

University of California, Irvine
Department of Intercollegiate Athletics

Alcohol and Drug Education and Testing Program

I. Introduction:

The mission of the UC Irvine Department of Intercollegiate Athletics is to facilitate and enrich the education and personal growth of its students through their participation in competitive NCAA Division I athletics. It is acknowledged that the use and abuse of illegal drugs and alcohol by student-athletes can undermine their health, welfare and individual growth, as well as the integrity of intercollegiate athletic competition. The UC Irvine Department of Intercollegiate Athletics, in collaboration with other departments and programs on campus, is determined to provide information to student-athletes regarding the potential health risks associated with the use and abuse of alcohol and drugs in an effort to prevent such harm from occurring. As an additional component of the program, all student-athletes participating in intercollegiate athletics at UC Irvine will be subject to institutional alcohol and drug testing pursuant to the following Alcohol and Drug Education and Testing Program, the terms of which may be amended at any time (the "Program").

II. Prohibition on Use of Alcohol and Banned Substances:

It is the policy of the University of California, Irvine that student-athletes shall not use illegal substances, or abuse legal substances, in a manner that enhances or impairs athletic performance, scholarly activities, or student life. The University strives to maintain a campus free from the illegal use, possession, or distribution of alcohol or of controlled substances. Unlawful manufacture, distribution, dispensing, possession, use, or sale of alcohol or of controlled substances by student-athletes is prohibited.

In addition to drug testing pursuant to this Program, student-athletes must also participate in a drug testing program sponsored by the NCAA. The Department of Intercollegiate Athletics shall obtain annually, on a form prescribed by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports, a signed drug testing consent form for each student-athlete. NCAA drug testing is year-round, and is also conducted at NCAA championships. The UC Irvine Program is separate and distinct from the NCAA drug testing programs. Although the NCAA drug testing programs are independent of the UC Irvine Program, sanctions imposed by the NCAA, if any, will be supported by the Department of Intercollegiate Athletics.

III. Objectives:

The goal of the Program is to promote a drug-free environment for the student-athletes who compete in UC Irvine Intercollegiate Athletics.

The purpose of the Program is not to interfere unduly with the private lives of the student-athlete, but to:

- Protect the health and safety of the student-athletes;
- Prevent an unfair competitive advantage for those who abuse certain drugs or controlled substances;
- Educate student-athletes about the physical, psychological, social and legal consequences of alcohol and substance abuse;
- Deter student-athletes from abusing drugs and alcohol;
- Provide assistance to student-athletes who may have substance abuse problems and encourage treatment and rehabilitation; and
- Maintain appropriate standards of behavior in intercollegiate athletics at UC Irvine.

The Program is comprised of an Education Component, a Counseling Component, and a Testing Component.

IV. Education Component:

The Department of Intercollegiate Athletics provides student-athletes with regular drug and alcohol education programs throughout the academic school year. It is the goal of these education programs to inform student-athletes about the dangers of drug and alcohol abuse and the negative impact it can have on their physical, emotional, academic and athletic well-being.

The Education Component consists of the following:

- A. By July 1, the Department of Intercollegiate Athletics will make available to all returning student-athletes and known incoming student-athletes (via the intranet) a copy of the Program, the NCAA list of banned drug classes, the dietary supplement warning and the Resource Exchange Center (REC) information.
- B. At the beginning of each academic year, a mandatory Squad Meeting will be held with each team and the Student Services and Compliance Office to ensure that student-athletes receive and review the NCAA compliance forms and are provided with a copy of the written drug policies of the Program. Additionally, the following information will be verbally explained to student-athletes and staff:
 - 1. NCAA banned drug classes (note that all related compounds under each class are banned, regardless if they are listed as an example).
 - 2. Consequences for testing positive under NCAA drug testing policies and this Program (including failure to show or tampering with a urine

sample).

3. Risks of using nutritional/dietary supplements, including a reading of the dietary supplement warning statement.
 4. NCAA tobacco use ban during practice or competition.
- C. As they are made available, NCAA posters and other educational materials will be displayed in high traffic areas.
- D. Each year, student-athletes will be required to attend a CHAMPS/Life Skills speaker on drug and/or alcohol abuse and prevention.
- E. The Athletic Department will show the NCAA Drug Education and Testing video to student-athletes.
- F. The Athletic Department will work in conjunction with the UC Irvine Health Education Center and other groups on campus to provide alcohol and drug prevention workshops and programs to student-athletes. Student-athletes are encouraged to attend at least one workshop or program offered by UC Irvine Health Education Center during the academic year.

V. Counseling Component:

The University of California recognizes dependency on alcohol and other drugs as a treatable condition and offers programs and services for student-athletes with substance abuse and/or dependency problems. Student-athletes are eligible to participate in the health education and counseling services offered by the University's Health Education Center (<http://www.healtheducation.uci.edu/>), Counseling Center (<http://www.counseling.uci.edu/>), and Counseling and Health Services (CHS) (<http://www.chs.uci.edu/>). These services will be made available to student-athletes and coaches as further education, information and/or treatment is required.

Consultation with other health care professionals may occur after obtaining express written consent from the student-athlete, or in the case of emergency. Referrals to other professionals, including, but not limited to, professionals in UC Irvine's Student Health Center, Counseling Center or UCI Medical Center, may be made as appropriate. Student-athletes will be financially responsible for any costs associated with counseling or treatment beyond those costs which may be covered by USHIP, a student-athlete's personal health insurance, or what is generally available through the Counseling Center to all UCI students.

Consistent with California law, individual counseling with licensed medical or psychological personnel will be confidential. For those student-athletes who are minors, parental consent and knowledge may be necessary. In other appropriate cases, attempts will be made to encourage student-athletes to permit involvement of parents and/or

guardians or other family members in the counseling/treatment program. By signing the Drug Testing Acknowledgement and Consent form described below and attached as Appendix A, student-athletes are agreeing to allow personnel in the Department of Intercollegiate Athletics to verify compliance with mandatory counseling sessions.

VI. Testing Component:

A. Notification of Program.

At the beginning of each academic year, new student-athletes, parents of student-athletes who are minors, returning student-athletes, and coaches will receive notification and a copy of the Program. At the annual Squad Meeting held at the beginning of each academic year, the Compliance Office will explain the Program and offer student-athletes the opportunity to ask questions. The Compliance Office will be available to answer questions regarding the Program at any time during regular working hours. Transfers and walk-on student-athletes will be notified and provided a copy of the Program prior to being cleared for participation in intercollegiate athletics at UC Irvine.

B. Banned Substances.

In addition to being subject to drug testing by the NCAA, and as a condition to participation in UC Irvine Intercollegiate Athletics, the Department of Intercollegiate Athletics may test all student-athletes identified for alcohol and/or any controlled or illegal substance(s), including, but not limited to, those substances contained on the NCAA's list of banned drug classes. The current list of NCAA banned substances is attached as Appendix B, however, the NCAA may update this list from time to time and student-athletes will be subject to testing for the most current list of banned substances which is available at www.ncaa.org/drugtesting. Additional information about banned substances can be obtained by contacting the Resource Exchange Center (REC) at 877/202-0769 or www.drugfreesport.com/rec (password ncaa1).

The use of tobacco products is prohibited for coaches, game officials and student-athletes in all sports during practice and competition. A student-athlete who uses tobacco products during practice or competition is automatically disqualified for the remainder of that practice or game.

The Department of Intercollegiate Athletics recognizes that some controlled or illegal substances and/or banned substances are used for legitimate medical purposes. Accordingly, the Program allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Student-athletes must immediately disclose the use of all medically authorized controlled substances and/or banned substances to Sports Medicine staff and provide any required documentation evidencing the prescribed use.

C. Nutritional/Dietary Supplements.

Many nutritional/dietary supplements contain banned substances. The U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry. Therefore, the purity and safety of nutritional/dietary supplements cannot be guaranteed. The ingestion of some supplements could lead to a positive drug test result. Student-athletes taking nutritional/dietary supplements do so at their own risk. Student-athletes who have questions about whether or not a nutritional substance or dietary supplement contains banned substances can utilize the searchable database of medicines and supplements through Drug Free Sport's Resource Exchange Center (REC) www.drugfreesport.com/rec (password ncaa1) or call 877/202-0769. Additionally, the Director of Sports Medicine, Jim Pluemer, is designated as the Department of Intercollegiate Athletics resource for any questions related to NCAA banned drugs and the use of nutritional supplements.

D. Consent.

As a condition to participation in intercollegiate athletics at UC Irvine, all student-athletes (and parents of student-athletes who are minors) will be required to execute a Drug Testing Acknowledgment and Consent form which describes the Program and provides for the student-athlete's consent to participation in the Program. The Drug Testing Acknowledgment and Consent also requires student-athletes to submit relevant information to UC Irvine Sports Medicine regarding any of the listed substances he/she is currently taking under medical supervision. This Drug Testing Acknowledgement and Consent form must be completed and returned to the UC Irvine Department of Intercollegiate Athletics at the same time the NCAA consent to drug testing form is required (i.e. prior to practice or competition). A copy of the Drug Testing Acknowledgement and Consent form is attached hereto as Appendix A.

Student-athletes are free to refuse to consent to drug testing under this Program. However, student-athletes who decline to sign the Drug Testing Acknowledgment and Consent form or the NCAA drug testing consent form will not be permitted to participate in intercollegiate athletics at UC Irvine or receive athletic financial aid.

E. Methods of Testing.

1. Random Testing. Periodic testing of a portion of the total student-athlete population will occur at regular intervals. The list of student-athletes to be tested will be randomly generated by computer from active NCAA squad lists. All student-athletes are eligible for every test (unless they are in the Safe Harbor Program described below).

2. Reasonable Suspicion Testing. Testing a particular student-athlete for alcohol or illegal substances under this Program may be required upon a finding by the Drug Testing Committee of "Reasonable Suspicion" that the student-athlete is

abusing alcohol or drugs by the Department of Intercollegiate Athletics. The “Drug Testing Committee” shall include the Executive Associate Athletic Director/SWA, the Medical Director of the Program, the Sport Administrator responsible for the student-athlete’s sport, and the Director of Sports Medicine, and any other credible third party the Athletic Director deems appropriate and appoints as a member of the Drug Testing Committee.

For purposes of describing the standard that the Drug Testing Committee will utilize in connection with this section of the Program, a determination of “Reasonable Suspicion” shall include the following criteria, any one of which may be sufficient on its own to constitute “Reasonable Suspicion”:

- a. Direct observation of illegal alcohol or drug use.
- b. The signed written statement of two or more reliable informants (only one may be a fellow student or student-athlete) that provides details and evidence of reasonable grounds to believe a student-athlete has illegally used alcohol or drugs.
- c. Significant changes in behavior patterns, including changes in athletic or academic performance, which are consistent with illegal alcohol or drugs use (including, but not limited to, withdrawal, aggression, oppositional behavior, poor social skills, absence from class, rapid mood changes, bloodshot eyes, poor balance).
- d. Physical, mental, behavioral or emotional symptoms of illegal alcohol or drug use (including, but not limited to, withdrawal, aggression, oppositional behavior, poor social skills, absence from class, rapid mood changes, bloodshot eyes, poor balance).
- e. Significant, unexplainable weight gain or muscle buildup, unusually aggressive behavior, or physical symptoms consistent with the use of performance enhancing drugs.
- f. A demonstrated history of illegal alcohol or drug use which may be evidenced by: (i) arrests, citations, or prior convictions for illegal alcohol or drug use or possession (including, but not limited to, DUI, minor in possession, public intoxication), (ii) prior positive test results (through the UC Irvine Program, NCAA or another reliable testing program), or (iii) citations, discipline or sanctions for violations of University alcohol and drug policies.

3. Team Testing. Total teams may be tested at any time, including, but not limited to, pre-season, post-season and championship segments.

4. Follow-up Testing. Student-athletes who have previous violations under the Program may be tested individually or as part of a regularly scheduled test.

5. Exit Testing. Prior to reinstating a student-athlete who has violated the policies set forth in this Program, the student-athlete may be tested individually to ensure compliance with the sanctions and obtain medical clearance to participate in intercollegiate athletics.

F. Testing Protocol

1. Student-athletes will be notified in-person or by direct telephone contact (no messages) no more than 24 hours in advance that he or she has been selected for testing, and when and where the testing will take. Student-athletes will be required to sign a drug testing notification form acknowledging the notice.

2. The urine sample specimens will be collected and analyzed by a contracted, qualified agency and laboratory. The Collection Protocol is attached hereto as Appendix C.

3. A student-athlete who refuses to sign the testing notification or custody and control form, fails to arrive at the collection station at the designated time without justification, fails to provide a urine sample according to protocol, leaves the collection station without authorization by the certified collector 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 having a positive test result.

4. The results of the tests are provided to the Medical Director of the Program and the Executive Associate Athletic Director/SWA, who will be responsible for notifying the appropriate individuals of positive test results.

5. Any positive test in a student-athlete's career will count cumulatively with respect to the provisions of this Program. Positive tests need not be on consecutive testing dates, or in the same academic year in order to be counted on a student-athlete's record.

6. Positive test results received through the NCAA drug testing program or any other credible testing program (i.e. USADA or other national team drug testing program) will be treated as a positive test result under this Program.

7. Conviction for possession of illegal drugs or alcohol and/or conviction for crimes while under the influence of alcohol or drugs (i.e. DUI, public intoxication) will be treated, at a minimum, as a positive test result under this Program.

VII. Disposition and Consequences of a Positive Test Result:

A. Evaluation and Assessment Conference. If the Medical Director and Executive Associate Athletic Director/SWA receive notification that a student-athlete's

sample A is positive, the student-athlete will be notified in-person or by direct telephone contact (no messages) of the positive test result. The student-athlete may request that sample B be tested, provided, however, (i) that request must be made in writing to the Medical Director and Executive Associate Athletic Director/SWA within 24 hours after receipt of the notification of the positive sample A, and (ii) if the student-athlete requests that sample B is tested and the sample B result is positive, the student-athlete must pay for the costs associated with the testing of sample B. If a student-athlete tests positive for sample A (and sample B, if requested) the Medical Director of the Program and/or the Executive Associate Athletic Director/SWA will notify the Director of Intercollegiate Athletics, the Director of Sport Medicine and the Head Coach. The Medical Director and/or the Executive Associate Athletic Director/SWA may also notify the applicable Sport Administrator, the Director of Compliance, or any other University faculty or staff deemed appropriate under the circumstances. The Medical Director of the Program and/or the Executive Associate Athletic Director/SWA will then notify the student-athlete in writing of the positive test result(s) and the time and date of a mandatory "Evaluation and Assessment Conference" which will be conducted by the Medical Director of the Program, the Director of Sports Medicine and the Executive Associate Athletic Director/SWA (or their designees, if necessary). The purpose of the Evaluation and Assessment Conference is to give the student-athlete the opportunity to respond to the test results and to implement sanctions, if appropriate. The student-athlete may be immediately suspended from practice and/or competition prior to the Evaluation and Assessment Conference if medically indicated by the Medical Director (or his/her designee). The following pertains to the Evaluation and Assessment Conference:

1. The Evaluation and Assessment Conference will be conducted within four business days after notification of a positive sample A (or sample B, if requested by the student-athlete as set forth above) test result. The student-athlete may request an extension of time for the Evaluation and Assessment Conference, which may be granted by the Executive Associate Athletic Director/SWA (or designee) upon a showing of good cause. Depending on the duration of the extension requested or if medically indicated, the student may be suspended from practice and competition during the extension.
2. At the Evaluation and Assessment Conference, the student-athlete:
 - (a) will be informed of all the results of the test(s);
 - (b) will be informed of all the applicable policies and regulations violated by the test results;
 - (c) to the extent permitted under federal law, will be given reasonable access to documents relevant to the matter; and
 - (d) will be given the opportunity to respond to the test results and provide any rebuttal or mitigating evidence.

3. Other parties, including legal counsel retained by the student-athlete, may be excluded from participating in the Evaluation and Assessment Conference.

4. At the conclusion of the Evaluation and Assessment Conference, the Medical Director of the Program, the Director of Sports Medicine and the Executive Associate Athletic Director/SWA may conclude that no violation has occurred and no further action is warranted.

5. If the Medical Director of the Program, the Director of Sports Medicine and the Executive Associate Athletic Director/SWA conclude that there is no rebuttal or mitigating evidence regarding the positive test, then they will impose the applicable sanctions (described below). The Executive Associate Athletic Director/SWA will notify the student-athlete and the Head Coach of the sanctions in writing, apply the sanctions, and track the implementation.

B. First Positive Test Result. The sanctions for a first positive test are the following:

1. The student-athlete will be referred to the UC Irvine Counseling Center for an assessment and counseling session. Additional counseling sessions, as deemed necessary by the Counseling Center, will be arranged privately with the student-athlete and the Counseling Center. The student-athlete may also be required to attend or participate in drug and alcohol abuse education and prevention workshops/programs sponsored by the UC Irvine Health Education Center. Student-athletes will be financially responsible for any costs associated with counseling or treatment beyond those costs which may be covered by USHIP, a student-athlete's personal health insurance, or what is generally available through the Counseling Center to all UCI students.

2. The student-athlete will be suspended for a minimum of 10% of regularly scheduled competition (rounded up or down to the closest whole number) based on the NCAA maximum allowable contests/dates of competition, excluding scrimmages, intrasquad, alumni, or exhibition contests. Suspension will include post-season competition. If the first positive test result occurs at the end of the student-athlete's championship segment (including post-season competition), the suspension will carry over into the subsequent championship segment. In the event that a student-athlete participates as a multi-sport athlete, such student-athlete will be subject to sanctions solely in the sport that they were randomly selected. If the multi-sport student-athlete is randomly selected in multiple sports, then the sanction will apply to the first sport randomly selected. Unless otherwise recommended by the Medical Director, during a suspension, the student-athlete will be allowed to practice with the team and participate in team functions, however, the student-athlete will not be allowed to travel with the team or dress-out for competition. The breakdown of the suspension per sport is as follows:

SPORT	NCAA Maximum Number of Contests/ Days of Competition	10%
Baseball	56	6
Basketball	27 or 29	3
Cross Country	7	1
Golf	24	2
Soccer	20	2
Indoor Track	18	2
Track and Field	18	2
Volleyball	28	3
Water Polo	21	2
Tennis	25	3

3. Parents, guardians or other relatives may be notified with the consent of the student-athlete or as otherwise permitted by law.

4. The student-athlete's athletics grant-in-aid may be cancelled.

5. The student-athlete will be subject to further unannounced testing at the discretion of the Department of Intercollegiate Athletics for the remainder of their athletic eligibility at UC Irvine.

Before a student-athlete will be reinstated after a first positive test result, the Director of Sports Medicine and/or the Executive Associate Athletic Director/SWA (or their designees) will confirm that the student-athlete has served his/her suspension, tested negative on an Exit Test and has completed any required education, counseling sessions and/or treatment programs.

C. Second Positive Test Result. The sanctions for a second positive test are the following:

1. The student-athlete will be referred to counseling with the UC Irvine Counseling Center for an in-depth assessment and further disposition. The student-athlete may also be required to attend or participate in additional drug and alcohol abuse education and prevention workshops/programs sponsored by the UC Irvine Health Education Center. Student-athletes will be financially responsible for any costs associated with counseling or treatment beyond those costs which may be covered by USHIP, a student-athlete's personal health insurance, or what is generally available through the Counseling Center to all UCI students.

2. The student-athlete will be suspended from competition and all athletically-related activities (e.g. practice, conditioning, weight training, team travel, use of training room) for a minimum of 365 days after the collection of the

student-athlete's positive drug test specimen. If requested, the student-athlete may still receive academic eligibility support services through the Athletic Department during the suspension.

3. The student-athlete's athletics grant-in-aid may be cancelled.
4. The student-athlete will continue to be subject to further unannounced testing at the discretion of the Department of Intercollegiate Athletics for the remainder of their athletic eligibility at UC Irvine.

Before a student-athlete will be reinstated after a second positive test result, the Director of Sports Medicine and/or the Executive Associate Athletic Director/SWA (or their designee) will confirm that the student-athlete has served his/her suspension, tested negative on an Exit Test, and completed any required education, counseling sessions and/or treatment programs.

D. Third Positive Test Result. The sanctions for a third positive test are the following:

1. The student-athlete will be permanently dismissed, effective immediately, from any and all participation in UC Irvine Athletics.
2. The student-athlete's athletics grant-in-aid will be cancelled.

VIII. Self-Disclosures and Safe Harbor Program:

A student-athlete who self-discloses as having a substance abuse problem is eligible to participate in the following Safe Harbor Program at UC Irvine. A student-athlete may refer himself/herself to the Safe Harbor Program for voluntary evaluation, testing and counseling by contacting the Director of Sports Medicine, a Certified Athletic Trainer on staff with UC Irvine Sport Medicine, the Executive Associate Athletic Director/SWA, or the Associate Athletic Director responsible for the student-athlete's sport. If a disclosure is made to any of these individuals, they must immediately inform the Medical Director of the Program, the Director of Sports Medicine and/or the Executive Associate Athletic Director. A student-athlete is not eligible for the Safe Harbor Program after he or she has been informed of an impending drug test or after having received a positive UC Irvine or NCAA drug test.

The Medical Director of the Program, the Director of Sports Medicine and/or the Executive Associate Athletic Director/SWA will work with the student-athlete to prepare a treatment plan which may include confidential Follow-up drug testing. The student-athlete will be tested for illegal substances upon entry into the Safe Harbor Program and such a positive initial test will not be designated as positive for his/her cumulative record under this Program (the Medical Director of the Program may suspend the student-athlete 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-athlete 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 UC Irvine.

While in compliance with the Safe Harbor Program's treatment plan, the student-athlete will not be included in the list of student-athletes eligible for Random Testing, Reasonable Suspicion Testing, or Team Testing. However, if a student-athlete tests positive in Follow-Up Testing for any new substance(s) or if Follow-Up Testing indicates increased levels of the original substance(s), or if the student-athlete fails to comply with the treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate sanctions, including those for a First Positive Test Result, under this Program. Student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA and will not be protected from sanctions imposed by the NCAA. After completion of all counseling services, education, and/or treatment, the student-athlete will be required to participate in future drug testing under this Program. If a student-athlete tests positive after completion of the Safe Harbor Program, it will be deemed a second positive under this Program.

IX. Appeals and Reinstatement:

A. Appeals. A student-athlete may appeal the sanctions imposed under this Program if there is evidence that refutes the positive finding that was not available at the time of the Evaluation and Assessment Conference held pursuant to Section VII. A. The appeal must be in writing and submitted within 10 days from issuance of the sanctions. The "Appeals Committee" will review the case on the basis of the written record. There will not be a hearing, presentation of other evidence, or oral argument. The "Appeals Committee" shall consist of the following: (1) the Faculty Athletics Representative (or his/her designee), (2) a representative from the Office of Student Conduct, and (3) a representative from the Office of Equal Opportunity and Diversity. The Director of Intercollegiate Athletics (or his/her designee) will also be an ex officio, non-voting member of the Appeals Committee.

Upon completion of the review by the Appeals Committee, it may affirm, modify, or reverse the finding or sanction, or recommend retesting. The Appeals Committee should normally complete its review and issue its decision in writing within 20 days. The decision of the Appeals Committee is final.

B. Reinstatement. A student-athlete who has been sanctioned under this Program may be reinstated by the Director of Intercollegiate Athletics (or his/her designee) upon recommendation of medical personnel, the team physician and the Head Coach when the Director of Intercollegiate Athletics determines in his/her sole discretion that extraordinary, compelling and unique circumstances exist. Reinstatement may be subject to specific conditions, including periodic testing to ensure compliance.

X. Other University and Civil Action

The student-athlete will not be subject to University student disciplinary action (University of California regulations 102.17) as a result of a positive drug test under this Program. The University will not voluntarily supply personally identifiable test data or results of a test to any law enforcement agency and has developed procedures to assure that only information necessary to the purposes of this Program is retained and all other information concerning test results is destroyed.

APPENDIX A

UNIVERSITY OF CALIFORNIA, IRVINE Department of Intercollegiate Athletics DRUG TESTING ACKNOWLEDGEMENT AND CONSENT

I certify by my signature below that I understand that I will be asked to participate in the Alcohol and Drug Education and Testing Program for student-athletes at the University of California, Irvine, prior to participating in the intercollegiate athletics program.

I recognize that I will be asked to provide urine samples for drug analysis and I hereby consent to have samples of my urine collected and tested in accordance with departmental policies. Such samples, if taken, will become the property of the University of California, Irvine. I agree to fully cooperate with the testing program and I will not dispute the rights of the University of California, Irvine, to perform such tests on me. I acknowledge that notification of a positive test is not required prior to my being selected for future testing. I acknowledge that in addition to random testing, I may be tested if the Department has a reasonable suspicion that I have been using alcohol or illegal drugs.

I acknowledge that the UC Irvine Alcohol and Drug Education and Testing Program tests for substances in the banned drug classes as determined by the National Collegiate Athletic Association (NCAA) and that a list of these banned drug classes has been made available to me. Because the NCAA's list of banned substances is subject to change, I acknowledge that a current list of these substances is available at the NCAA's website: www.ncaa.org.

I also agree to inform the UC Irvine Sports Medicine staff whenever I am taking one or more of the listed banned substances under medical supervision. I recognize that this information is necessary to assist the Sport Medicine staff in providing me with the best medical care should such care be needed.

In accordance with the UC Irvine drug testing protocol, I specifically authorize the Medical Director of the UC Irvine Alcohol and Drug Education and Testing Program to release to the Head Coach, the Director of Intercollegiate Athletics, the Executive Associate Athletic Director/SWA, the Director of Sports Medicine, and their designees, all information and records relating to the testing of my urine samples. Additionally, I specifically authorize the staff of the UC Irvine Counseling Center to verify my attendance/nonattendance at counseling sessions that may be mandated by the UC Irvine drug testing protocol. To the extent permitted by law, information obtained in the operation of the Alcohol and Drug Education and Testing Program for UC Irvine student-athletes shall be confidential.

I also acknowledge that if I receive a positive test result, I will be subject to sanctions as set forth in the Program. I will have the right to appeal any sanctions per the procedures described in the Program.

Date

Signature

Name (please print)

PARENT OR GUARDIAN IF STUDENT-ATHLETE IS UNDER 18 YEARS OF AGE:

Date

Signature

Name (please print)

APPENDIX B



2011-12 NCAA Banned Drugs

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- 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 class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

It is your responsibility to check with the appropriate athletics staff before using any substance.

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, etc. *exceptions:* phenylephrine and pseudoephedrine are not banned.

Anabolic Agents – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione) boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens:

anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.**

It is your responsibility to check with the appropriate athletics staff before using any substance.

The National Collegiate Athletic Association
May 2011 MEW

Sport Drug-Testing Collection Protocol

The National Center for Drug Free Sport
3/14/11

1. Upon entering the collection station, the athlete will provide photo identification and/or a client representative/site coordinator will identify the athlete and the athlete will officially enter the station.
2. The athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker's lid.
3. A collector, serving as validator, will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a volume of at least 50 mL is provided (100 mL if testing for anabolic steroids).
4. Validators who are of the same gender as the athlete must observe the voiding process and should be members of the official drug-testing crew. The procedure does not allow for validators to stand outside the immediate area or outside the restroom. The athlete must urinate in full view of the validator (validator must observe flow of urine). The validator must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
5. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief or client representation for documentation. Athletes will rinse and dry hands, with water only, prior to urination, and wash with soap and water following urination.
6. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
8. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, specimen must be discarded.
10. Upon return to the collection station, the athlete will begin the collection procedure again.
11. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and if in range measure the pH of the urine in the presence of the athlete.
12. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
13. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.

14. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
15. The laboratory will make final determination of specimen adequacy.
16. If the laboratory determines that an athlete's specimen is inadequate for analysis, at the client's discretion, another specimen may be collected.
17. If an athlete is suspected of manipulating specimens (e.g., via dilution), the client will have the authority to perform additional tests on the athlete.
18. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
19. A collector will record the specific gravity and pH values.
20. The collector will pour approximately 35 mL of the specimen into the "A vial" and the remaining amount (approximately 15 mL) into the "B vial" (another A=35 mL, B=15 mL in a second split sample kit for anabolic steroid testing, which will be shipped to a WADA accredited laboratory) in the presence of the athlete. Therefore, if requested, two split sample kits will be used when testing for both "drugs of abuse" and anabolic steroids. The vials will be packaged identically, but shipped to two different laboratories.
21. The collector will place the cap on each vial in the presence of the athlete; the collector will then seal each vial in the required manner under the observation of the athlete and witness (if present).
22. Vials and forms (if any) sent to the laboratory shall not contain the name of the athlete.
23. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding.
24. The athlete, collector and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
25. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
26. The specimens become the property of the client.
27. If the athlete does not comply with the collection process, the collector will notify the client representative/site coordinator and third party administrator responsible for management of the drugtesting program.