

**Limestone College
Athletic Department
Drug Program**

As a part of Limestone College's commitment to liberal education, development of moral and intellectual responsibility, and safeguarding the health of its student athletes, this policy establishes the Department of Athletics position on the use or abuse of drugs or alcohol. Systematic drug testing is appropriate and necessary to ensure the health, safety, and welfare of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with applicable rules and regulations governing drug use, and to identify student-athletes who are improperly using drugs and assist them before they harm themselves or others. Because substance abuse, either while participating in intercollegiate athletics or otherwise, can seriously endanger the health of the student athlete and render it impossible to perform up to the individual's maximum potential, the Department of Athletics has established this policy in conformity with NCAA policies.

The essential parts of this program are as follows:

1. The Department of Athletics prohibits the presence of drugs or alcohol during any athlete competition and believes that student athletes should not engage in the use or abuse of any illegal drug.
2. Where cause exists to believe that a student athlete is impaired or under the influence of these substances, a confidential investigation, including screening, will be undertaken to detect substance abuses. If substances are detected, under either random or for cause screening, discipline will be implemented and the individual will be referred for professional evaluation and / or rehabilitation.
3. The classes of banned substances are: stimulants, anabolic steroids, diuretics (masking agents), street drugs (e.g. heroin, marijuana, cocaine), and peptide hormones and analogues (e.g. human growth hormones and erythropoietin (EPO)). The College may test for any substance contained on the NCAA's list of banned substances, including unlisted compounds that are related to specific drugs listed by the NCAA (i.e. substances that are included in a class of drugs by their pharmacological action and / or chemical structure). The student is responsible for everything that goes into his or her body; student-athletes use all drugs and nutritional or dietary supplements at their own risk. Before taking any drug or supplement, student-athletes should consult with their athletic trainer or team physician. Drug testing may occur during any period the student-athlete is present on campus, including preseason, during the regular academic year, and during the summer session.

A. Purpose

1. The fundamental purpose of the program is to detect drug use / abuse and alcohol problems through drug testing. This program will have three major areas of emphasis:
 - a. The program will attempt to develop among the student-athletes an acute awareness of substance use/abuse problems.
 - b. The program has drug / alcohol testing procedures on a random and for cause basis.
 - c. The program has a plan of referral to rehabilitation and / or treatment for student-athletes with substance use / abuse problems.

B. Procedural Guidelines

1. All new and returning student-athletes are to be informed of the Limestone College Department of Athletics' drug and alcohol program and be made aware of its contents.
2. Selection Process:
 - a. All student athletes names will be placed in computer software program which will select those to be tested;
 - b. At the discretion of the Athletic Director, Head Athletic Trainer, Coach, and working in concert with the Vice President for Student Services, an undetermined number of candidates will be selected;
 - c. The selection is entirely at random with the exception of selection for cause. For the purpose of random testing, all student athletes may be tested at any time and on more than one occasion;
 - d. Student-athletes may be asked to submit to a test if cause exists to indicate that he/she may be impaired or under the influence of drugs and/or alcohol. Factors which could establish cause include, but are not limited to: sudden change in performance; repeated failure to follow

instructions; violation of team policies; frequent tardiness; personality changes or disorientation; odor and/or residual odor peculiar to some chemical substances or drugs; discovery or presence of substances in a student-athletes possession or living quarters. Each Coach must complete a reasonable suspicion form and hand it into the head athletic training for the athlete to be tested.

C. Specimen Collection Procedures

1. All positive drug tests can be sent to a determined lab chosen by the Director of Athletics.
2. For the purpose of this policy, the term “student athletes” will include athletes and student support personnel.
3. The student-athlete will be notified by the head coach, head athletic trainer and/or administrative staff as to the time and place of the drug testing procedure.
4. The student athlete will be taken from practice or weight training on random days at random times.
5. If the student-athlete is unable to report at the time appointed, it is the individual’s responsibility to get in touch with the Director of Athletics and explain their situation. Missing a drug test without the approval of the Director of Athletics or refusal to sign the chain of custody request form will be treated as a positive test.
6. Only authorized personnel will be allowed in the drug testing station.
7. Student-athletes will be given an empty container and ask to urinate to a specific point on that cup while being observed. The specimen will then be given back to the authorized collector. The collector will wait five minutes to process that specific specimen while checking cup temperature. If the student athlete returns the specimen and it does not meet the temperature strip limits the test will then be deemed to have been tampered with, resulting in an automatic fail.
8. There is **no** time limit on specimen collection procedures.

D. Notification of Results

1. If a test is positive, a confirmation test will be performed on the same specimen.
2. In the event that a test is positive, the student-athlete has the option to be retested immediately which will be sent via US Mail to a chosen lab on the same urine specimen. If the results are still positive the student athlete will incur all costs associated with the confirmation test.
3. The authorized collector will inform the student-athlete, head coach of the student-athlete, Director of Athletics, NCAA, and the student-athletes parents.

E. Discipline and Referral for Users / Abusers

1. **FIRST POSITIVE TEST:**
 - a. Immediate suspension for 7 days from any athletic related competition, as well as 20% of competitive season competitions. After the 7 days has been met and the athlete has passed a re-entry test they may participate in athletic activities, but will miss 20% of their seasonal competitions. In the event the athlete is a dual sport athlete and the test occurs at the end of the first season the two seasons will be averaged the average percentage of games missed will enter into the next sports competitive season.
 - b. Referral to Limestone College Director of Counseling Services for the professional evaluation, treatment and/or rehabilitation.
 - c. Confirmed positive drug testing results will be reported to the Athletic Director, Head Coach, NCAA, Director of Counseling Services.
 - d. The individual must test negative no less than 45 days after the positive test result and no earlier than 7 days after the positive test result. If the athlete does not have a negative test within 45 days it will be considered a second fail

- e. Additional team drug and alcohol rules may apply
 - f. The student-athlete will be subjected to surveillance drug testing as deemed appropriate by the Director of Athletics.
2. SECOND POSITIVE TEST:
- a. Immediate suspension for one year to date.
 - b. Referral to Limestone College Director of Counseling Services for the professional evaluation, treatment, and/or rehabilitation.
 - c. Confirmed positive drug testing results will be reported to the Athletic Director, Head Coach, NCAA, Director of Counseling Services.
 - d. Additional team drug and alcohol rules may apply.
 - e. Pending the one year suspension from athletics, the student-athlete may re-apply to the team upon coach's consent.
 - f. The student-athlete will be subjected to surveillance drug testing as deemed appropriate by the Director of Athletics.
3. THIRD POSITIVE TEST:
- a. Permanent suspension from participation in all intercollegiate athletic activities.
 - b. Permanent loss of all athletic related financial aid
 - c. Confirmed positive drug testing results will be reported to the Athletic Director, Head Coach, NCAA, Director of Counseling Services.
- Student-Athlete will remain out of competition until complete results, including appeals, are returned to the authorized collector.

Alcohol Testing

- No athlete can have over a .02 alcohol level at any point during practice, conditioning, strength training, agilities, or home and/or away games.
- Discipline Procedures:
 - First positive alcohol test:
 - Three day suspension from all athletic participation.
 - Second positive alcohol test:
 - Seven day suspension from all athletic participation.
 - Third positive alcohol test:
 - Immediate one year suspension from all athletic participation

Steroid Testing

Due to the high cost of steroid tests a random sample of all student athletes is an impossible method of choosing who tests for steroids. For this reason athletes chosen for this form of testing will be chosen from the student athlete body by their coaches, athletic trainers, and strength staff. The student will not be chosen for a random reason but will be chosen for exhibiting some signs and symptoms of steroid use.

The following signs and symptoms can be exhibited by individuals using steroids. Along with choosing specific athletes samples will be randomly taken from sports that might exhibit a risk for steroid use

- Quick weight gain and muscle gains
- Aggressiveness and combativeness
- Jaundice (yellowing of skin and eyes)
- Purple or red spots on the body
- Swelling of feet and lower body
- Trembling
- Unexplained darkening of the skin
- Persistent unpleasant breath odor
- Severe acne breakout and oily skin
- Mood swings and depressed moods.

A meeting between the athletic director, athletic trainer, and strength coach will take place where the signs and symptoms will be documented and a decision on whether to test the athlete or not will be made.

The specimen collection procedures and discipline procedures are the same as the drug program outlined above.