



# DELAWARE STATE UNIVERSITY

## Sports Medicine Department

1200 North DuPont Highway, Memorial Hall Athletic Training Room, Dover, DE 19901 302-857-7554 Fax: 302-857-7312

### DELAWARE STATE UNIVERSITY

### DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

### DRUG SCREENING AND SUBSTANCE ABUSE PROGRAM

### 2015-2016

**PURPOSE.** The Division of Intercollegiate Athletics believes that it has a major responsibility to insure fair and equitable competition and to help protect the health and safety of student athletes competing for Delaware State University. The use of controlled substances and “performance enhancing” drugs represents a danger to the health and careers of student-athletes. Furthermore, the use or abuse of drugs can be injurious to student-athletes and their teammates, particularly when participating in athletic competition or practice. Therefore, the Athletic Department has implemented a mandatory program of drug education, testing, and treatment (to include counseling/rehabilitation) to assist and benefit athletes of Delaware State University. The program seeks to protect student-athletes at Delaware State University from risks and dangers of drug abuse through such measures as sanctions for violations of this policy. The goals of this policy include enhancing the health and well being of all student athletes and safeguarding student-athletes participating in Delaware State University athletic programs. Because Delaware State University believes drug use can adversely affect the physical and emotional well-being of student athletes no matter when such use should occur, drug screening tests will be conducted throughout the year on a **random, team** or **reasonable suspicion** basis.

Nothing in these procedures shall be construed to create a contract between student-athletes and the Delaware State University. However, signed consent and notification forms shall be considered affordance of the student-athlete’s agreement to the terms and conditions contained in this policy and shall be a legal contractual obligation of the student-athlete.

**EDUCATION:** As part of the comprehensive Drug screening and Substance Abuse Program, Delaware State University will host two educational sessions for the student athletes. The first session will talk about the drug screening process (both the NCAA program and Delaware State program). The second session will discuss supplements, nutrition, street drugs, performance enhancing drugs, and alcohol and tobacco products. These sessions will be mandatory for all student athletes that are receiving Athletic Aid.

#### **ATHLETIC DRUG ADVISORY COMMITTEE.**

The Athletic Drug Advisory Committee oversees the Drug Screening and Substances Abuse Program. The Athletic Drug Advisory Committee is comprised of the Athletic Director, Compliance Director, Director of Sports Medicine, and designated coach(s). The Athletic Training staff, and the onsite coordinator works cooperatively with the Athletic Drug Advisory Committee to help supervise the Drug Screening and Substance Abuse Program.

The Athletic Training Staff collects from each student-athlete a signed copy of the consent form to participate in the Drug Screening and Substance Abuse Program. The director of sports medicine contacts the contracted drug testing organization to monitor and collect urine during the testing procedure.



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#### **PROHIBITED SUBSTANCES.**

The list of substances banned by the NCAA is available in appropriate NCAA literature and more specifically in the Athletic Training Room on campus. Lists of banned substances are included in this manual. (See attachment). In general, these substances would consist of performance enhancing drugs and/or substances deemed potentially harmful to the health and safety of the student athlete. Any questions concerning this list need to be directed to the Athletic Training Staff. For more information you can refer to the following web sites:

[www.Drugfreesports.com/rec](http://www.Drugfreesports.com/rec)  
[www.NCAA.org](http://www.NCAA.org)

#### **USE OF TOBACCO PRODUCTS.**

The use of tobacco products is prohibited by all game personnel (coaches, players, managers, athletic trainers etc...) during practice, competition, and team travel for all varsity sports programs at Delaware State University.

If any game personnel are caught with or using tobacco products during practice, competition, or team travel the following sanctions will apply.

#### First Violation:

- The player will be removed from the remainder of the current contest if the infraction occurs during a game.
- The person using the substance will be suspended for 1 game (in addition to any NCAA sanctions)

#### Second Violation:

- The player will be removed from the remainder of the current contest if the infraction occurs during a game.
- The person using the substance will be suspended for 30% of regular scheduled contests (in addition to any NCAA sanctions)

#### Third Violation:

- The player will be removed from the remainder of the current contest if the infraction occurs during a game.
- The person using the substance will be suspended for 50% of regular schedules contests (in addition to any NCAA sanctions)



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#### POLICY STATEMENT ON USE OF SUPPLEMENTS.

Delaware State University does not condone the use of dietary supplements. Dietary supplements do not undergo federal government approval and are not tested for quality like prescription and over-the-counter medications. The product claims made by many dietary supplement manufacturers have not been based on scientific research in many cases. Many dietary supplements have not been subject to research by unbiased independent researchers in order to substantiate performance claims. The potential adverse and/or harmful effects of these substances have not been completely studied, but serious adverse effects have been reported in some instances. As there are minimal federal government labeling requirements for dietary supplements, some products may contain NCAA and/or DSU banned substances, which are not listed on the label. It is important for student-athletes to remember that **THEY WILL BE HELD RESPONSIBLE FOR EACH AND EVERY SUBSTANCE THAT ENTERS THE BODY!!**

#### STATEMENT ON THE USE OF ALCOHOL

##### Introduction

- A. Delaware State University is committed to creating and maintaining an environment that is free of alcohol abuse and complies with state and federal laws governing alcoholic beverages. There are serious health risks and behavioral problems associated with the misuse of alcohol. The use of alcohol or being under the influence of alcohol during an athletic event is potentially dangerous to all parties involved in the program.
- B. DSU reserves the right to test for alcohol on the basis of reasonable suspicion prior to athletic participation. In the event that an athletic department staff member or student-athlete suspects an alcohol impaired student-athlete, they will report the findings immediately to the athletic training staff for verification and testing.
  1. Reasonable suspicion is considered:
    - Slurred speech
    - Smell of alcoholic substances
    - Motor control issues
    - Red/bloodshot/glassy eyes
    - Inappropriate or unusual behavior



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- C. Upon confirmation of a student-athlete under the influence of alcohol prior to participation in an athletic event, he/she will be removed from the activity. Notification of a positive finding will be submitted to the head coach, director of athletics or designee, academic advisor, Drug and Alcohol Committee Chair.
- a. First Violation:**
- The student athlete will be referred to the counseling center for evaluation and treatment at the discretion of the Director of Counseling or designee. Subsequently, ten (10) hours of community service to be determined by the Director of Sports Medicine will also apply.
- b. Second Violation:**
- The student-athlete will be readmitted to counseling for a time determined by the director of counseling or designee. The student athlete will serve ten (10) hours of community service. The student athlete will serve a suspension from game participation for the equivalent of 10% of the playing season. In the event that the offense occurs in a non-playing season, the suspension will be carried over to the next season of competition.
- c. Third Violation:**
- If an athlete is found to have been under the influence of alcohol at the time of athletic participation for the third time, the student-athlete will be disqualified from athletic participation and will be at risk of losing athletic financial aid.

All student athletes are responsible for abiding by any state, local or university laws and policies related to the use of alcohol. For a detailed description and guideline of university requirements and regulations please refer to the DSU student handbook on the university web page.

Any student athlete convicted of alcohol related charges will be subject to the university's policies concerning alcohol violations. In addition, any convictions will be treated as a violation in the Drug Screening Program.



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#### **MEDICAL EXCEPTIONS**

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows an exception to be made for those student-athletes with a documented medical history demonstrating the need for treatment with the banned medication. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, anabolic agents, beta blockers, diuretics, peptide hormones, anti-estrogens, and beta-2 agonists. **No medical exception review is available for substances in the class of street drugs.**

#### **DRUG TESTING PROCEDURE**

Student athletes are asked to sign a “Drug Testing Consent Form” giving the Delaware State Athletic Department permission to test. If the student athlete refuses to sign the consent form, he/she will be ineligible to participate in intercollegiate athletics at Delaware State University. The contracted organization working with the athletic training staff will collect the urine samples for analysis. **Team, random, and reasonable suspicion** testing will be done periodically through the year.

#### **Who can be tested?**

- All student athletes that are currently on an official team roster.
- Any student athlete that is receiving athletic- related aid
  - This includes athletes that are:
    - Academically ineligible
    - Have finished their eligibility but are receiving athletic aid
    - Student athletes that are injured and are remaining on athletic aid

#### **SELECTION PROCESS:**

In accordance with the federal and state regulations, student athletes are subject to drug testing within the parameters set forth by this policy. Appendix D lists the substances that may be tested for during drug testing and is subject to updates at anytime. Screening will be done by a certified laboratory. Unless otherwise notified, testing will be done in the Delaware State University intercollegiate athletics sports medicine clinic. Individuals will be subject to undergo drug testing for

- Reasonable suspicion/for cause
- Periodic monitoring or aftercare
- Random



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- Team

#### Testing Based on Random Selection

- The screening company will randomly select a number of student athletes comprising approximately 10% of the student athlete population for screening. Student athletes will have an equal chance at being chosen, regardless of whether they have been previously tested. *In addition, entire teams or randomly selected student athletes on specific teams may be selected for screening.*
- The selection list will be delivered to the director of sports medicine by the drug testing coordinator, at least two days prior to testing.
- Notification to the selected student athletes will be the responsibility of the drug testing coordinator the day before testing, not to exceed twenty-four hours notice. The information will include the location, date and time of the test.
- If the selected student athlete fails to cooperate with the administration of the test, it will be considered a positive test.

#### Testing in response to individualized reasonable suspicion

If there is reasonable suspicion that a student athlete is using or has used impermissible substances, the student athlete may be subject to testing at any time. This may occur whether a team is in season or out of season. Reasonable suspicion may be based on information presented to the director of athletics or designee, including, but not limited to, the following:

- Observed possession or use of substances that reasonably appear to be those listed as a banned or impermissible substance.
- An arrest and/or conviction for a criminal offense related to the possession, use of, or trafficking substances listed as banned or impermissible.
- Observed activity or appearance which varies from the normal routine of a student athlete. This includes but is not limited to, changes in physical appearance, conduct, behavior, or unusual/unexplained patterns of absence from class, training, or competition, which would be reasonably associated with the use of banned or impermissible substances.
- Charged with a violation of the university or department of intercollegiate athletics code of conduct or other published university policy based on the possession, use, or affiliation with alcohol and/or banned substances.



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An athletic department staff member may initiate a drug screen for reasonable suspicion/cause by filling out appendix C, and turning it into the director of sports medicine. Should an Athletic staff member or coach initiate a drug screening based on reasonable suspicion of an athlete, it is understood that the said coach/staff member who requests such testing will incur any and all charges associated with the testing. Said charges could include, but are not limited to, the cost of collection by a collection agency assigned representative, sample analysis costs, shipping/handling charges, and any associated costs incurred by re-testing should the tested athlete appeal the initial results.

**Once the director of sports medicine or designee receives information concerning reasonable suspicion/cause for testing, he or she will confer with designated representatives from the university's general counsel, sports medicine staff, Director of Athletics and the respective head coach to determine whether there is reasonable suspicion that the identified student athlete may have engaged in the use of a banned or impermissible substance.** If the identified student athlete fails to cooperate with the administration of the test, it would constitute a positive result.

#### **Testing for an entire athletic team**

There may be times that an entire team is tested for impermissible substances. This may include but is not limited to the following reasons:

- Prior to post-season competition
- Suspected widespread use of/or association with impermissible substances by team members.

#### **Testing for individuals that have previously tested positive:**

- Any individual that has tested positive for a banned substance will be included in future tests as deemed appropriate by the director of sports medicine.
- Any individual that has tested positive for a banned substance may be subject to repeat testing during counseling and treatment programs.



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#### NOTIFICATION PROCESS

##### Random Selection

- The drug screening schedule will be set by the director of sports medicine and approved by the Athletic Director.
- The student athletes will be contacted by the drug testing coordinator, in person or by phone, no later than 24 hours prior to the test, using the phone number provided on the athlete's physical forms.
- The student will be notified of the **time** and **location** of their drug screening.
- The student athlete will be asked to report to the athletic training room and sign the drug test notification form (appendix G)
- The student athlete will be given specific instructions for the test date.

##### Team Testing:

- The drug screening schedule will be set by the director of sports medicine, and the drug testing coordinator and approved by the Athletic Director.
- The student athletes will be contacted by the drug testing coordinator, in person or by phone, no later than 24 hours prior to the test, using the phone number provided on the athlete's physical forms.
- The student will be notified of the **time** and **location** of their drug screening.
- The student athlete will be asked to report to the athletic training room and sign the drug test notification form (appendix G)
- The student athlete will be given specific instructions for the test date.
  - The student athlete will be given specific instructions for the test date.

##### Reasonable Suspicion:

- The drug screening schedule will be set by the director of sports medicine and approved by the Athletic Director.
- The student athletes will be contacted by the drug testing coordinator, in person or by phone, using the phone number provided on the athlete's physical forms.
- The student will be notified of the **time** and **location** of their drug screening.
- The student athlete will be asked to report to the athletic training room and sign the drug test notification form (appendix G)
- The student athlete will be given specific instructions for the test date.





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Athletes will sign in at the testing site with a valid ID. Throughout the testing procedure, a legal “chain of custody” will be maintained to assure that no tampering with the urine sample is possible.

Should the drug testing coordinator be unable to contact you using the phone number provided on the yearly physical forms, an attempt will be made to have the respective head coach contact the athlete to appear in the athletic training room. **If an athlete is unable to be reached, it will constitute as a failed appearance and will result in a positive test. Failure to appear on time at the testing site will be treated as a positive test.** Any attempt to alter the integrity or validity of the urine specimen and/or collection process will be treated as a positive result.

Identification of those participating in the urinalysis and the results will be strictly confidential. The testing service will notify the appropriate member of the Athletic Drug Committee of the results. That person will be the only person capable of matching test results with individual identification numbers and will in turn notify individuals of their results.

#### **COLLECTION PROCEDURES**

- 1.1 Upon** entering the station, the student athlete will be identified (picture ID), and sign in to the collection station.
- 1.2** The student athlete will select a sealed beaker from a supply of such and will record his/her initials on the beakers lid.
- 1.3** A crew member will require the student athlete to wash and dry his/her hands and will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen.
- 1.4.** The student athlete is responsible for keeping the beaker closed and controlled.
- 1.5** Fluids or food given to the student athletes who have difficulty voiding must be from sealed containers (certified by the crew chief) that are opened and consumed in the station. These items must be caffeine-free and alcohol-free and free from any other banned substances.
- 1.6** If the Specimen is incomplete, the student athlete must remain in the collection station until the sample is completed. During this period, the student athlete is responsible for keeping the collection beaker closed and controlled.
- 1.7** If the specimen is incomplete and the student athlete must leave the collection station for a reason approved by the crew chief, the specimen must be discarded and the process started over.
- 1.8** Upon return to the collection station, the athlete will restart the collection process.
- 1.9** Once a specimen is provided (at least 85ml), the crew member monitoring the furnishing of the specimen will sign that the specimen was directly validated and a crew member will check the specific gravity and the PH of the urine in the presence of the student athlete.



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- 1.10** If the urine has a pH greater than 7.5 or less than 4.5, the specimen will not be sent to the laboratory. The student athlete must remain in the collection station until another specimen is provided.
- 1.11** If the urine has a specific gravity at or above 1.005 and the urine has a pH between 4.5 and 7.5 inclusive, the urine will be processed and sent to the lab.
- 1.12** Final determination of the specimen adequacy will be made by the laboratory.
- 1.13** If the laboratory determines that the student athlete's specimen is inadequate for analysis, at the institutions discretion, another specimen may be collected.
- 1.14** If a student athlete is suspected of manipulating specimens (e.g. via dilution) the institution will have the authority to perform additional tests on the student athletes.
- 1.15** Once a specimen is provided that meets the on-site specific gravity and pH, the student athlete will select a specimen collection kit and a uniquely numbered set of bar codes from a supply of such.
- 1.16** A crew member will record the specific gravity and the pH values.
- 1.17** The crew member will pour approximately 60 ml of specimen into vial "A" and the remaining amount (approximately 25ml) into vial "B" in the presence of the student athlete.
- 1.18** The crew member will place the cap on each vial in the presence of the student athlete. The crew member will then seal each vial in the required manner under the observation of the student athlete.
- 1.19** Vials and forms (if any) sent to the laboratory shall not contain the name of the student athlete.
- 1.20** All sealed specimens will be secured in a shipping case. The crew member will prepare the case for forwarding.
- 1.21** The student athlete, crew member and the witness will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded at that time. If deviations are alleged, the student athlete will be required to provide another specimen.
- 1.22** After the collection process has been completed, the specimen will be forwarded to the laboratory and all copies of the forms, if any, will be forwarded to the designated persons.
- 1.23** The specimen becomes property of Delaware State University.
- 1.24** A student athlete who refuses to sign the notification form or signature form, fails to arrive at the collection station at the designated time without justification, fails to provide a urine sample according to the protocol, leaves the collection station before providing a specimen according to protocol, or attempts to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance.



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#### RESULTS

#### NEGATIVE RESULTS

The department of athletics will assume that all student athletes will test negative to the controlled substances listed. There will be no maximum number of times each student athlete may be tested during his or her careers. If a student athlete does have a positive urine test, then he/she will be placed on **an active list and will be tested frequently** for the remainder of their career at Delaware State University.

#### POSITIVE RESULTS

#### First Violation:

Every specimen that screens positive at the laboratory will be subject to a confirmation process to assure accuracy. If a positive result is verified, the director of athletics will be notified by Drug Free Sports by telephone as soon as possible. The drug testing site coordinator will notify the student athlete who tested positive. A meeting will be arranged with the director of sports medicine, head coach, drug testing site coordinator, and student athlete. If the student is a minor, this meeting will include his/her parents or legal guardian. During this meeting, arrangements will be made for the student athlete to be referred to counseling. **The student athlete will be required to attend mandatory counseling. Student must attend two (2) counseling sessions. In addition to mandatory counseling, the first positive drug test will include a suspension from 10% of the team's season competition schedule including pre and post season competition, to begin immediately following the positive drug test result. If a team completes its competition schedule while a student athlete is under the above suspension, the student's participation suspension will carry over into the following year (next season's competition).** The student athlete will be subject to frequent and possibly unannounced follow-up drug testing. Failure to comply or refusal to participate with the counseling program will result in immediate disqualification from all athletic participation until the above guidelines are met. In order to be reinstated to any Delaware State University varsity athletic team, the student athlete must test negative for banned drug classes. The student athlete may be required to have a health assessment by the team physician to insure that the student athlete's health is not in jeopardy due to substance use and may continue to participate if and/or when reinstated by the department of athletics.

The student athlete is required to comply with the minimal guidelines set forth above. Failure to do so will result in immediate disqualification from all athletic participation and removal of all department-provided financial support for the remainder of the student athlete's career. The student athlete's head coach may impose additional penalties beyond these guidelines subject to the approval of the director of athletics.



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#### Second Violation

Every specimen that screens positive at the laboratory will be subject to a confirmation process to assure accuracy. If a positive result is verified, the director of athletics will be notified by Drug Free Sports by telephone as soon as possible. The drug testing site coordinator will notify the student athlete who tested positive. A meeting will be arranged with the director of sports medicine, head coach, drug testing site coordinator, and student athlete. If the student is a minor, this meeting will include his/her parents or legal guardian. During this meeting, arrangements will be made for the student athlete to be referred to counseling. **The student athlete will be required to attend four (4) mandatory counseling sessions. The 2nd positive drug test will include suspension from 20% of the team's season competition schedule including pre and post season competition, to begin immediately following the second positive drug test result. If a team completes its competition schedule while a student athlete is under the above suspension, the student's participation suspension will carry over into the following year (next season's competition).** The student athlete will be subject to frequent and possibly unannounced follow-up drug testing. Failure to comply or refusal to participate with the counseling program will result in immediate disqualification from all athletic participation until the above guidelines are met. In order to be reinstated to any Delaware State University varsity athletic team, the student athlete must test negative for banned drug classes. The student athlete may be required to have a health assessment by the team physician to insure that the student athlete's health is not in jeopardy due to substance use and may continue to participate if and/or when reinstated by the department of athletics.

The student athlete is required to comply with the minimal guidelines set forth above. Failure to do so will result in immediate disqualification from all athletic participation and removal of all department-provided financial support for the remainder of the student athlete's career. The student athlete's head coach may impose additional penalties beyond these guidelines subject to the approval of the director of athletics.

#### Third Violation

Every specimen that screens positive at the laboratory will be subject to a confirmation process to assure accuracy. If a positive result is verified, the director of athletics will be notified by Drug Free Sports by telephone as soon as possible. The drug testing site coordinator will notify the student athlete who tested positive. A meeting will be arranged with the director of sports medicine, head coach, drug testing site coordinator, and student athlete. If the student is a minor, this meeting will include his/her parents or legal guardian. **The director of athletics will notify the student athlete that he/she will be removed from all further athletic participation, eligibility, and all athletic provided financial aid for 365 days from the date of the positive test result. This penalty does not allow a student athlete to "red shirt" for the year during the suspension.** The student athlete will also be referred for university counseling. The student athlete will be



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subject to frequent and possibly unannounced follow-up drug testing. In order to be reinstated to any Delaware State University varsity athletic team, the student athlete must test negative for banned drug classes. The student athlete will be required to have a health assessment by the team physician to insure that the student athlete's health is not in jeopardy due to substance use and may continue to participate in athletics if/when reinstated by the department of athletics.

The student athlete is required to comply with the minimal guidelines set forth above. Failure to do so will result in immediate disqualification from all athletic participation and removal of all department-provided financial support for the remainder of the student athlete's career. The student athlete's head coach may impose additional penalties beyond these guidelines subject to the approval of the director of athletics.

#### Fourth Violation

Every specimen that screens positive at the laboratory will be subjected to a confirmation process to assure accuracy. If a positive result is verified, the director of athletics will be notified by Drug Free Sports by telephone as soon as possible. The drug testing site coordinator will notify the student athlete who tested positive. A meeting will be arranged with the athletic director, director of sports medicine, head coach, drug testing site coordinator, and student athlete. If the student is a minor, this meeting will include his/her parents or legal guardian. **The director of athletics will notify the student athlete that he/she will be immediately removed from all further athletic participation and all athletic provided financial aid for the remainder of the athlete's career at Delaware State University.** The student athlete will be required to have a health assessment by the team physician to insure that the student athlete's health is not in jeopardy due to substance use.

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All suspensions will be explained as "violation of team rules" unless made public by the student athlete. After being notified of a positive drug test result/violation the athlete may appeal the findings if they desire too.

During the appeal process, all penalties and counseling requirements are suspended pending the results of the appeal

**All appeals must be submitted to the Drug testing coordinator and/or director of sports medicine within 48 hours of notification of a positive test result.** An appeal request must be done in writing, with the athlete's reason for appeal (appendix E), and must be signed by the athlete. Once the appeal has been received by the drug testing coordinator, a formal appeal will be submitted to the drug testing company, and the athlete's "B sample" will be tested. If the appeal is negative, then the final result will be negative. If the appeal is positive, then the result will be positive and the penalties will begin immediately.



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#### **NCAA DRUG TESTING PROGRAM**

It is important to emphasize that the Delaware State University drug screening and substance abuse program is separate and distinct from the NCAA drug testing program even though it bans the same drug classes. The previously mentioned penalties apply only to the Delaware State University drug screening and substance abuse program. All athletes are still subject to the NCAA drug testing program and any athletes who test positive during an NCAA drug test will face the penalties that are prescribed by that governing body as outlined in the appropriate NCAA literature. **It should be understood that an NCAA positive drug test counts as a violation in the Delaware State drug screening and substance abuse program.** For additional information and resources you can access the NCAA website at [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) and the dietary supplement resource exchange center (REC) website at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)

#### **SAFE HARBOR PROGRAM**

A student-athlete eligible for the Delaware State University safe harbor program may refer himself/herself to the program for voluntary evaluation, testing, and counseling. A student is not eligible for the program after he or she has been informed of an impending drug test or after having received a positive Delaware State University or NCAA drug test.

Delaware State University will work with the student 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 sanction except those listed in this section (the team physician may suspend the student from play or practice if medically indicated). A student will be permitted to remain in the safe harbor program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the safe harbor program thirty (30) days prior to NCAA or conference post season competition. A student-athlete will only be permitted to enter the safe harbor program one time during their athletic eligibility at Delaware State University. If a student athlete is determined to have new substance use after the initial safe harbor program test (as determined by follow-up testing), or 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 sanctions as detailed in the Delaware State University program. Entering the safe harbor program will not be treated as a positive test as it relates to sanctions. However, any positive test after the initial safe harbor program test will be treated as the next subsequent positive.

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 Delaware State University. Students in the safe harbor program may be selected for drug testing by the NCAA.



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#### **2015-2016**

The director of athletics, the senior associate athletic director and the senior women's administrator, the director of sports medicine, the student athlete's head coach, and the team physician may be informed of the student's participation in the safe harbor program. The athletic trainer assigned to that sport also may be notified, if medically appropriate. The assistant coach (es) also may be informed at the discretion of the head coach. Other university employees may be informed only by the extent necessary for the implementation of this policy.

**The Delaware State University Athletic Department may amend this policy from time to time as needed.**



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#### APPENDIX A

#### Drug Testing Letter of Guilt

I, \_\_\_\_\_ have tested positive for: \_\_\_\_\_  
**Athlete's printed name** **banned substance**

On this date \_\_\_\_/\_\_\_\_/\_\_\_\_

I understand that by admitting to the violation mentioned above, I agree to adhere to the consequences outlined in the Delaware State University Drug Testing policies and procedures manual.

I understand that I will be required to call and set up an appointment with DSU counseling services at **(302) 857-7381**. I understand that it is mandatory that I must set up and attend a minimum of two (2) meetings (cannot be on the same day) and that my meetings must be completed within 2 weeks of this notification (\_\_\_\_/\_\_\_\_/\_\_\_\_). After completion, a signed form from the counselor proving my attendance must be submitted to either **Lori Leary**, or **Casey Cooper**. Failure to comply or refusal to participate with the counseling program will result in immediate disqualification from all athletic participation until the above guidelines are met. I also understand that I have the right to appeal these results. During the appeal process, the penalty and counseling requirement are suspended **pending the results of the appeal**. If the appeal is negative, then the final result will be negative. If the appeal is positive, then the result will be positive and the penalty will begin immediately. A positive result may not be appealed more than once.

As outlined in the Delaware State University Athletics Drug Screening and Substance Abuse Program, the following consequences will result from a positive drug test:





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**1<sup>st</sup> violation:**

Will result in two (2) mandatory counseling sessions and suspension from 10% of the team’s competition season. Suspension from competition includes pre and post season to begin immediately; (excludes practice); and if a minor, my parents or legal guardian will be notified.

**2<sup>nd</sup> violation:**

Will include four (4) mandatory counseling sessions at DSU and suspension from 20% of the team’s season completion schedule. Suspension from competition includes pre and post season to begin immediately; (excludes practice); and if a minor, my parents or legal guardian will be notified.

**3<sup>rd</sup> violation:**

Will include mandatory counseling and suspension from athletics at Delaware State University for 1 year (365 days from date of positive findings notification). Suspension from competition including pre and post season is to begin immediately.

**4<sup>th</sup> violation:**

Will include permanent suspension from athletics at Delaware State University and loss of athletic-related aid at Delaware State University.

\_\_\_\_\_  
**Casey Cooper, Drug Testing Site Coordinator**

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

\_\_\_\_\_  
**Lori Leary, Head Athletic Trainer/Director of Sports Medicine**

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

\_\_\_\_\_  
**Student Athlete signature**

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



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#### APPENDIX A

#### NOTIFICATION OF APPEALS FORM

This form is to be submitted to the drug testing appeals committee – chair or designate within 48 hours of being notified of a positive drug test. This form will be forwarded to the drug testing appeals committee chair for notification of a pending meeting (within 48 hours of requesting the appeal) with the student athlete and those deemed necessary for clarification.

Student athlete name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Date of drug test: \_\_\_\_\_

Date of notification of results: \_\_\_\_\_

Date of notification of appeal: \_\_\_\_\_

Reason for appeal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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Student athlete signature/date

Drug Testing Site Coordinator/date

#### APPENDIX B

#### DIETARY SUPPLEMENT DISCLOSURE FORM

I, \_\_\_\_\_ would like to disclose the following substance for which I consume as a dietary supplement other than those prescribed by a medical doctor. I understand that labeling on these products can be misleading and inaccurate, and that advice of sales personnel may be inaccurate. Terms such as “healthy” or “naturally occurring” do not necessarily imply safety nor does it imply that the NCAA or Delaware State University approves these substances. Ultimately, I am responsible for knowing what is contained in any supplement that I may take.

Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_

Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_

Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_

Brand Name: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_  
Student athlete signature/date

\_\_\_\_\_  
sports medicine staff/date



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\*\* This signature **IS NOT** an **approval** for the student athlete to take the dietary supplement(s)

#### APPENDIX C

#### DRUG TESTING REASONABLE SUSPICION NOTIFICATION FORM

I, \_\_\_\_\_ under the reasonable suspicion clause that is

Delaware State University Athletic Dept. Staff Member

outlined in the Delaware State University drug screening and substance abuse program; report the following objective sign(s), symptom(s), or behavior(s) that I reasonably believe warrant \_\_\_\_\_ be referred To the department of athletics drug and alcohol committee chair or his/her designate 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:

- |  |   |
|--|---|
| <input type="checkbox"/> Irritability  | <input type="checkbox"/> Loss of temper                   |
| <input type="checkbox"/> Failure to follow directions                        | <input type="checkbox"/> Emotional outburst (e.g. crying) |
| <input type="checkbox"/> Verbal outburst (e.g. to faculty, staff, teammates) | <input type="checkbox"/> Weight gain                      |
| <input type="checkbox"/> Physical outburst (e.g. throwing equipment)         | <input type="checkbox"/> Weight loss                      |
| <input type="checkbox"/> Sloppy hygiene and/or appearance                    | <input type="checkbox"/> Poor motivation                  |

The student athlete has been:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Late for practice      | <input type="checkbox"/> Late for class      | <input type="checkbox"/> Not attending class  |
| <input type="checkbox"/> Receiving poor grades  | <input type="checkbox"/> staying up too late | <input type="checkbox"/> missing appointments |
| <input type="checkbox"/> Missing/skipping meals |  |   |

The student athlete has demonstrated the following:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Dilated pupils  | <input type="checkbox"/> Constricted pupils         | <input type="checkbox"/> Red eyes                            |
| <input type="checkbox"/> Smell of alcohol on breath  | <input type="checkbox"/> smell of marijuana         | <input type="checkbox"/> excessive talking                   |
| <input type="checkbox"/> staggering or difficulty walking  | <input type="checkbox"/> over stimulated or "hyper" | <input type="checkbox"/> slurred speech                      |
| <input type="checkbox"/> Constantly running and/or red nose  |   | <input type="checkbox"/> periods of memory loss              |
| <input type="checkbox"/> recurrent bouts with a cold/flu (give dates _____)                        |   | <input type="checkbox"/> withdrawn and/or less communicative |
| <input type="checkbox"/> recurrent motor vehicle accidents and/or violations (give dates _____)    |   |  |
| <input type="checkbox"/> recurrent violations of Delaware State University student code of conduct |   |  |

Other specific objective findings include: \_\_\_\_\_

\_\_\_\_\_  
Coach's Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date



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\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

#### APPENDIX D

#### BANNED SUBSTANCE LIST

The following is a list of banned substance classes with example published by the NCAA, which will constitute the drugs that may be tested for on a NCAA drug screen as well as a Delaware State University drug screen. This list **is not all inclusive** and is intended to give a reasonable idea of substances and classes of drugs that are banned. If there are any questions as to whether or not one of these substances is contained within a nutritional product, the student athlete should consult with the director of sports medicine.

#### **Stimulants:**

Amiphenazole	Amphetamine	Bemigride	Benzphetamin	Bromantan
Caffeine (1)	Chlorphentermine	Cocaine	Cropropamide	Crothetamide
Diethylpropion	Dimethylamphetamine	Doxapram	Ephedrine	Ethamivan
Ethylamphetamine	Fencamfamine	Meclofenoxate	Methamphetamine	Methylphenidate
Nikethamide	Permoline	Pentetrazol	Phendimetrazine	Phenmetrazine
Phentermine	Picrotoxine	Pipradol	Prolintane	Strychnine

#### **And related compounds**

**(1) For caffeine – if the concentration in the urine exceeds 15 micrograms/ml.**

#### **Anabolic Agents:**

Androstenediol	Androstenedione	Boldenone	Clostebol
Dehydrochloromethyl-testosterone	dihydrotestosterone	Dromostanolone	Fluoxymesterone
Mesterolone	Methandienone	Methenolone	Methyltestosterone
Nandrolone	Oxymetholone	Clenbuterol	

#### **Stanozolol testosterone (and related compounds)**

#### **Diuretics:**

Acetazolamide	Bendroflumethiazide	benzthiazide	Bumetanide
Bumetanide	Chlorothiazide	Chlorthalidone	Ethacrynic Acid
Flumethiazide	Furosemide	Hydrochlorothiazide	Hydroflumethiazide
Methyclothiazide	Metolazone	Polythiazide	Quinethazone
Spironolactone	Triamterene	Trichlormethiazide	

#### **Street Drugs:**

Heroin	Tetrahydrocannabinol (THC)	Marijuana
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#### **Peptide Hormone and Analogues:**



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Chorionic Gonadotrophin  
Human Chorionic Gonadotrophin (HCG)

Corticotrophin  
Sermorelin

Erythropoietin (EP)  
Somatotrophin

#### APPENDIX E

#### STUDENT ATHLETE NOTIFICATION

Student-Athlete: \_\_\_\_\_

Student's D #: \_\_\_\_\_

Institution: **Delaware State University**

Sport: \_\_\_\_\_

Notification date: \_\_\_\_\_

Time of notification \_\_\_\_\_ AM / PM

Student athlete notified:  in person  direct phone contact

#### **Institutional Representative:**

I certify the above student athlete has been notified of his/her selection for Delaware State University drug testing and informed that failure to sign the notification form or failure to appear for drug testing will be treated as if there was a positive for a banned substance as defined by the Delaware State University drug screening and substance abuse policy.

**Institutional Representative signature:** \_\_\_\_\_

#### **I, the undersigned:**

- Acknowledge being notified (either in person or by direct telephone contact) to appear for Delaware State University drug testing and have been notified to report to the drug testing station with **picture identification** at:

\_\_\_\_\_, on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_ AM / PM  
(Location) (Date) (Time)

- I will be prepared to provide an adequate specimen and will not over hydrate [**DO NOT DRINK TOO MANY FLUIDS!**]. I understand that providing numerous diluted specimens may be cause for follow up drug testing.
- I understand failure to appear at the **site on or before the designated time** will constitute a withdrawal of my previous consent to be tested as previously indicated on the Delaware State University drug testing consent form and could result in a **forfeiture of athletic eligibility at Delaware State University.**

By signing, I have been notified of my selection for Delaware State University drug testing, and am aware of what is expected of me in preparation for this drug testing event.

Student athlete's signature/date: \_\_\_\_\_



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

#### **APPENDIX F**

#### **Delaware State University Declaration of Safe Harbor Form**

I hereby declare "safe harbor" from the Delaware State University drug screening and substance abuse 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 upon entering the program
- Be evaluated by the DSU counselors and/or the 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 the 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 Delaware State University drug testing while in the safe harbor program, but will remain eligible for drug testing by the NCAA.
- Follow other steps described in this program under the safe harbor section

I understand that I will be removed from the safe harbor program and this will count as a violation if:

- I do not comply with my counseling sessions
- My drug screens show increased levels of drugs in my system

Name (print): \_\_\_\_\_

Signature/Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

#### **For Staff Athletic Trainer and/or Team Physician**

-----

Eligible for Safe Harbor:            \_\_\_\_\_ YES    \_\_\_\_\_ NO  
 Reviewed safe harbor program    \_\_\_\_\_ YES    \_\_\_\_\_ NO



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Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Title: \_\_\_\_\_