Results form. If the athlete is a minor, the athlete and a parent/guardian will sign the form. Refusal to sign the Consent to Drug Testing and Authorization for Release of Test Results form by the athlete and/or, if applicable, his/her parents or guardian, will disqualify the athlete from participation in the Eastern Arizona College Athletic Program and prevent the awarding of athletic student financial aid.

At the time the athlete is informed about the drug testing policies and procedures, s/he shall also be informed of confidential substance abuse and alcohol education programs that may be available to students.

Head coaches shall be responsible for enforcing these policies with their teams.

## **Substance Abuse Education, Testing and Intervention Strategies**

### **A. Education**

1. Mandatory - In-coming athletes (freshman and transfers) prior to competition will participate in a campus-wide substance abuse, student health and safety workshop conducted under the direction of the Counseling and Student Life Offices.
2. Voluntary - All athletes are encouraged to participate in other such education programs recommended by the Department. These may include, but are not limited to, campus and community substance abuse awareness events and community service projects related to substance abuse awareness and prevention.

### **B. Screening**

1. A drug screen will be conducted on all of the athletes prior to athletic participation, including either practice or season play. A minimum of two additional random screens will also be conducted on a minimum of one-quarter (25%) of each athletic team each academic year. Athletes will be randomly selected to participate in the screens.
2. In addition, athletes may be referred for drug testing when there is reasonable belief on the part of the Head Coach, Athletic Director, Head Trainer, or Team Advising Physician that an athlete is using or has used a prohibited (i.e. banned) drug.

## **Testing Procedures/Sample Collection**

Athletes will be notified of selection for testing through written notification delivered by the coaching staff of that particular sport. Failure to report for specimen collection and/or refusal to provide a sample, and/or refusal to complete the Specimen Collection Acknowledgement form as prescribed in GCCCD Regulation 5331.04 will be considered a positive sample and the athlete will be suspended from the team.

Athletes will be directly observed when providing a sample. The monitor will be of the same sex as the athlete from whom the sample is collected.

Appropriate laboratory guidelines will be used for split sample screen collections. The chain of custody for all samples collected will be limited to the monitor, Head Trainer, Athletic Director or Team Advising Physician. The monitor will collect the sample, and present it to the Athletic Director or his designee for testing. Rapid drug screen tests, herein referred to as test(s), will be done on site and in the presence of the athlete. The Head Trainer may be instructed to package positive samples and mail them to the approved laboratory. The laboratory will return the quantitative results of the tests to the Team advising Physician, who will then notify the Athletic Director.

## **Drugs for which Athletes will be Tested**

- A. Required – Tests will be conducted for marijuana, cocaine, opiates, methamphetamines, and amphetamines.
- B. Optional - The Department reserves the right to test any other drugs banned by the NCAA (See GCCCD Regulation 5331.02) or the NJCAA.

Athletes are cautioned to consult the list of NCAA banned-drug classes whenever buying any over-the-counter non-prescription drug. Many common cold medicines and medications for allergy treatments contain small amounts of banned substances (e.g. Co-Tylenol, Sudafed, Contac, etc.) that might produce a positive test result. The list will be provided to all incoming athletes.

The athlete should also inform his/her private physician of the NCAA banned-drug classes list prior to receiving any prescription. In either case, the athlete will be asked to declare prior to departmental drug testing, any type of drug being used, even if the drug is not listed on the NCAA banned-drug list.

## **Other Substances**

Athletes should refer to the Athletic Code of Conduct and Commitment to Excellence as prescribed in GCCCD Regulation 5330.02 regarding penalties associated with the use of legally permitted substances such as alcoholic drinks and tobacco.

An athlete's participation may be restricted as determined by the Team Advising Physician when legally permitted

substances adversely affect performance or endanger his/her well being, or that of his/her teammates.

## **Test Results and Consequences**

### **A. Street Drugs and Performance Enhancing Drugs (i.e. anabolic steroids)**

1. If a test is negative, no further action will be taken.
2. If the first test is positive:
  - a. The athlete will be suspended from play for at least 10% of the season, beginning immediately.. The athlete will be required to attend a minimum of one session with a counselor designated by the Chief Counseling Officer and one session with the Athletic Director. The mandatory counseling session may result in a referral for extended substance abuse counseling beyond the capability of Eastern Arizona College staff. Expenses incurred in obtaining extended substance abuse counseling are the responsibility of the athlete.
  - b. The athlete will be told that a follow-up test will be given. The follow-up test will be administered as soon as reasonably possible after the initial positive result.
  - c. Test results will be released to no one other than the College President, Vice-Presidents, the Athletic Director, Head Coach, Team Advising Physician, and Counselor. If a student is under the age of 18, his/her parent(s) or guardian(s) will be informed of test results. The student will not be subject to any further consequences (other than those expressly referenced in the testing policies) as a result of positive test results. No law enforcement officials will be notified of any test results or in any way informed that the student should be investigated.
3. Follow-up tests
  - a. Failure to appear for re-testing or refusal to submit a sample for re-testing will be treated as a positive test result and the athlete will be dismissed from the team with the loss of all athletic privileges (weight room, banquets, etc.).
  - b. If the follow-up test is negative, participation and privileges will be reinstated, and the athlete will be included in all subsequent tests for one calendar year. After that time, the athlete will be tested only when his/her name appears in the random, periodic selection process or when directed by the Head Coach, Athletic Director, Head Trainer, or Team Advising Physician.
  - c. If the follow-up test or any subsequent test is positive, the athlete will be dismissed from the team immediately, and all athletic participation and privileges (weight room, banquets, etc.) will cease. If the athlete is receiving athletic student financial aid, such aid will continue only through the end of that semester.
  - d. After one subsequent full year, the athlete may re-apply for consideration for team membership and, if applicable, athletic student financial aid. Reinstatement to participate in the College's athletic programs is contingent upon the athlete passing the prescribed drug test.

### **B. Appeal Process - Appeals occurring as a result of implementation of this regulation may be made through the Student Grievance Procedure- Non-Academic Standards as prescribed in GCCCD Regulation 5810.01.**

## **Banned Drugs**

Substances banned for use by student-athletes competing in NJCAA sponsored events are those found on the NCAA list of banned drug classes. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example by the NCAA.

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. 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 classes regardless of whether they have been specifically identified.

### **NCAA Nutritional/Dietary Supplements warning:**

\*Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

**Consent to Drug Testing and Authorization for Release of Test Results**

**EASTERN ARIZONA COLLEGE**  
**Substance Abuse Education and Testing Program**

Consent to Drug Testing and Authorization for Release of Test Results

I hereby acknowledge that I have received the Eastern Arizona College Substance Abuse Education and Testing Program policy and Regulation. I further acknowledge that I have read the policy and regulations, that it has been explained to me, and that I fully understand and consent to the provisions of the program, and agree to abide by its terms.

\_\_\_\_(Initials)

I voluntarily consent to have a sample of my urine collected during my pre-participation physical and at such other times as testing is performed as prescribed in the program, during my participation in intercollegiate athletics at Eastern Arizona College for the academic year, to be tested for the presence of cocaine, marijuana, and/or other substances in accordance with the provisions of the Eastern Arizona Substance Abuse Education and Testing Program. I further understand that certain prescription and/or over-the-counter drugs that I may be taking can affect the results of these tests and that I will inform appropriate Athletic Department staff prior to testing of any prescription and/or over-the-counter drugs that I am taking.

\_\_\_\_(Initials)

I further authorize the release of all information and records, including test results relating to the screening or testing of my urine sample(s), in accordance with the provisions of Eastern Arizona College Substance Abuse Education and Testing Program, to the Team Physician, Head Athletic Trainer at Eastern Arizona College, my parent(s) or legal guardian(s) if under the age of consent, the Head Coach of any intercollegiate sport in which I am a team member, the Athletic Director or his designee, and the Eastern Arizona College Counseling Department. To the extent set forth in this document, I waive any privilege I may have in connection with the release of such information to the persons listed in the preceding sentence. The Graham County Community College District, Eastern Arizona College and their officers, employees, and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this form.

\_\_\_\_(Initials)

\_\_\_\_\_  
Athlete's Name (please print)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
\*Parents'/Legal Guardians' Name (please print)

\_\_\_\_\_  
\*Parents'/Legal Guardians' Signature

\*Parents'/Legal Guardians' signature required only if athlete is under the age of 18

\_\_\_\_\_  
Witness's Signature

\_\_\_\_\_  
Date