

**EAST CAROLINA UNIVERSITY**  
**DRUG EDUCATION SCREENING COUNSELING AND TESTING PROGRAM POLICY**

**A. Introduction:**

The improper use of drugs has become a matter of deep concern within our society. Many lives are being damaged, and in some cases destroyed, by drug use. East Carolina University is determined to help all students and employees avoid such hazards, through its established policies on drug abuse that apply to all members of the academic community. However, this program is specially designed for the members of our intercollegiate athletic teams. It is based on the premise that drugs and athletics do not mix. First, many drugs, when used in conjunction with athletic activities or physical conditioning programs, can pose serious risks to the health of the athlete and may endanger other persons in contact with the drug user. Symptoms of illness, temporary or permanent injury, and even death can be caused by such drug use. Second, the use of certain drugs temporarily may improve some types of athletic performance and thereby create an unfair competitive advantage for the person using them. Such uses of drugs violate the basic principles of sportsmanship. Third, intercollegiate athletes frequently become highly publicized role models and their abuse of drugs can negatively influence other young people as well as damage the reputation of the institution.

**B. Basic Program Goals:**

It is the intent of this Drug Education Screening and Counseling Program to (1) deter the use of drugs and alcohol; (2) to assist in identifying the athlete who is a substance user//abuser through a screening program based on periodic testing to reveal use of drugs; (3) to promote an education program that informs student athletes about drugs and drug abuse; (4) to assist in the rehabilitation of student athletes found to be misusing drugs; and (5) in appropriate cases, to remove from our athletic programs any student athlete who is found to have violated the requirements of this policy.

All student athlete participants in East Carolina University intercollegiate athletic programs must comply with the terms of this program on drug education, screening, and counseling. Accordingly, all student athletes must read these requirements carefully, and provide written acknowledgment on that attached Drug Testing Consent Form . A student who fails to sign the statement will not be permitted to participate in University intercollegiate athletic programs.

**C. Educational Program:**

An important part of this program is an ongoing educational effort designed to help student athletes avoid any involvement in prohibited drugs. Each member of every athletic team shall participate in prescribed drug education activities, in addition to the alcohol and other drug prevention activities that all ECU students receive as part of their student experience. University staff members will encourage all student athletes to ask questions about this drug education screening and counseling program. Staff members will honor an athlete's request that his or her questions be answered in private. Team meetings will be held to emphasize the program's objectives and to reiterate the actions that athletes must take to comply with the policy. Additionally, any student athlete may seek assistance for a substance abuse problem at any time by contacting his or her coach; a departmental, Sports Medicine or Student Development employee; or a representative of the Division of Student Affairs. Seeking such assistance shall not subject the student athlete to sanctions under this policy.

**D. Prohibited Drugs:**

Some of the drugs about which we are concerned are illegal (that is, the law prohibits their sale, purchase, or possession). Others may be obtained by medical prescription. Some may be purchased lawfully "over the counter" in retail stores. But all such drugs are incompatible with the integrity of our athletic programs.

A student, during the period of his or her eligibility to participate in intercollegiate athletics, may not use the drugs specified in Appendix A. Provided that if an otherwise prohibited drug is being used at the prescription of a physician, the patient may continue to participate in athletics if the athlete meets the requirements as set forth by the NCAA concerning medical exceptions to impermissible drug use<sup>1</sup>.

**E. Screening Program:**

It is a condition of participation that a student athlete annually agree to submit to any tests prescribed by East Carolina University to reveal the use of any of the drugs listed in Appendix A. No such test will be administered unless the affected person first has signed an individual notification form (see Appendix B), which expressly identifies the specific test that he or she has been asked to undergo, at the specified time on a specified date. The basic test to be used for drug screening is a urinalysis. However, other types of tests from time to time may be utilized to determine the presence of drugs listed in Appendix A. The testing will be done in accordance with the procedures outlined in Appendix D.

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<sup>1</sup> These requirements are available at [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety).

**1. When tests will be administered:**

a. Unannounced random testing:

All enrolled student athletes are subject to periodic unannounced random testing, regardless of their competitive season. Specifically, on various occasions during the calendar year, a percentage of the members of each team will be selected, at random, to be tested. The selection of individuals will be made through a random drawing of names from the team roster by the Assistant Director of Athletics for Medical Services or his designee.

b. Testing in response to individualized suspicion:

A student athlete may be subject to testing at any time when, in the judgment of the Director of Athletics, in consultation with other campus officials, as appropriate, there is reasonable cause to suspect the student is engaged in the use of any of the drugs prohibited by this policy. Such individualized reasonable suspicion may be based on information from any source, deemed reliable by the Director of Athletics, including, but not limited to: (1) Observed possession or use of substances that reasonably appear to be drugs of the type prohibited; (2) arrest or conviction for a criminal offense related to the possession, use or trafficking in drugs of the type prohibited; (3) observed abnormal appearance, conduct or behavior, including unusual patterns of absence from training, competition, classes or other academic requirements reasonably interpretable as being caused by the use of drugs of the type prohibited.

**2. Consequences of failure to participate in or cooperate with the testing:**

If a student athlete:

- a. declines to execute the relevant required individual notification form (Appendix B or C); or
- b. fails to appear at the designated time and place for testing without verified excuse acceptable to the Director of Athletics; or
- c. the student fails within a reasonable period of time to produce a required urine specimen, such failure or refusal will be treated as a positive test result and the student athlete will be suspended from Athletics participation until a sample is produced. Eligibility to participate in intercollegiate athletics may be canceled if an athlete fails to produce a specimen. The procedures prescribed in Section G apply to such a cancellation.

**F. Consequences of Impermissible Drug Use:**

When prohibited drug use has been verified through positive test results, the following procedures and consequences will apply. In all cases, the team physician will notify the Director of Athletics or his/her designee of the positive drug test. The Director of Athletics or designee will notify the student-athlete's head coach, who will in turn notify the student-athlete.

**1. First occasion:**

a. Confidential meeting to evaluate the nature and extent of drug involvement.

The student will be required to meet privately with the head coach to ascertain the facts about the nature, extent, and history of the problem. In eliciting information from the student, responses are to be oral, are not to be given under oath, and are to be revealed only to University officials, persons authorized by the student, and the parents or guardians of the student in accordance with the Family Educational Rights and Privacy Act of 1974.<sup>2</sup> A student athlete will be required to telephone his or her parents or guardians and inform them of the positive test in the presence of the head coach. If the parents or guardians cannot be reached by telephone, the head coach or his designee will take necessary steps to insure that the parents or guardians are informed. No other persons or agencies will be given information except in response to a valid subpoena or court order.

b. Counseling and rehabilitation

The student-athlete will be required to meet with the team physician to discuss the impermissible substance that caused the positive test. The student-athlete will also be required to meet with the substance abuse counselor at the ECU Center for Counseling and Student Development, and sign appropriate consents for release of information to the Team physician. The nature and extent of counseling will be determined by the substance abuse counselor.

The student-athlete may choose to receive counseling from an off-campus counselor or rehabilitation facility. In such cases, any financial costs associated with such treatment will be the sole responsibility of the student-athlete. The student-athlete will be required to sign the appropriate consents for release of information from the off-campus counseling provider to the team physician.

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<sup>2</sup> Nothing in this policy is intended to prevent the University from disclosing information in the event of a health or safety emergency as defined in 34 CFR §99.31(a)(10)

- c. Follow-up testing.

During the period of suspension and at any time following reinstatement, the student may be subject to repeat testing for as long as is deemed appropriate by the team physician.

- d. Suspension or discontinuation of athletic-eligibility.

The student-athlete will be immediately suspended from competition for 10% of the maximum allowable contests during the traditional season of the respective sport<sup>3</sup>. This suspension must be served immediately following notification of the Athletic Director or his/her designee by the team physician of the positive test. Post-season games will be included to satisfy the suspended games total. If the positive test occurs outside of the traditional season, the suspension will start at the beginning of the next traditional season. During the suspension, the student-athlete may continue to participate in team related activities if deemed safe by the team physician and with the approval of the Director of Athletics.

- e. Written notice.

The Director of Athletics provides written notice of the positive drug screen and any applicable sanctions; to the student athlete and his/her parents or guardians. This notice also includes information regarding how the student athlete may appeal.

## 2. **Second occasion:**

In addition to the procedure and sanctions imposed in section F.1, above, the student-athlete will be immediately suspended from competition for 50% of the maximum allowable contests during the traditional season of the respective sport. This suspension must be served immediately following notification of the Athletic Director or his/her designee by the team physician of the positive test. Post-season games will be included to satisfy the suspended games total. If the positive test occurs outside of the traditional season, the suspension will start at the beginning of the next traditional season. During the suspension, the student-athlete may continue to participate in team related activities if deemed safe by the team physician and with the approval of the Director of Athletics

## 3. **Third Occasion:**

- a. Cancellation of eligibility.

On the occasion of a third positive screen, a student's athletic eligibility will be canceled permanently; the student will not be eligible for renewal of any athletic scholarship, and an existing scholarship may be subject to cancellation.<sup>4</sup> Any such cancellation may be imposed only in accordance with the procedures specified in Section G.

- b. Notification of parents.

The parents will be notified of any such cancellation of eligibility.

- c. Counseling and rehabilitation.

A student whose eligibility has been canceled may seek assistance from established University counseling and medical resources otherwise available to students incident to their enrollment at East Carolina University. Such services will not be initiated or supervised by the Athletic Department, since the student's affiliation with the athletic programs of the institution will have ended. Any costs associated with counseling will be the sole responsibility of the student-athlete.

## G. **Procedures for Imposing Serious Sanctions:**

Sections E and F of this policy provide notice of circumstances under which suspension or cancellation of eligibility to participate in intercollegiate athletic activities may be imposed. Sanctions such as suspension exceeding one week and cancellation of eligibility may be imposed only in accordance with the procedures here prescribed. Nonetheless, the Department of Athletics has the right, at any time, to terminate the student-athlete's privilege to participate on a team for reasons other than a violation of this Policy, including, but not limited to, violations of other University, departmental, or team policies. A violation of this Policy, in conjunction

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<sup>3</sup> Refer to the NCAA Division I Manual available at [www.ncaapublications.com](http://www.ncaapublications.com) for the maximum number of competitions permitted for each sport.

<sup>4</sup> When a sanction under this policy involves the loss of grant in aid, a student athlete may appeal that decision to the Faculty Senate Student Academic Appellate Committee, in accordance with the terms of his/her grant in aid agreement

with a violation of other University, departmental, or team policies, may result in termination of a student-athlete's privilege to participate on a team. All such terminations are not subject to the procedures set forth in this Policy

**1. Written notice:**

Before any suspension exceeding one week or cancellation is imposed, the student will be given written notice by the Athletic Director of the intention to suspend or cancel eligibility, of the reasons for the proposed action, and of the right of the affected student to request a hearing on the proposed sanction before it is imposed. If the proposed sanction is based on a preliminary determination of improper drug use that may threaten the health of the athlete or of other participants in athletics or other members of the institutional community, all athletic participation (training, practice, and competition) shall be discontinued immediately, pending a medical determination as to the fitness of the athlete to resume participation in athletic activities. This determination, designed to protect the health of the student athletes or other members of the community, shall be made as promptly as possible. Information supplied by the student to medical personnel incident to making such a determination shall not be admissible in any institutional disciplinary process.

**2. Request for hearing or waiver of hearing:**

A student-athlete may obtain a hearing by addressing a request in writing to the Athletic Director within five (5) working days after receiving the written notice referred to in paragraph 1, above. A request for an appeal must be based on insufficiency of evidence or mitigating circumstances. Failure of the student-athlete to request an appeal on these bases in writing within five (5) working days following his or her receipt of the written notice will be considered a waiver of the appeal. In the alternative, following receipt of written notice, the student may signify in writing his or her intention not to request a hearing, and the proposed sanctions may be imposed immediately, without recourse to any institutional grievance or appeals process.

**3. Hearing:**

a. Hearing committee:

If an affected student requests a hearing, it shall be afforded before a standing committee consisting of the Dean of Students, the Director of Counseling and the Faculty Athletics Representative, or their respective designees; no officer, employee, or agent of the Athletic Department shall be eligible to serve on such committee.

b. Scope of review

On appeal, there is a presumption that the original decision is correct. Accordingly, the scope of review is whether there is a reasonable basis for the original decision. If there is no reasonable basis for the actual sanction or sanctions imposed, or if compelling mitigating circumstances are found to be present, the committee may recommend a lesser sanction.

c. Conduct of hearing:

The hearing shall be convened within five (5) working days after it is requested. The hearing shall be conducted in private, and only the members of the committee, the affected student and a person of his or her choice, and the Athletic Director or his delegate may attend, accompanied by a person of his or her choice, except for witnesses who are present to give testimony. The Director of Athletics, or his delegate, shall present evidence in support of the proposed suspension or cancellation. The affected student, accompanied by a person of his or her choice, may be present to hear and review all evidence presented in support of the proposed sanction, to challenge such evidence, and to present other evidence in his or her own defense. The burden shall be on the Athletic Director to prove, by a preponderance of the evidence that impermissible drug use in fact occurred. After hearing all such evidence as it deems relevant, the committee shall deliberate in private for the purpose of making findings of fact. The findings and conclusions shall be based exclusively on information supplied at the hearing.

d. Recommendation to the Vice Provost for Student Affairs

Three (3) working days after it concludes its inquiry, the committee shall report its conclusions concerning the facts, as well as any advice concerning the severity of the sanctions imposed, to the Vice Provost for Student Affairs, who shall decide what sanction, if any, shall be imposed. If the Vice Provost for Student Affairs finds there was insufficient evidence, then the drug test giving rise to the incident will not be considered a positive test for purposes of this Policy.

**H. Confidentiality of Information Concerning Drug Use:<sup>5</sup>**

Any information concerning a student's alleged or confirmed improper use of drugs, solicited or received pursuant to implementation of this program, shall be restricted to institutional personnel and to parents or guardians of student athletes. No other release of such information will be made without the student's written consent, unless in response to appropriate judicial process. The institution cannot guarantee that law enforcement or prosecutorial authorities will not gain access to information in the possession of the institution, however, the institution will not voluntarily disclose such information, in the absence of a court order.

**I. Improper Provision of Drugs by Institutional Personnel:**

No officer, employee, or agent of East Carolina University may supply to any student athlete any drug that may endanger an athlete or affect athletic ability or performance, or otherwise encourage or induce any student improperly to use drugs, except as specific drugs may be prescribed by qualified medical personnel for the treatment of individual students. Any person who has information about a possible violation of this prohibition should report such information promptly to the Vice Chancellor of Student Life, who shall have authority to investigate the allegation and to report the results of any investigation to the Chancellor, for appropriate disciplinary proceedings against anyone who is charged with having violated this prohibition.

The foregoing statement of policy has been approved by the Chancellor and the Board of Trustees of East Carolina University, effective September 27, 1996; revised July 23, 2009..

*drugpolicy.frm (revision 8/03)*

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<sup>5</sup> Notwithstanding this or any other provision of this policy, the University reserves the right to disclose information in accordance with a health and safety emergency as defined in 34 CFR §§ 99.31(a)(10) and 99.36.

## APPENDIX A

The following is the list of banned-drug classes:

### (a) Stimulants:

amiphenazole  
amphetamine  
bemigrade  
benzphetamine  
bromantan  
caffeine<sup>1</sup> ([guarana](#))  
chlorphentermine  
cocaine  
cropropamide  
crothetamide  
diethylpropion  
dimethylamphetamine  
doxapram  
ephedrine ([ephedra](#), [ma huang](#))  
ethamivan  
ethylamphetamine  
fencamfamine  
meclofenoxate  
methamphetamine  
methylene-dioxymethamphetamine (MDMA) (Ecstasy)  
methylphenidate  
nikethamide  
pemoline  
pentetrazol  
phendimetrazine  
phenmetrazine  
phentermine  
[phenylpropanolamine \(ppa\)](#) effective August 2003  
picrotoxine  
pipradol  
prolintane  
strychnine  
and related compounds \*

### (b) Anabolic Agents:

anabolic steroids  
androstenediol  
androstenedione  
boldenone  
clostebol  
dehydrochlormethyl-testosterone  
dehydroepiandrosterone (DHEA)  
dihydrotestosterone (DHT)  
dromostanolone  
fluoxymesterone  
mesterolone  
methandienone  
methenolone  
methyltestosterone  
nandrolone  
norandrostenediol  
norandrostenedione  
norethandrolone  
oxandrolone  
oxymesterone

oxymetholone  
stanozolol  
testosterone<sup>2</sup>  
and related compounds \*

Other anabolic agents  
clenbuterol

**(c) Substances Banned for Specific Sports:**

**Rifle:**

alcohol  
atenolol  
metoprolol  
nadolol  
pindolol  
propranolol  
timolol  
and related compounds \*

**(d) Diuretics:**

acetazolamide  
bendroflumethiazide  
benzthiazide  
bumetanide  
chlorothiazide  
chlorthalidone  
ethacrynic acid  
flumethiazide  
furosemide  
hydrochlorothiazide  
hydroflumethiazide  
methyclothiazide  
metolazone  
polythiazide  
quinethazone  
spironolactone  
triamterene  
trichlormethiazide  
and related compounds \*

**(e) Street Drugs:**

heroin  
marijuana<sup>3</sup>  
THC (tetrahydrocannabinol)<sup>3</sup>

**(f) Peptide Hormones and Analogues**

chorionic gonadotrophin (HCG - human chorionic gonadotrophin)  
corticotrophin (ACTH)  
growth hormone (HGH, somatotrophin)

All the respective releasing factors of the above-mentioned substances also are banned.

erythropoietin (EPO)  
sermorelin

**(g) Definitions of positive depends on the following:**

<sup>1</sup> for caffeine-if the concentration in urine exceeds 15 micrograms/ml.

<sup>2</sup> for testosterone-if the administration of testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

<sup>3</sup> for marijuana and THC-if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

\* The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

## Supplements

Nutritional supplements are not strictly regulated and may contain substances banned by the NCAA. For questions regarding nutritional supplements, please visit the [National Center for Drug Free Sport Resource Exchange Center \(REC\) Web site](#).

The NCAA has strict rules on which supplements are permissible and which are not. Those that are permissible include:

- Non-muscle building supplements taken for the purpose of providing additional calories and electrolytes, providing the supplements do not contain any NCAA banned substances. Permissible supplements are identified according to the following classes:
  - Carbohydrate/electrolyte drinks (such as Gatorade)
  - Energy bars
  - Carbohydrate boosters
  - Vitamins
  - Minerals

The ECU Athletic Department does not advocate the use of nutritional supplements other than those allowed by the NCAA or prescribed by a physician for a medical condition. Taking nutritional supplements, even those purchased over-the-counter, may result in a positive drug test and affect an athlete's eligibility status.

*drugpolicy.frm (revision 8/03)*

APPENDIX B

EAST CAROLINA UNIVERSITY  
NOTIFICATION OF SCHEDULED SCREENING DRUG TESTING BY URINALYSIS

TO: \_\_\_\_\_, Student Athlete

FROM: \_\_\_\_\_, Athletic Director

DATE: \_\_\_\_\_

RE: Scheduled Urinalysis

Your name has been selected for screening drug testing as a member of the:

\_\_\_\_\_ Team.

You are to report to \_\_\_\_\_ on \_\_\_\_\_  
at \_\_\_\_\_. If you cannot report at this time, **YOU MUST** call the Sports Medicine Division office,  
(252) 328-4560, to **re-schedule for another time on that same date.** **It is mandatory that you report for this  
scheduled drug test on the specified date listed above.**

You will be required to provide a urine specimen at that time, consistent with the policies and procedures  
established by the East Carolina University Drug Education, Screening, and Counseling Program.

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**I understand that failure to appear at the assigned time will result in a positive test:**

Printed Name: \_\_\_\_\_  
(student athlete)

Signature: \_\_\_\_\_ (student athlete) \_\_\_\_\_ (date and time)

Witness: \_\_\_\_\_ (designated University official delivering the notice) \_\_\_\_\_ (date and time)

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**Scheduled Screening Drug Test:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_ Place: \_\_\_\_\_

**\*ATHLETE MUST PRESENT PICTURE ID\***

Drugtestform (revision 8/03)

APPENDIX C

Sample of notice of testing based on individualized reasonable suspicion

Notice of Special Drug Testing by Urinalysis:

**TO:** \_\_\_\_\_  
(Name of student)

**FROM:** \_\_\_\_\_,  
Athletic Director  
East Carolina University

**RE:** Scheduled Urinalysis

Based on individualized reasonable suspicion that you may be engaged in the impermissible use of drugs prohibited by the Drug Education, Screening and Counseling Program for Intercollegiate Athletes of East Carolina University, you are to report to \_\_\_\_\_ at \_\_\_\_\_  
(designated location) (time)  
on \_\_\_\_\_. You will be required to provide a urine specimen at that time consistent with the policies and procedures established by the Program.

Signed: \_\_\_\_\_  
(student athlete)

\_\_\_\_\_  
(date and time of receipt)

Witnessed: \_\_\_\_\_  
(designated University official delivering the notice)

\_\_\_\_\_  
(date and time delivered)

## APPENDIX D

### *Procedure for drug testing:*

- a. The athlete shall be provided with written notice prepared by the Assistant Director of Athletics for Medical Services or his designee listing the student as one who was duly selected at random to appear for a drug test or as an individual who is being tested based on individualized suspicion prior to the start of the test.
  - b. The notification also shall include the time and location of the test and shall be signed by the student and submitted to the Assistant Director of Athletics for Medical Services or his designee by the athlete to be tested. Upon receipt of the notice, the student athlete will accompany the official to the testing site..
  - c. Collection procedure: Urine specimens will be collected by direct observation under the guidelines set by the third party contracting Sample Collection Team.
  - d. Notification to the Student Athlete: Negative tests and confirmed positives will be returned to the team physician and/or Assistant Director of Athletics for Medical Services.
  - e. Consequences of a positive test result: Impermissible drug use will be handled in accordance with Section F of the Drug Education Screening Counseling And Testing Program Policy
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### Drug Testing Consent Form

The Board of Governors of The University of North Carolina has mandated that East Carolina University adopt mandatory testing of student-athletes for banned substances. ECU has, therefore, adopted this Statement of Policy to comply with the Board of Governors' directive.

I have read and received a copy of ECU's **Drug Education Screening Counseling and Testing Program Policy**. I have been given an opportunity to ask any questions I may have had about the Policy. I understand the Policy and my responsibilities under it. I agree to abide by its provisions and have decided voluntarily to participate in the intercollegiate athletics programs to which this Policy applies. I further understand that my participation in intercollegiate athletics is contingent on my adherence to this Policy. I consent to tests for banned substances administered pursuant to this Policy and I consent to notification of my parents or guardians under the circumstances outlined in this Policy.

<b>YEAR 1</b> _____ (Sport)	_____
_____	_____/_____/_____ (date of birth)
_____	_____ (date)
_____	_____ (date)

<b>YEAR 2</b> _____ (Sport)	_____
_____	_____/_____/_____ (date of birth)
_____	_____ (date)
_____	_____ (date)

<b>YEAR 3</b> _____ (Sport)	_____
_____	_____/_____/_____ (date of birth)
_____	_____ (date)
_____	_____ (date)

<b>YEAR 4</b> _____ (Sport)	_____
_____	_____/_____/_____ (date of birth)
_____	_____ (date)
_____	_____ (date)

<b>YEAR 5</b> _____ (Sport)	_____
_____	_____/_____/_____ (date of birth)
_____	_____ (date)
_____	_____ (date)