






APPLE Model Guiding Principles: A Comprehensive, Evidence-Informed Substance Misuse* Prevention Program

***Substance misuse" refers to the illegal and/or harmful use of alcohol, tobacco, cannabis, and NCAA-banned substances.*

 **Recruitment** The athletics department has a uniform, written policy to guide all members of the department and prospective student-athletes in preventing substance misuse throughout the recruiting process. All substance misuse messages - verbal and written, formal and informal - and all contacts with prospective student-athletes are consistent with NCAA, institutional, and departmental policies. The athletics department acknowledges it bears the legal responsibility for the recruit's substance use and provides guidelines and training on substance misuse prevention to student hosts.

 **Expectations & Attitudes** The athletics department has a written, positive values statement or policy that applies to all individuals affiliated with the department. Substance misuse messages that coaches, staff, student-athletes, and others give during orientation, during the year and by their own actions never allow, encourage, or condone substance misuse use by student-athletes, cheerleaders, student managers, and athletic training students/volunteers. Coaching, sports medicine, and other athletics staff adhere to and role model the standards expected of student-athletes, cheerleaders, student managers, and athletic training students/volunteers.

 **Education** The athletics department has a uniform, written policy requiring substance misuse education for student-athletes, cheerleaders, student managers, and athletic training students/volunteers that is in addition to required NCAA education on banned drugs and the products that may contain them. Materials, programs, and referral sources are readily available, specifically tailored to the needs of student-athletes, and are evaluated regularly. The athletics department participates in a peer education program designed and/or adapted for the needs of student-athletes. Substance misuse prevention professionals guide the peer education program and provide training on evidence-informed prevention and intervention programs. Coaches and sports medicine staff are well informed about substance misuse prevention, especially as it relates to the athletics culture.



Policies

The athletics department has a department-wide, written policy prohibiting substance misuse, incorporating standards consistent with federal legislation, state law, and NCAA regulations. Student-athletes are engaged in the policy review process, which occurs at least every two to three years. There are medical amnesty and safe harbor policies that provide protection for individuals and teams, guard against retaliation, and reduce stigma for seeking help. Policies clearly define adjudication and appeal procedures and list the range of sanctions for individuals and teams. Policies and procedures are well disseminated to all athletics personnel and are applied uniformly across teams and individuals.



Drug Testing

The athletics department has a department-wide, written policy that complies with NCAA drug testing administrative duties and assures that compliance forms are explained and signed. Student-athletes agree to NCAA drug testing during championship events and to NCAA year-round testing as approved by their division. Student-athletes, cheerleaders, student managers, and athletic training students/volunteers agree not to use banned drugs and to submit to institutional testing as outlined in campus policy and consistent with divisional testing frequency. Written drug testing procedures specify the process for gaining informed consent and document protocols for safeguarding confidentiality, certifying chain of custody, maintaining integrity of the sample, confirming reliable laboratory procedures, ensuring accuracy of the report, listing sanctions associated with positive tests, and outlining the appeals process. Policies and sanctions are uniform for all sports and the athletics department annually tabulates and reviews testing data to ensure equitable policy application across teams and individuals.



Accountability

The athletics department's written policies offer a range of clearly specified responses to substance misuse policy violations by teams and individuals, including student-athletes, cheerleaders, student managers, and athletic training students/volunteers. Educational, punitive, and restorative sanctions are designed to reduce recidivism, are consistent for all sports, and are applied uniformly and equitably across teams and individuals. The athletics department annually tabulates policy violation and adjudication data for individuals and teams to assess equity and efficacy.



Referral & Counseling

The athletics department has a department-wide, written policy that specifies the criteria for referrals to counseling or other appropriate services for substance misuse concerns. Procedures are designed to reduce stigma and ensure timeliness, confidentiality, and appropriate follow-up with referring sources. Scheduling is compatible with class, practice, athletics training, and competition schedules. Counseling resources employ a range of evidence-informed modalities, including recovery from substance use disorders, and are provided and/or supervised by clinicians with training in substance misuse and athletics issues.