The College of Idaho Department of Intercollegiate Athletics Substance Abuse Policy

The College of Idaho recognizes abuse and misuse occurs on a large scale in society today. The continuing rises in the abuse of both prescription and illicit drugs for recreational or erogenic purposes are a phenomenon occurring in all walks of life including athletics. This problem has been highlighted the media recently by drug use abuse in collegiate and professional athletic programs.

Substance abuse and misuse poses physical and psychological dangers to the youth of today. It is of major concern to collegiate organizations and athletic departments around the country. Athletes are becoming stronger, faster, and more agile due to new techniques in training, conditioning, and advances in sports medicine. Many athletes find themselves competing against more agile opponents. Some whether is a means of leveling the playing field or coping, the pressure to succeed is often too great for the young athlete. Winning is an obsession both in athletics and society. Even in youth programs the desire to win has become more than competing. A winning athletic team or program is profitable at the professional level lucrative for colleges and universities. The media perpetuates the attitude of winning at all costs by its coverage of those athletic programs that are successful in the win loss column. This has become a dangerous trend for the youth of today.

The athlete that chooses to abuse or use substances for erogenic or recreational purposes poses a danger to competitors, team members, and to themselves. Physical and psychological damage is often permanent. For a recovering addict, it often takes a lifetime to overcome the addiction. For athletes, drug addiction can be especially difficult to overcome because of additional pressures he or she may face. Being a role model, pressures to succeed from society, the media, coaches, friends, and family are just a few of the stresses athletes face daily. These along with maintaining a healthy self esteem can make sobriety a long and difficult road to follow.

It is the responsibility of this athletic administration to offer the substance dependent athlete help for his or her problem. An open and responsive attitude from faculty and staff of the institution is essential to encourage prompt treatment of substance dependency. The Athletic Department of the College of Idaho believes a substance abuse policy that utilizes an education and drug testing program is the best deterrent for drug use and misuse.
The College of Idaho Department of Intercollegiate Athletics Substance Abuse Policy, Procedures, and Drug Testing Consent

For: Student-Athletes

Action: Sign and Return to the Athletic Training Office

Due Date: At the time of the first athletic physical at the College of Idaho and each subsequent year thereafter while competing in intercollegiate athletics at this institution.

Required by the College of Idaho Department of Intercollegiate Athletics and

The National Association of Intercollegiate Athletics (NAIA)

Purpose: To assist in certifying eligibility

To The Student Athlete

In the fall semester of 1988-89, The College of Idaho implemented a Substance Abuse Policy and Education Program in compliance with the NAIA requirement regarding a substance abuse program, which is stated in the association manual.

Currently, the NAIA does not require drug testing for its member institutions due to financial constraints. However, the NAIA does allow member institutions to adopt a drug testing program for its athletes if the athletic administration desires to do so. Therefore, the athletic administration has adopted a random drug testing policy for all student athletes as of the 1997-98 physical years. By signing this form, you affirm that you are aware of the substance abuse policy that has been implemented by The College of Idaho and the NAIA, which states:

“A student who has been found to have utilized a substance that is classified as a “banned” substance may be ineligible for further participation in all collegiate athletic sports.”

A student athlete who tests positive in accordance with testing methods provided by the laboratory testing service at West Valley Medical Center will be suspended from competition in all sports. At that time, the athlete will be referred to counseling services which specialize in substance abuse problems. The athlete will be subject to regular drug testing based on recommendations made by the counseling service, team physician, head coach, and liaison officer (Head Athletic Trainer). The penalty for missing a scheduled drug test is the same as a “positive” test for a banned drug. All policies regarding a positive test and noncompliance will apply.

If the student athlete tests positive for use of any banned substance after being restored to eligibility, he or she shall lose eligibility for all remaining regular and post season contests for all sports. The athlete will be banned from any future participation in all intercollegiate athletic programs. Any athletic scholarships that have been awarded to the athlete will be revoked.
The Athletic Administrator will adopt a list of banned substances recommended by the team physician and laboratory testing service (West Valley Medical) and authorize testing of student athletes on a random basis during each academic year.

Substance Abuse Policy

I. Purpose of the Program

1. Understand the importance each student athlete should be medically fit to participate athletic competition.

2. Recognize and identify signs and symptoms of substance usage and abuse as well as physical and psychological dependency.

3. Encourage prompt treatment of the substance-dependent student athlete.

4. Promote a prompt and responsive attitude among athletic administration and staff of the substance-dependent athlete.

II. General Principles

1. All student athletes must agree to participate in the Athletic Department’s testing program. These are considered an extension of the physical examination of our athletes and feel it is in the best interests of both the student and the college to conduct a sound drug testing program.

2. All student athletes at The College of Idaho will be tested randomly. A student athlete will be listed as testing positive if he/she is a “no show” for a scheduled drug test.

3. A student athlete shall be immediately terminated permanently from the squad and his or her financial aid revoked if found guilty of selling drugs in a court of law. Temporary suspension of participation in all intercollegiate athletics pending the outcome of the trial will apply.

4. Exceptions to these regulations must be authorized by the Director of Athletics.

III. Implementation of the Policy

At the beginning of each academic year, all student athletes will be presented with the policies regarding substance abuse to be implemented by the Department of Intercollegiate Athletics. Each Year, the student athlete will be required to sign a form designated by the athletic department acknowledging the guidelines set forth by the NAIA and The College of Idaho concerning substance abuse. This will be kept on file in the athletic training department.

Failure to sign the consent form will result in the student athlete’s ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics.
IV. Alpine Men’s and Women’s Ski, Cross Country, and Snow Board Teams

The College of Idaho Alpine Men and Women’s Ski, Cross Country, and Snow Board Teams are bound to the same drug testing policy and procedures set forth by the athletic administration at The College of Idaho regardless of requirements and recommendations set forth by the USSA or NCAA.

V. Steps in the Testing Procedure (Liaison Officer for Men and Women)

A copy of the testing procedure by West Valley Medical Center is included in this policy. This form will be provided to the athlete by the athletic training department.

VI. Each Student Athlete’s Procedure

1. Liability and consent form must be signed by all student athletes that are being tested.

2. A code number will be provided for each student athlete. Declaration of prescription or non-prescription drugs taken will be endorsed by the athlete at this time.

3. Test requisition form is completed.

4. The student-athlete provides a urine specimen.

5. When all student-athletes have provided a urine specimen they must:

   a) Witness the security of the shipping carton.

   b) Receive a duplicate of the original code sheet (containing the student’s name, code number, pertinent medication summary) screening the athlete’s name.

6. The original log sheet and shipping carton containing the specimen is delivered to the drug testing center by the Laboratory at West Valley Medical Center.

VII. Responsibilities of the Laboratory and Drug Testing Center

1. Laboratory at West Valley Medical Center will notify the Liaison Officer, which in turn, will notify the team physician within 48 hours of the drug test results.

2. Positive test will be confirmed by gas chromatography mass spectrometry process by the testing laboratory which will provide confirmation within 72 hours.

3. A Medical Resource Officer (MRO) will verify test results for positive tests. Hard copy results of both testing procedures are provided by the testing institution if requested by the liaison officer within 72 hours of the confirming phone call.
VIII. Policies Regarding Positive Tests and Noncompliance

1. First Positive Test

a) Liaison Officer (HEAD Athletic trainer) receives results of a positive test by Team Physician.

b) The Liaison Officer informs student-athlete of the positive test, the nature of the substance and possible health risks to the athlete.

c) The Liaison Officer will have the authority to contact, as stated by the consent form, to advise the head coach and athletic director as to the nature and extent of the substance present in the athlete’s system.

d) The student-athlete will be informed of the mandatory substance abuse referral to the counseling service which specializes in substance abuse. **All costs for this service are the responsibility of the student-athlete.**

e) A “Release of Information” form will be signed by the student-athlete upon his or her arrival to the counseling service. Information will only be released to the Team Physician, Liaison Officer, head coach, and Athletic Director to review recommendations made by the counseling service.

f) A copy of this report will be kept on file in the Athletic Training Department.

g) The team physician, head coach, and Liaison Officer will review the results to determine action and or treatment recommendations to be made for the student-athlete. This informal “committee” will agree on the actions to be taken and approval given, in writing, by the Program Liaison.

h) The athlete will not return to athletic activity until he or she has been evaluated by the counseling service. Return to intercollegiate organized activity will be based on recommendations made by the counseling service, team physician, Liaison Officer, and head coach.

i) Regular drug testing of that athlete will be based on recommendations made by the counseling service, team physician, and head coach. Costs for these additional drug tests will be the responsibility of the athlete.

IX. Second Positive Test

1. Steps 1-3 followed as listed under “First Positive Test.”

2. The student athlete meets with the athletic director and head coach, who will inform his or her of his or her permanent dismissal from all intercollegiate athletic programs. Any and all athletic scholarships will be revoked at this time.
X. Policies Regarding Noncompliance

1. Refusal to participate in the drug testing procedure is considered a “positive test, in which all stipulations, policies, and procedures regarding positive tests will be applied and followed. The athlete will be immediately suspended from participation in all intercollegiate athletic activities until compliance.

2. Refusal to participate in the mandatory Substance Abuse Evaluation by the counseling service at any time will result in immediate suspension from all intercollegiate athletic activities until compliance.

3. The Athletic department may recommend the revocation of any and all financial aid pertaining to athletic participation for the current year and following year(s) if the athlete refuses to comply with this policy.

XI. Reasonable Clause

A head coach may refer an athlete for a drug test if he or she has reason to believe a student-athlete may be involved in substance abuse. The head coach will contact the Program Liaison to schedule a drug test. The team physician will also be notified of drug test.

1. Costs for this drug test will come from the coach’s team budget.
2. Coaches are responsible in submitting the proper paper work for payment of these costs.
3. All policies regarding a “Positive Test or Noncompliance” will be enforced.
Informed Consent and Release of Liability

I have read The College of Idaho Athletic Department Substance Abuse Drug Testing Policy and Drug Testing Procedures, and understand that in accordance to that policy I am required to submit a sample or samples of urine for chemical analysis during the 2010-2011 academic year. I understand that qualified personnel will conduct these analyses in the testing laboratory at West Valley Medical Center. A documented chain of specimen custody exists to ensure the identity and integrity of my sample(s) throughout the testing collection process.

The purpose of these analyses is to determine or rule out the presence of non-prescribed and/or illegal controlled substances in my urine.

I authorize the liaison officer (Head Athletic Trainer) in conjunction with the testing laboratory to conduct these tests in accordance with random procedures they establish. I also agree that they may make confidential release of these results of the testing to the team physician of The College of Idaho, the counseling service, the athletic director, and the head coach of any intercollegiate sport of which I am a team member.

I consent freely and voluntarily to this requirement for a urine specimen(s). I hereby and herewith release the college, the athletic department, and the testing laboratory, their employees, agent and contractors from liability whatsoever arising from the request to furnish the urine sample and decisions made concerning my athletic participation or continued athletic participation based upon results of these analyses.

Athlete’s Sport

____________________________________________

Student Athlete’s Name (Print)

____________________________________________  __________

Student Athlete’s Signature  Date

____________________________________________  __________

Signature of Parent/Guardian (if student is a minor)  Date

***This form must be signed and returned to the athletic training office at the time of your Preparticipation physical examination. This form will be kept on file in the athletic training office. ***