Best Practices for Developing Drug-Testing Policies

2019 APPLE Conference
Charlottesville, Virginia

Identify Specific, Measurable Outcomes

- Reduce missed class time
- Increase team GPA
- Reduce associated bad behaviors
- Reduce injury rate
- Build character
- Increase team competitive performance and academic success

Establishing a Drug-Testing Program Action Plan

Action Items/Best Practices
1. Establish program goals/philosophies
2. Create/review education plan
3. Create/review written policy
4. Establish sanctions and support practices
5. Identify prohibited drug classes
6. Establish collection protocol
7. Utilize certified laboratory
8. Turn program administration over to independent third-party

Action Item 1 – Establish Program Goals/Philosophies

Who is on your Team?
- Student-athletes
- Coaches
- Administrators
- Compliance
- Sports medicine
- Team physician
- Faculty
- Legal counsel
- Counseling services
- Life skills staff
**Action Item 1 – Establish Program Goals/Philosophies**

- Increase **KNOWLEDGE** through education
- Provide counseling and **TREATMENT**
- Protect the **INTEGRITY** of the sport and your school
- DETECT and DETER use
- Promote **STUDENT-ATHLETE** health, safety, and well-being. **RISK MANAGEMENT**!
- Protect the **CLEAN** student-athlete

**Best Practices:**
- Frequent testing events
- Unpredictable testing events
- Little or no-notice testing
- High percentage of student-athletes tested per team per event
- Testing for Drugs of Abuse and PED
- Significant/severe sanctions

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**Action Item 2 - Comprehensive Education**

- Education is the foundation of prevention
- Required by NCAA bylaw
- Conduct ATOD sessions at least 2x year
- Review team, department, school, conference and NCAA policies
- Discuss supplements & risks
- ID the “go to” staff member responsible for answering supplement questions
- NCAA banned drug classes

**2017 DFS Institutional Drug Testing**

- Over 30,100 substance of abuse samples
- 11% were positive
- 2,300 positives results for marijuana (8%)
- 1,000 positive results for stimulants (3%)
- 60 positives for cocaine (0.2%)
- 3,000 samples were tested for K2 and 0 tested positive (0.0%)
Action Item 2 - Comprehensive Education

- Student-athletes
- Coaches
- Athletic administrators
- DFSI AXIS, expert speakers, webinars, videos, email campaigns, posters, etc.

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dfsaxis.com
NCAA I: ncaa1
NCAA II: ncaa2
NCAA III: ncaa3

Action Item 2 – Comprehensive Education

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Action Item 3 – Create/Review Policy

- Has to be written
- Published & distributed widely
- Legal counsel involved
- Transparent
- Reviewed yearly
- Follow it! (NCAA bylaw)

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Action Item 3 – Create/Review Policy

- Selection process and notification
- Reasonable suspicion
- Follow-up testing (declining values, test negative)
- Exit test (regain eligibility)
- Safe harbor
- Results management/Need to know list
- Appropriate & escalating sanctions
- Legitimate appeal process
Small Group Discussion

- Identify institution’s goals.
- What types of education are the most effective?
- What sanctions will deter use?

Action Item 4 – Sanctions

- Identify institution’s goals.
- What types of education are the most effective?
- What sanctions will deter use?

Action Item 5 – Identify Prohibited Drug Classes

NCAA’s Prohibited Drug Classes

- Stimulants
- Anabolic agents
- Diuretics and masking agents
- Illicit drugs (THC, K2, heroin)
- Peptide hormones (hCG, EPO)
- Anti-estrogens
- Substances banned for specific sports (alcohol)

Action Item 6 – Establish Collection Protocols

Collection Matrices

Pros and Cons of ...
- Urine
- Saliva
- Hair
- Blood
**Action Item 6 – Establish Collection Protocol**

Technology and Collections – SCAN 3

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**Action Item 7 – Engage Certified Laboratory**

- Sport drug testing is **not** workplace drug testing
- **Require screen & confirmation of samples**
- Sample storage capacity
- Result turnaround time
- **Thresholds**
- Medical Review Officer (MRO)
- Conducting research
  - Substance of Abuse and Mental Health Services Administration (SAMHSA)/World Anti-Doping Agency (WADA)

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**Technology and Results Management**

**Action Item 6 – Establish Collection Protocol**

**Action Item 8 – Engage an Independent Administrator**

- Expert advice
- Relieves add’l duties from institutional staff
- Removes potential bias from the process
- Avoid compromised patient clinician trust
- Final say
Review of the ‘Best Practices’

1. Establish the goals/develop the “team”
2. Establish education program
3. Create drug deterrence policy
4. Establish sanctions
5. Decide on the prohibited drug classes
6. Establish collection protocol
7. Hire a certified laboratory
8. Engage a third-party, independent administrator

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