

Drug Testing Policy and Procedures

Revised July 2009

PLEASE NOTE: COACHES IN EACH SPORT MAY HAVE ADDITIONAL POLICIES THAT ARE STRICTER THAN DEPARTMENTAL POLICIES CITED HEREIN.

Drug Policy

Drug use (excluding normal use of over-the-counter drugs such as aspirin and those drugs prescribed by a physician to treat a specific medical condition) is detrimental to the student-athlete and is prohibited.

Program

The Department of Intercollegiate Athletics at Lipscomb University firmly believes that the use of drugs (excluding normal use of over-the-counter drugs such as aspirin and those drugs prescribed by a physician to treat a specific medical condition) can be detrimental to the physical and mental well-being of its student-athletes, can seriously interfere with the performance of individuals as students and as athletes and can be extremely dangerous to the student-athlete and his/her teammates participating in athletic competition and practice. In light of these beliefs and concerns, the department has implemented a drug policy and is committed to a program to assist and benefit the student-athletes at Lipscomb University. A mandatory screening program has thus been instituted.

As a condition of participation in intercollegiate athletics at Lipscomb University, all student-athletes are required to sign a form stating they have read, understand and agree to comply with the drug policy and the consequences of any positive tests. This policy is reviewed with student-athletes at the beginning of each fall semester or the point at which a student-athlete commences his or her participation in intercollegiate athletics at Lipscomb University.

The basic goal of the drug program is prevention of drug use; however, education and assistance with drug-related problems are key components of the program.

Goals of the Program

1. To generally educate Lipscomb University student-athletes concerning the problems of drug use.
2. To educate any student-athlete identified with a problem regarding the use of drugs as it may affect the athlete and his/her team and teammates.
3. To provide a common mechanism for the detection and treatment of specific cases of drug use.
4. To provide reasonable safeguards to insure that every student-athlete is medically fit to participate in athletic competition.
5. To prevent drug use by Lipscomb University student-athletes.
6. To identify any student-athlete who may be using drugs and to identify the drug(s).
7. To encourage the prompt treatment of drug dependency.

Implementation of Program

At the beginning of the academic year, a presentation will be made to all intercollegiate athletic teams at Lipscomb University to outline and review the department's *year round* and *summer* drug testing drug policy. A copy of this policy will be provided to each student-athlete. Each student-athlete will thereafter be asked to (1) sign a copy of the policy acknowledging receipt of a copy of this policy; (2) execute voluntary consent to the urinalysis testing required by the program; and (3) sign a statement authorizing the release of test results to a limited group of individuals.

Student-athletes and their parents/legal guardians are encouraged to ask questions or make suggestions at any time regarding this program. The Lipscomb University Athletics Department is committed to the success of this program and expects student-athletes to be equally committed.

Frequency of Testing

To ensure fairness and efficiency of the testing program, testing notification will come from the department's appointed drug testing coordinator. Tests will be administered on a random basis and may, or may not, be announced in advance. Tests may be administered at any time *throughout the year*. The number, timing and other procedures for testing shall be determined by the Lipscomb University Athletics Department in consultation with Baptist Sports Medicine. However, according to institutional policy, if a student is suspected of drug use, he or she may be asked to submit to testing.

Testing Method

The drug testing shall consist of collecting a urine sample from the student-athlete under the supervision of a laboratory technician from Baptist LabPlus *or* such other agency as the Athletics Department may deem appropriate (Athletic Trainer). Each urine sample shall be analyzed using such tests as the Athletics Department may deem appropriate for the presence of screened drugs. The testing agency shall report all test results to the administrator of the program. For purposes of this program, a positive result shall mean a test result which indicates, in the opinion of the outside agency performing such testing, the presence of one or more of the drugs on the NCAA's banned list. The student-athlete will be immediately notified of a positive test result.

Appropriate 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 proper identification and integrity of the sample throughout the collection and testing process. Additionally, precautions will be taken to assure the randomness of the subsequent testing.

GUIDING PRINCIPLES

In agreement with the policies of Lipscomb University, NCAA, and the Lipscomb University Department of Athletics prohibits the use, sale, or distribution of any and all illegal substances by its student athletes. Students must not purchase, possess, use, or sell any illegal drugs or controlled substances-including marijuana/cannabis and all narcotics, depressants, stimulants, opiates, hallucinogens, solvents, or inhalants. In addition, students must not possess materials that may be considered drug paraphernalia (e.g., bong, crack/marijuana pipes, syringes with no physician-verified purpose) If found, such materials may be considered as evidence of drug use. Failure to observe this regulation is likely to invoke immediate suspension. (LU conduct page) Additionally, Lipscomb University Department of Athletics and the NCAA prohibit utilizing nutritional supplements containing illicit or NCAA Banned Substances, including anabolic steroids.

- **Safe Harbor/Self-Referral Policy**

With the understanding that there are circumstances where individuals have severe drug and/or alcohol problems which stem from background, habit, or recreation, the Department of Athletics has developed a policy to assist individuals who desire to make a positive life change. It is the assumption that individuals who self-refer for a drug and/or alcohol problem are actively seeking help and are interested in making a positive life change. It is the commitment of Lipscomb University Athletics to assist all individuals in this process.

Through the Safe Harbor program a student athlete may refer himself or herself **once** for voluntary evaluation and counseling. Self-referral may occur only one time during a student-athlete's college career. Individuals utilizing self-referral will be assessed by a trained professional to gauge the severity of the problem. A recommendation for treatment, based on the assessment will be made. The Athletic Department will assist in financing the treatment process as long as the student-athlete is committed to the program and satisfactorily completes all requirements. Parameters of Safe Harbor program include the following:

- 1) A student-athlete is not eligible for self-referral or safe harbor plan after he or she has been informed of an impending test or after having received notification of a positive institutional or NCAA drug test.
- 2) The Director of Athletics, head athletic trainer, and student-athlete's head coach will be informed of the student-athlete's participation in the Safe Harbor program.
- 3) The student athlete will be permitted to remain in the Safe Harbor program for a reasonable amount 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 postseason competition.**

- 4) Student-athlete must satisfactorily complete the prescribed substance abuse treatment recommended by the counselor. Failure to complete will result in a positive drug test.
- 5) During treatment, the Department of Athletics, as well as any of the inpatient/outpatient facilities utilized by the Department of Athletics, reserves the right to perform routine, unannounced drug tests. If a drug test reveals existence of drugs after an 8-week period, or if at any time the student-athlete tests positive for a different drug than which he/she was originally referred for, an additional violation of the substance abuse policy will be enforced.
- 6) Upon official release from the professional treatment program, all student-athletes will be subject to drug testing. If any substance is detected, an automatic positive test will result.
- 7) Self-referral cannot be used while in treatment for an existing violation. The concept of the Safe Harbor self-referral program is for the student-athlete to ask for help with an addictive problem he/she is facing. Therefore, self-referral will not be considered when a student-athlete is actively undergoing treatment for a substance abuse violation.

- **Alcohol Policy**

The Lipscomb University Department of Athletics discourages the abuse of alcohol. We acknowledge that alcohol is the leading abused substance in society and is a primary entrance drug to further substance abuse. All students, regardless of age, must refrain from the purchase, possession, or consumption of alcoholic beverages in any circumstance-and may not possess alcoholic beverage containers (e.g., kegs, beer cans/bottles, liquor bottles, etc.). In addition, students are not to patronize bars or other establishments/events whose principal purpose is the serving of alcohol.

Violating local, state or federal law may subject students to criminal and/or civil penalties in addition to disciplinary action under the Lipscomb University's Code of Conduct. While the university will cooperate with authorities whenever possible, university policies or procedures will not be suspended or terminated pending the outcome of any criminal or civil action. All policies under Lipscomb University's Code of Conduct are separate and independent from any applicable laws.

Considering these facts, we are instituting the following policy for all students involved in or related to athletics:

If a drug or breath test reveals alcohol at any level, it will be considered a cause for concern. A violation of the substance abuse policy may be issued.

- 1) To continue to be eligible to participate, the athlete must successfully comply with the prescribed education and/or treatment.
 - 2) If a student-athlete becomes involved in a situation of serious alcohol misuse, including violations of the law while intoxicated (DUI, arrests, etc.) it may be considered a substance abuse policy violation and handled accordingly.
- **Tobacco Policy**

The Lipscomb University Department of Athletics and the NCAA prohibits the use of tobacco in any athletic facility including all buildings (administration buildings, athletic training room, weight rooms, locker rooms, practice fields, etc.)

*NCAA Bylaw 11.1.5 Use of Tobacco Products: The use of tobacco products is prohibited by all game personnel (e.g. coaches, athletic trainers, managers, and game officials) during practice and competition.

- **Honesty Policy**

Students are expected to practice the highest standards of personal integrity. Dishonesty under any circumstances will not be tolerated.

Some examples of inappropriate behavior are:

- Falsification, for any reason, of any university form or record
- Academic dishonesty (e.g., cheating, plagiarism, possessing/copying of examinations)
- Attempts to evade, or not fulfill, any financial obligations
- Lying to any university personnel in the process of performing their duties (including disciplinary inquiries, investigations, or procedures).

Action on a Diluted Urine Sample

In the event of a diluted urine sample, the student will be asked to give another sample at a later random time.

Action on Positive Test Results

In the event of a positive test result, the Head Athletic Trainer will notify the Athletic Director, the Head Coach, an authorized physician, Senior Woman's Administrator, Faculty Athletic Representative, Dean of Students, and Compliance Officer.

All student-athletes whose positive test result is confirmed will be subject to, but not limited to, the following disciplinary actions (*please remember that this is for athletic purposes; additional sanctions may apply from the Lipscomb University Student Code of Conduct*).

First Offense

1. The student-athlete will be tested as often as deemed necessary.
2. The student-athlete may be required to attend counseling and evaluation sessions.
 - The student athlete will be referred to the Lipscomb University Counseling Center for evaluation.
 - a. Student athlete will be required to sign a release of information form to enable the athletic department to check attendance at the counseling center for any counseling deemed necessary.
 - b. Counseling center personnel will make the final determination of the number of counseling sessions necessary.
3. The student-athlete may be required to perform 40 hours of community service work, to be completed within two months of notification of the test result.
4. The student-athlete may be suspended for 25% of the total competitive sport season, which will carry over to the following season if necessary. Any additional suspension time will be determined by the athletics director and/or head coach.

Second Offense

1. The student-athlete will be dismissed from the team immediately and his/her scholarship will be terminated.

PLEASE NOTE: OFFENSES ARE CUMULATIVE DURING THE STUDENT'S TENURE AT LIPSCOMB UNIVERSITY AND FAILURE TO APPEAR OR PROVIDE A SAMPLE MAY BE TREATED AS A POSITIVE TEST RESULT.