Policy Best Practices

- Philosophy
- Education
- Policy
  - Sanctions
  - Banned Drug Classes
  - Collection Process/Protocol
  - Laboratory
  - Appeals
- Independent Administration & Accountability

Program Philosophy

- Catch?
- Rehabilitate?
- Improve decision-making skills?
- Who belongs on the “team” to achieve the program philosophy?
Program Philosophy

- 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?

Program Philosophy

- How will you execute?
  - 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 (SOA) and PEDs
  - Significant/severe sanctions

Policy Education

- Who Needs it:
  - Student-athletes
  - Coaches
  - Athletic administrators

- What are your options:
  - DFSI AXIS, expert speakers, webinars, videos, email campaigns, posters, etc.
Policy

- Starting from Scratch?
- Improve existing policy?
- Keep in mind…
  - Has to be written, published, & distributed
  - Legal counsel may have to be involved
  - Transparent
  - Review it annually
  - Follow it! (NCAA bylaw)

Policy

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Policy

- Selection
  - Random selection
  - Reasonable suspicion
  - Follow-Up testing
  - Exit test
  - Team
  - Pre or Post season

Policy

- Banned Drug Classes
  - Stimulants.
  - Anabolic Agents.
  - Alcohol and Beta Blockers (banned for rifle only).
  - Diuretics and Other Masking Agents.
  - Illicit Drugs.
  - Peptide Hormones and Analogues.
  - Anti-estrogens.
  - Beta-2 Agonists.
Policy

- Collection Process/Protocol
  - Pros & Cons
  - Direct observation (urine)
- Don’t forget about...
  - Manipulation
  - Dilution
  - Substitution Attempt

Laboratory

- Sport drug testing is not workplace drug testing
- Substance Thresholds
- Require screen & confirmation of samples
- Certifications
  - Substance of Abuse and Mental Health Services Administration (SAMHSA)
  - World Anti-Doping Agency (WADA)

Policy

Appeals

- Why?
  - Due process for S-A
  - Committee decision-making
  - Serves as the avenue to review “case-by-case” items.

Independent Administration

- Expert advice and consulting
- Removes potential bias from the process
- Reduce compromised patient/clinician trust
- Relieves workload of institutional staff
Policy

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THANK YOU!
QUESTIONS?

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