

**WEBER STATE UNIVERSITY
SPORTS MEDICINE
INTERCOLLEGIATE ATHLETICS
DRUG ABUSE PROGRAM**

The department of intercollegiate athletics at Weber State University its coaching personnel and administrators, strongly believe that the use and/or abuse of drugs (excluding those drugs prescribed by a physician to treat a specific medical condition) can:

1. Be detrimental to the physical and mental well being of its student-athletes, no matter when such usage should occur during the year;
2. Seriously interfere with the performance of individuals both as students and athletes;
3. Be extremely dangerous to the student-athlete and his/her teammates, particularly with regard to participation in athletic competition or practice.
4. The unauthorized use of banned drugs or abuse of alcohol constitutes an abuse of the privilege of participating for and representing Weber State University in intercollegiate athletic competition.

Therefore, beginning with the 1985-86 academic year, and for subsequent years thereafter the Athletic Department has implemented a program of drug education, screening and counseling to assist and benefit the men and women athletes of Weber State University.

Purpose of Program

The purpose of the Weber State University Intercollegiate Athletic Substance Abuse Education Program is to aid and assist student-athletes to make individual, informed, and intelligent decisions with reference to drug usage, both now and in the future.

Specific goals for the program are as follows:

1. To generally educate Weber State University athletes concerning the problems of drug abuse;
2. To prevent any illicit drug use and/or abuse by Weber State Athletes;
3. To identify any athlete who may be using illicit drugs and to identify the drug;
4. To educate any athlete so identified regarding such usage as it may affect the athlete and his/her teammates;
5. To see that any chronic dependency is treated and addressed properly;
6. To provide reasonable safeguards that every athlete is medically competent to participate in
7. To encourage discussion about any questions the athlete may have, either specifically or generally, about usage of drugs.
8. To attempt to assure that athletes are physically and mentally fit for the rigors of intercollegiate athletic participation in an effort to minimize the risks of serious injury to the athlete and/or his/her teammates.

Implementation of Program

At the beginning of the academic year, a presentation will be made to all intercollegiate athletic squads at Weber State, to outline and review the Intercollegiate Athletic Substance Abuse Education Program, its purposes and implementation. A copy of the program will be given to each athlete, and is posted on www.weberstatesports.com

Each athlete will thereafter be asked to sign a form acknowledging receipt and understanding of the program and provide voluntary consent to the administration of the urinalysis testing required by the program and a release of testing information to a limited and select group.

Any Athlete who does not wish to sign the consent form may choose not to do so and thereby forego the privilege of participation in intercollegiate athletics at Weber State. The Drug Screening Consent Form is a part of the preparticipation physical examination.

Athletes and parents or legal guardians are encouraged to ask questions or make suggestions at any time with reference to the program; and athletes will be asked to participate in ongoing reviews and revisions of the program. The athletic department is very serious about this program and expects the athletes to be equally interested and concerned.

This program and its administration/operation is subject to change/modification at any time. However, any change/modification will only be implemented by action of the Director of Intercollegiate Athletics and will not be applied retroactively if that would adversely affect an athlete's rights.

Drug Education

Educational programs that focus on a variety of aspects of drug use have been established. The nature of these programs will include topics such as the symptoms of chemical dependency. Seminars will be scheduled and all athletes will be invited and encouraged to attend. The functional objective of this program is the thorough education of athletes about the nature of drug abuse in order to encourage their resistance to taking these drugs. Also, regularly scheduled academic courses in drug abuse and reinforcement of positive self image will help someone to "say no". Pertinent literature will be made available in the athletic training room for any athlete who requests it.

Prohibited Substances

The use of the following drugs is prohibited before, during, and after the varsity season except as may be prescribed by a physician qualified to treat the medical condition for which the prescription is made;

These substances include, but are not limited to: Anabolic Steroids, and /or masking agents. Cocaine/and other stimulants, such as amphetamines. Depressants (Barbiturates, Methaqualone) Hallucinogens (LSD, PCP) Marijuana, Heroin, THC. Opiates (narcotics, including heroin, opium, morphine). Weber State adheres to the NCAA's list of Banned Substances. This list is on file in the Athletic Training Room, and can be found at www.drugfreesport.com.

Procedures

During the year a random selection process shall be used to select participants. Student athletes selected randomly from each sport will be required to participate in drug screening at various times during the academic year.

Manner of Testing

The drug screening shall consist of the collection of a urine sample from the athlete under the supervision of a certified athletic trainer, team physician, or other qualified health care professional. The donors' names will be replaced with coded designations prior to sending the sample to a qualified laboratory for testing. The collection of the specimen may be observed, and the athlete may be asked to disrobe in order to protect the integrity of the testing procedure. Each urine sample shall be analyzed for the presence of prohibited drugs by a qualified laboratory. The testing lab shall report all test results to the certified athletic trainer within 24 - 48 hours.

The initial screen will be performed by a One Step Drug Screen Test Card. This card utilizes monoclonal antibodies to selectively detect elevated levels of specific drugs in the urine. A positive test will be confirmed by testing an aliquot of the same sample by an alternative method using the Gas Chromatograph procedure.

For purposes of this program, a positive shall meet a test result which indicates, in the opinion of the agency performing such testing, the presence of one or more of the above listed drugs in the athletes's urine.

ANY ATHLETE WHO HAS BEEN REQUESTED TO PROVIDE A SPECIMEN FOR TESTING PURPOSES AND WHO FAILS TO COMPILE WITH SUCH A REQUEST WILL BE DEEMED TO HAVE TESTED POSITIVE.

Any student athlete who is notified of a confirmed positive result may, within 24 hours of being notified, request the Athletic Director to meet with the student-athlete to review the test procedure used, to discuss the situation with the student athlete, and/or allow the student athlete to provide any pertinent facts or mitigating circumstances. This meeting will occur as soon as possible.

Accuracy and Confidentiality

Reasonable precautions will be taken to assure and maintain the accuracy and confidentiality of the test results including the maintenance of a documented chain of specimen custody to insure the identity and integrity of the sample throughout the collection and testing process. Additionally, Reasonable precautions will be taken to assure that subsequent tests are conducted on a random basis.

All information and records, including test results, obtained under this policy, shall remain confidential and will be released only to the following persons as may be necessary and appropriate to carry out the purposes of this program; the athlete, the team physician (s), the athletic director, the athletic trainer (s), the head coach, the athlete's parent (s), spouse, legal guardian(s), and his/her professional advisor(s) or counselor(s)

Effect of Positive Test Results

First positive: If the positive result is thus verified and confirmed, the Head Athletic Trainer, and or Assistant Athletic Trainer will notify the athlete, the Athlete's Head Coach and the Athletic Director. The athlete will be urged and advised to initiate immediate contact with he/her parents(s), legal guardian(s), or spouse to advise them of the positive result.

The athlete will be required to complete a mandatory drug counseling program under the supervision of a professional advisor. The advisor shall determine the length and manner of counseling best suited to the needs of the athlete. Refusal to participate in the counseling program set forth in this paragraph will be treated and handled as a second positive test result.

Student - athletes with positive results will be tested on a regular basis, recognizing that some prohibited substances take time to clear the body.

Second positive: If the positive result is thus verified and confirmed, the Head Athletic Trainer, and or the Assistant Athletic Trainer will notify the athlete, the Athletic Director, and the athlete's Head Coach. Additionally, the Athletic Director shall notify the parent(s), legal guardian(s) or spouse of the second positive test results for the purpose of

securing their assistance in the prevention of further illicit drug use by the athlete.

The athlete will be suspended from play or practice for a period of five (5) consecutive days. This suspension will include any practice, game or weight room hours during that time. If the 5 day suspension does not include a sanctioned competition, the student athlete will sit out the first sanctioned competition after the positive drug test. Prior to the implementation of the suspension period, the athlete will have the opportunity to discuss the matter with the Athletic Director and present evidence of any mitigating circumstances which the athlete feels important.. Refusal to participate in the steps and program as set forth in this paragraph and the immediately preceding paragraph will be treated and handled as a third positive test result.

The athlete will also be required to undergo professional therapy until the drug use has ceased. Termination of the drug rehabilitation program will be made by a trained Drug Rehabilitation Professional.

ALL EXPENSES OCCURRED AS A RESULT OF COUNSELING AND DRUG REHABILITATION SHALL BE PAID FOR BY THE ATHLETE.

Third positive: If a positive result is verified and confirmed, the Head Athletic Trainer, and or the Assistant Athletic Trainer will again notify the athlete, the Athletic Director, and the athlete's Had Coach. Additionally the Athletic Director shall notify the athlete's parent(s), legal guardian (s), or spouse.

At this time, the college will operate upon the assumption that the athlete has a serous problem and /or has made some conscious value judgements as to drug use, and deal with the athlete accordingly.

All athletic-related financial aid will cease at the earliest possible date consistent with the by-laws and constitution of the NCAA. The student athlete will be suspended from Weber State University athletic competition, and the team he/she is participating on.

Prior to the suspension of financial aid and athletic participation referred to above, the athlete will be given an opportunity to meet with the Athletic Director to present his/her side of the case together with evidence of any mitigating circumstances. No final action will be taken until after this meeting has been held. The Athletic Director shall have discretion to make any adjustments he/she finds to be necessary or appropriate based upon such information.

Testing for Cause

In addition to pre-season and random testing If the Athletic Director has reasonable cause that a student athlete has been abusing banned substances the Athletic Director may mandate that the student-athlete be tested. Specific and articulate facts which maybe accompanied by a logical deductions must be present. Vague or unspecified hunches are insufficient. The decision to test an individual athlete will be made by The Athletic Director, and the Weber State School attorney.

Consecutive Sanctions

ANY SANCTIONS BROUGHT AGAINST AN ATHLETE FOR VIOLATION OF THIS DRUG POLICY WILL BE MAINTAINED CONSECUTIVELY THROUGHOUT THE ATHLETE'S CAREER AT WEBER STATE UNIVERSITY.

Drug Counseling

If an athlete feels a need for counseling regarding chemical or alcohol should feel secure knowing that the athletic department shares this concern and will try to help. Professional outpatient therapy can be arranged for an athlete upon request. However all expenses will be paid for by the athlete.

Once the athlete is released from therapy and allowed to resume participation, any future violation of the policy will count as the next violation in the sequence, and those sanctions will be consistent with the policy.

Conclusion

The use of illicit drugs has no place in society as well as competitive athletics at Weber State University. While decisions with reference to drug usage and/or substance abuse ultimately depend upon the interests, values, motivations and determinations to the individual involved, it is believed that participation in this program will help Weber State athletes make more informed and intelligent decisions regarding drug usage both now and in the future.