

**The George Washington University
Athletics Department
2010-2011 Drug Education and Testing Policy and Program¹**

Overview

Substance abuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and supplements, use of performance-enhancing substances, illegal and misuse of alcohol and inappropriate use of tobacco are inconsistent with the standards expected of student-athletes at GW. The athletics administration and the coaching staff at GW are committed to assisting any student-athlete who may have an alcohol or substance abuse problem. As a result, the Athletics Department chooses to take a strong and proactive stand against student-athlete use, misuse and/or involvement with illicit drugs, performance enhancing substances (including dietary supplements containing banned drugs) alcohol, and tobacco, and illicit drugs. Knowing the seriousness of substance abuse and how detrimental it is to an individual's physical and mental well being, our first priority is for the student-athlete's health, safety and welfare. Our goal at GW is to provide all student-athletes a positive, healthy and successful environment.

Every member of the athletics community is responsible for knowing the risks associated with substance use and abuse. Medically and socially, the risks can seriously interfere with an individual's performance both as a student and as an athlete, and can endanger the well being of their teammates. Therefore, student-athletes, coaches, and staff are responsible for knowing and understanding the relevant university policies, federal, state, and local laws and are obligated to conduct themselves in accordance with these policies and laws. A summary of relevant policies and laws, the harmful effects of such use, and a list of local resources for additional information and counseling is contained in GW's annual disclosure to students under the Drug Free Schools and Communities Act Amendments of 1989, also available online at: http://www.gwu.edu/~hrs/pdf_files/drug-free%20schools%20final.pdf.

Purpose

The intent of this Policy is to prevent substance use and abuse by student-athletes through a program of education, testing, and professional guidance.

- Education – providing student-athletes and athletics staff with accurate information about the problems associated with substance use in sport, and promoting health and safety in sport
- Testing – analyzing urine or saliva specimens to detect prohibited substances student-athletes may introduce to their bodies and consequences resulting from use
- Professional Referral – facilitating appropriate counseling, treatment and rehabilitation for student-athletes

Alcohol, Tobacco and Drug Education

Student-athletes who are educated about substance use in sport are more likely to make informed and intelligent decisions about usage. Therefore, the Athletics Department will conduct a substance use and abuse education program at least twice a year. These programs will be designed to review individual team, athletic department, institutional, conference and NCAA alcohol, tobacco and other drug policies. Appropriate educational materials, including this Policy as well as the list of banned drug classes, will be given to student-athletes. All student-athletes will be required to attend the educational sessions. Make-up sessions are available for those individuals who must miss a scheduled educational session for an approved reason.

Sessions will include a review of NCAA alcohol, tobacco and drug policies including the tobacco ban, list of banned drug classes, testing protocol, and viewing the NCAA drug-education and drug-testing video. Dietary supplements, their nutritional weaknesses and associated health risks, will be discussed. Time will be allowed for questions from student-athletes. Educational programs may be specially arranged to provide student-athletes the opportunity to learn more about specific dangers of substance use and abuse.

¹ This Policy has been approved by the Athletics Department of The George Washington University (GW). GW reserves the right to amend this Policy from time to time. Furthermore, this Policy is not to be construed as a contract between GW and the student-athlete.

Consent to Participate and To Test For Banned Drugs

As a condition of participating in intercollegiate athletics (practice and competition) and receiving all benefits associated with such participation (e.g., athletic aid, athletic academic support, sports medicine) at GW, each student-athlete must annually sign a GW Student-Athlete Consent Form (Appendix A) agreeing to participate in the education programs and undergo drug testing and authorizing the release of test results in accordance with this Policy.² Failure to consent to or to comply with the requirements of this Policy may result in suspension from practice and/or competition, or termination of eligibility to participate in intercollegiate athletics at GW (this would include the receipt of all benefits associated with such participation). Each student-athlete will be provided with a copy of this Policy and parents and/or legal guardians will be informed that they may obtain a copy of this Policy on the Athletics Department website (www.gwsports.com). Student-athletes will be required to participate in the Drug Education Program outlined above and be given the opportunity to ask any questions they may have about the program, testing or related issues prior to signing the GW Student-Athlete Consent Form.

Alcohol Policy

GW does not condone the illegal or otherwise irresponsible use of alcohol. It is the responsibility of every member of the university community to know the risks associated with alcohol use and abuse. Possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of the District of Columbia liquor laws and GW policy. Likewise, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21. Violations of the GW alcohol policy and related GW and sport-specific policies will result in sanctions as established under those policies.

Tobacco Policy

The NCAA, pursuant to NCAA Bylaws 11.1.5 and 17.1.8, prohibits the use of tobacco products, including spit and chewing tobacco, by all game personnel (e.g., student-athletes, coaches, athletic trainers, managers and game officials) in all sports during practice and competition. GW will uphold and enforce this policy. Game officials for every sport will uphold and enforce this policy as established by their respective sport committees.

Dietary Supplements

GW Athletics Department personnel are precluded from distributing or encouraging the use of any dietary supplements or ergogenic aids. Dietary supplements and ergogenic aids may contain banned drugs. The labeling of dietary supplements may not be accurate or may be misleading. Terms such as “healthy” or “all natural” do not mean dietary supplements are free from banned drugs or are safe to take. Dietary supplements may not only be detrimental to your health but also may cause a positive drug test.

Student-athletes must keep the athletic training staff and/or team physician aware of all prescribed drugs, over-the-counter medications, vitamins and/or dietary supplements that he or she intend to take or may be taking. While the student-athlete may review the products with the Head Athletic Trainer, the student-athlete is ultimately responsible for deciding whether to take the product and accepting any health or other consequences (e.g., a positive drug test result). Student-athletes also are encouraged to contact The National Center for Drug Free Sport (Drug Free Sport) and/or their own physicians with any and all questions or concerns regarding banned drugs, dietary supplements, or any other substances. Student-athletes, coaches, and athletics staff may contact Drug Free Sport’s Dietary Supplement Resource Exchange Center (REC) at:

REC Hotline: 1-877-202-0769

Website: www.drugfreesport.com/REC Password: ncaa1

Other Banned Drugs/Substances

² Student-athletes will also be required to annually sign the NCAA Drug Testing Consent form as a condition of participation.

Student-athletes may not use the substances identified as NCAA Banned Drugs. The drug screening process will include analysis of the NCAA list of banned-drug classes, which can be found in Appendix B. The NCAA list of banned-drug classes is not exhaustive and is subject to change from time to time. An updated listing of the NCAA banned-drug classes can be found on the NCAA's web site at www.ncaa.org, and student-athletes will be held accountable for all banned substances on the most current list.

Methods of Selection for Drug Testing

Unannounced Random Testing

All student-athletes who have signed the GW Student-Athlete Consent Form (Appendix A) and are listed on the NCAA or institutional GW squad list are subject to unannounced year-round random testing.

Student-athletes listed on the NCAA or institutional squad list that have exhausted their eligibility or who have career-ending injuries will not be selected for testing. Student-athletes will be selected for testing from the NCAA or institutional squad list by a third party provider using a computerized random number program. Selection for testing, specimen collection, reporting and evaluation may be completed by either GW or its designated third-party provider.

Reasonable Suspicion Testing

A student-athlete may be subject to testing at any time when, in the judgment of the GW Athletics Department Sports Medicine Office, there is a reasonable belief to suspect the student-athlete is using or has used a banned drug. Such reasonable suspicion may be based on information received by the Athletics Director or designee from an individual deemed reliable by the Athletics Director or designee. The Athletics Director will present such information to the Head Athletic Trainer and Team Physician for a determination based on the information contained in the form. A GW Athletics Department Drug Testing Reasonable Suspicion Reporting Form (Appendix C) must be completed by the individual(s) who suspect(s) the student-athlete is using or has used a banned substance. Reasonable suspicion may be considered, but not limited to: 1) observed possession or use of substances appearing to be banned drugs, 2) arrest or conviction for a criminal offense related to the possession or distribution of banned substances - not necessarily for profit, 3) student disciplinary charges for drug/alcohol use, possession and/or distribution, or disorderly conduct, fighting, or other violations of GW's Code of Student Conduct; and 4) observed abnormal appearance, conduct or behavior that may cause someone to reasonably suspect the use or abuse of a banned substance. Examples of such abnormal appearance, conduct or behavior may include, but are not limited to the following: significant decline in academic or athletic performance, missing class, falling asleep in class, significant weight gain or loss, increased injury rate or illness, lethargy, agitation or nervousness, short temper, acts of violence or loss of friendships.

The Head Athletic Trainer and Team Physician will make a determination within 48 hours of receiving the information from the individual(s) mentioned above at which time the Athletics Director or designee will meet with the student and will provide him or her with the GW Drug Testing Notification Form (Appendix D).

Postseason/Championship Screening

GW may drug test any student-athlete or team likely to qualify for postseason championship competition thirty (30) days prior to participation in championship activities.

Re-entry Testing

A student-athlete who has had his or her eligibility to participate in intercollegiate athletics³ suspended by GW because of a positive drug test result will be required to undergo a re-entry drug test and test negative prior to regaining eligibility to participate in intercollegiate athletics. The Athletics Director or designee shall arrange for re-entry testing after no earlier than 30 days prior to the completion date of the student-athlete's suspension (see sanctions) and a counselor or specialist involved in the student-athlete's case evaluates medical, health and safety factors and subsequently indicates that re-entry into the intercollegiate sports program is appropriate.

³ The term "eligibility to participate in intercollegiate athletics" used throughout this Policy refers to competition during both the traditional and nontraditional season and may also include practice, receipt of athletics aid and services provided by the Office of Academic Support for Student-Athletes and Sports Medicine.

Follow-up Testing

A student-athlete who has his or her eligibility to participate in intercollegiate athletics reinstated following a positive drug test under this Policy shall be subject to additional testing throughout his or her athletic eligibility at GW.

Testing will be unannounced and will be required at a frequency determined by the Athletics Director or his/her designee in consultation with a counselor or specialist involved in the student-athlete's case.

Notification and Reporting for Collections

The Athletics Director or designee will notify student-athletes of any drug testing to be conducted under this Policy. Notification shall be in person or by direct telephone communication (e.g. no email, no voice mail, no text messages). The Athletics Director or designee will notify the student-athlete of the date, time and location to report to the collection station. At the time of notification, the Athletics Director or his/her designee will have the student-athlete read and sign GW Drug-Testing Notification Form (Appendix D). If the student-athlete refuses or is unavailable to meet with the Athletics Director or designee without satisfactory explanation; declines to sign the Notification Form, or declines to provide a sample or alters or manipulates his or her sample to alter the integrity and/or validity of the sample, such acts will be treated in the same fashion as a positive drug test result for a street drug or other illicit substances under the terms of this Policy.

The Athletics Director or designee shall be in the collection station to certify the identity of the student-athletes selected for drug testing and will be responsible for security of the collection station. Student-athletes shall provide picture identification when entering the drug-testing station. The Athletics Director or designee must remain in the collection station until all student-athletes complete the collection process.

Specimen Collection Procedures (See Appendix E)

Reporting of Results

All student-athlete personal information and records associated with the drug education and drug-testing program under this Policy will be confidential to the extent permissible under applicable law and NCAA and GW policies and results will be released only to those individuals with a legitimate need to know, as determined by the Athletics Director and/or Head Athletic Trainer.

Urine samples will be collected and sent to an independent certified laboratory for analysis. A split-sample collection method will be utilized, dividing the provided urine specimen into two vials: the "A" bottle and "B" bottle. Each A bottle sample will be tested to determine if banned substances are present. If an initial screening and further confirmation of the A bottle indicates a banned substance is present, a positive test will be reported. Under this policy, an A bottle positive represents an official positive result. The B bottle may be tested separately at the request of the student-athlete as part of the appeals process (See "Right to Appeal" below).

If the laboratory reports a specimen as manipulated, substituted or adulterated, the student-athlete will be deemed to have a positive drug test result for a street drug or other illicit substances under the terms of this Policy.

All verified positive test results, as well as all reports of specimen manipulation, adulteration or substitution, shall be reported to the Athletics Director or designee, Senior Woman Administrator, Assistant Athletics Director/Compliance, Head Athletic Trainer, and the student-athlete's head coach. The Athletics Director will notify the student-athlete of the findings.

Medical Exception Process

GW recognizes that some banned drugs may sometimes be used for legitimate medical purposes. Accordingly, the Athletics Department allows exceptions to be made for student-athletes with a documented medical history demonstrating a need for regular or temporary use of such a substance.

Student-athletes are required to inform the Office of Sports Medicine of all medications (prescribed and over-the-counter) they are taking. The Office of Sports Medicine will maintain in the student-athlete's medical record a letter from the prescribing physician that documents the student-athlete's medical history demonstrating the need for regular use of such a drug. The letter should contain information as to the diagnosis (including appropriate verification), the period of time during which the student-athlete is authorized to take the drug, medical history and dosage information.

In the event a student-athlete tests positive, the Head Athletic Trainer in consultation with the Team Physician will review the student-athlete's medical record to determine whether a medical exception should be granted under this Policy. This medical exemption may only be granted for testing conducted under this Policy and does not apply to any drug testing conducted by the NCAA.

Positive Drug Test Sanctions

All drug test results accumulate during the entire time that an individual is a student-athlete at GW. Any student-athlete who tests positive for a banned drug as described in this Policy shall be subject to the following sanctions under this Policy:

Performance Enhancing Substances

First Offense

The student-athlete's eligibility to participate in intercollegiate athletics shall be suspended immediately for a minimum of 50% of regular season contests, conference and postseason contests in all sports. If the student-athlete competes in multiple sports, the 50% penalty will apply separately for each sport. In addition, a student-athlete testing positive will also be precluded from participating in all non-traditional competitions including, but not limited to, foreign tours, special team trips, scrimmages and exhibition events. Being prohibited from participating in non-traditional competitions does not count toward serving a 50% sanction from regular season contests, conference and postseason contests. The Athletics Director or designee may impose a longer suspension on a case-by-case basis. If the suspension imposed may not be completed during the current academic year, the suspension will rollover to the following academic year. It should be noted that the student-athlete may be permitted to practice, receive athletics aid and athletic academic support and sports medicine services during the period of their suspension (any of these may be suspended by the Athletics Director as he/she deems appropriate).

The student-athlete will be subject to Re-entry testing prior to being removed from suspension.

An NCAA positive drug test will count as a GW positive drug test. However, NCAA drug testing sanctions will apply. In certain cases GW sanctions may also apply (e.g., mandatory drug evaluation session through the Medical Faculty Associates Department of Psychiatry or other facility designated by GW).

The student-athlete will be required to complete a mandatory drug evaluation session through the Medical Faculty Associates Department of Psychiatry or other facility designated by GW. No later than three (3) days following the reporting of the positive drug test result to the student-athlete, he or she shall contact the designated facility to schedule an appointment for an evaluation. The student-athlete may be referred to off-campus services. The student-athlete and/or his or her parents/legal guardians may be required to assume any and all costs associated with such treatment.

The designated facility shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The student-athlete will not be permitted to return to practice in their

sport(s) until he or she has complied with the facility's recommendations for treatment. [Return to competition will require a re-entry test being negative.]

If the student-athlete regains his or her eligibility to participate in intercollegiate athletics, he or she will be required to undergo unannounced follow-up drug testing through the remainder of his or her student-athlete eligibility at GW.

Failing to comply with the Department of Psychiatry's directions for treatment regardless of having a negative reentry drug test will result in the student-athlete not being reinstated until such time of their successful completion of treatment.

Second Offense

If a student-athlete tests positive a second time, it is apparent that the student-athlete has a significant problem or has made conscious value judgments as to his/her behavior.

If a student-athlete tests positive a second time for a performance enhancing substances, his or her eligibility to participate in intercollegiate athletics shall be permanently suspended for the remainder of the student-athlete's eligibility at GW. The student-athlete shall be informed of his or her permanent suspension via letter from the Athletics Director sent certified mail.

A meeting between the student-athlete, Athletics Director, Head Coach and Head Athletic Trainer will be held to advise and encourage the student-athlete to pursue further treatment. GW will not be responsible for any and all costs associated with such treatment.

Consistent with all University, conference and NCAA regulations, the student-athlete will be subject to cancellation of athletics aid for the subsequent semester, if any, in the current year and non-renewal of athletics aid for the ensuing academic year.

Street Drugs and Other Illicit Substances

First Offense

The student-athlete's eligibility to participate in intercollegiate athletics shall be suspended immediately for a minimum of 50% of regular season contests, conference and postseason contests in all sports. If the student-athlete competes in multiple sports, the 50% penalty will apply separately for each sport. In addition, a student-athlete testing positive will also be precluded from participating in all non-traditional competitions including, but not limited to, foreign tours, special team trips, scrimmages and exhibition events. Being prohibited from participating in non-traditional competitions does not count toward serving a 50% sanction from regular season contests, conference and postseason contests. The Athletics Director or designee may impose a longer suspension on a case-by-case basis. If the suspension imposed may not be completed during the current academic year, the suspension will rollover to the following academic year. The student-athlete may be permitted to practice, receive athletics aid and athletic academic support and sports medicine services during the period of their suspension (any of these may be suspended by the Athletics Director as he/she deems appropriate).

The student-athlete will be subject to re-entry testing prior to being removed from suspension.

An NCAA positive drug test will count as a GW positive drug test. However, NCAA drug testing sanctions will apply. In certain cases GW sanctions may also apply (e.g., mandatory drug evaluation session through the Medical Faculty Associates Department of Psychiatry or other facility designated by GW).

The student-athlete will be required to complete a mandatory drug evaluation session through the Medical Faculty Associates Department of Psychiatry or other facility designated by GW. No later than three (3) days following the reporting of the positive drug test result to the student-athlete, he or she shall contact the designated facility to schedule an

appointment for an evaluation. The student-athlete may be referred to off-campus services. The student-athlete and/or his or her parents/legal guardians may be required to assume any and all costs associated with such treatment.

The designated facility shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The student-athlete will not be permitted to return practice in their sport(s) until he or she has complied with the facility's recommendations for treatment. [Return to competition will require a re-entry test being negative.]

If the student-athlete regains his or her eligibility to participate in intercollegiate athletics, he or she will be required to undergo unannounced follow-up drug testing through the remainder of his or her student-athlete eligibility at GW.

Failing to comply with the Department of Psychiatry's directions for treatment regardless of having a negative reentry drug test will result in the student-athlete not being reinstated until such time of their successful completion of treatment.

Second Offense

If a student-athlete tests positive a second time his or her eligibility to participate in intercollegiate athletics shall be suspended immediately for a minimum of 12 months. The minimum 12-month suspension shall include all regular season competitions including non-traditional season competitions, foreign tours, special team trips and conference and postseason championship competition in all sports in which the student-athlete participates. The Athletics Director or his/her designee may impose a longer suspension on a case-by-case basis. If the suspension imposed may not be completed during the current academic year, the suspension will rollover to the following academic year. The student-athlete may be permitted to practice, receive athletics aid and athletic academic support and sports medicine services during the period of their suspension (any of these may be suspended by the Athletics Director as he/she deems appropriate).

The student-athlete shall be charged with the loss of a minimum of one season of competition (e.g. the 12 month suspension may not be considered a "red shirt" year nor may it be considered a medical hardship).

The student-athlete will be subject to re-entry testing prior to being removed from suspension.

An NCAA positive drug test will count as a GW positive drug test. However, NCAA drug testing sanctions will apply. In certain cases GW sanctions may also apply (e.g., mandatory drug evaluation session through the Medical Faculty Associates Department of Psychiatry or other facility designated by GW).

The student-athlete will be required to continue treatment through the Medical Faculty Associates Department of Psychiatry or other facility designated by GW. No later than three (3) days following the reporting of the second positive drug test result to the student-athlete, he or she shall contact the designated facility to schedule an appointment for an evaluation and continued treatment. The student-athlete may be referred to off-campus services. The student-athlete and/or his or her parents/legal guardians may be required to assume any and all costs associated with such treatment.

The designated facility shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The student-athlete will not be permitted to return practice in their sport(s) until he or she has complied with the facility's recommendations for treatment. [Return to competition will require a re-entry test being negative.]

If the student-athlete regains his or her eligibility to participate in intercollegiate athletics, he or she will be required to undergo unannounced follow-up drug testing through the remainder of his or her eligibility at GW.

Failing to comply with the Department of Psychiatry's directions for treatment regardless of having a negative reentry drug test will result in the student-athlete not being reinstated until such time of their successful completion of treatment.

Third Offense

If a student-athlete tests positive a third time, it is apparent that the student-athlete has a significant problem or has made conscious value judgments as to his/her behavior.

If a student-athlete tests positive a third time for street drugs or other illicit substances, his or her eligibility to participate in intercollegiate athletics shall be permanently suspended for the remainder of the student-athlete's eligibility at GW. The student-athlete shall be informed of his or her permanent suspension via letter from the Athletics Director sent certified mail.

A meeting between the student-athlete, Athletics Director, Head Coach and Head Athletic Trainer will be held to advise and encourage the student-athlete to pursue further treatment. GW will not be responsible for any and all costs associated with such treatment.

Consistent with all University, conference and NCAA regulations, the student-athlete will be subject to cancellation of athletic aid for the subsequent semester, if any, in the current year and non-renewal of athletic aid for the ensuing academic year.

Confirmation Testing

Student-athletes who test positive for a banned substance may request confirmation of the test result. A written request must be received by the Athletics Director within forty-eight (48) hours following the student-athlete's receipt of notice of the positive finding. Upon the student-athlete's request for confirmation of the positive finding, the Athletics Director or designee will request the laboratory to perform confirmation testing on the student-athlete's B bottle, if applicable. All costs associated with testing the B sample will be the responsibility of the student-athlete. Testing of bottle B must take place at the same laboratory utilized for testing bottle A. The student-athlete may choose to be present at the opening of specimen B at the laboratory. If the student-athlete does not wish to be present at the opening of the B bottle, but desires to be represented, arrangements will be made for a surrogate to attend the opening of bottle B. The surrogate will not be involved with any other aspect of the analysis of the specimen. The student-athlete or his/her surrogate will attest to the sample number and the integrity of the security seal prior to the laboratory opening of bottle B. Bottle B findings will be final. If bottle B results are negative, the drug test will be considered negative.

Right to Appeal

Student-athletes who test positive under this Policy will be entitled to request a hearing before the GW Drug Testing Appeals Board (Appeals Board). The Appeals Board consists of the Athletics Director, the Head Athletic Trainer, the Faculty Athletics Representative, a Head Coach (of a sport not involving the current student-athlete) and one (1) other faculty member as appointed by the Faculty Athletics Representative. The student-athlete will remain ineligible, if applicable, for competition pending the outcome of the appeal. Requests for such a hearing must be made within five (5) business days of notification of the positive test result or B sample result. Requests must be in writing and received by the Athletics Director. The Athletics Director will forward the written request to the Appeals Board.

The hearing shall take place within five (5) business days following receipt of the written request. Either the student-athlete or other parties involved may request an extension of this time to the Athletics Director, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The student-athlete may have an advisor or other representative present. However, the role of advisor/representative shall be limited to consultation with the student-athlete; an advisor/representative may not address the Appeals Board or question participants in the proceeding. The proceedings shall be confidential to the extent permissible by law and GW policy. The decision by the Appeals Board regarding the sanction to be imposed under this Policy will be final.

The Faculty Athletics Representative is the designated chairperson of the Appeals Board and the decision by the Appeals Board will be made in writing by each member present with a decision requiring a majority vote of those present.

Other Sanctions

Sanctions identified under this Policy are imposed by the Athletics Department pursuant to this Policy. Student-athletes should be aware that they may be subject to other GW policies relating to students, e.g., the Code of Student Conduct. Conduct that may violate this Policy and/or result in a drug test may also violate such other GW policies, which may result in the imposition of other sanctions affecting the student-athletes' status at GW. Further, the Athletics Department reserves the right to impose additional sanctions or restrictions on a student-athlete's eligibility for violations of the Code of Student Conduct. Finally, student-athletes remain subject to all criminal laws and penalties.

Voluntary Disclosure/Safe Harbor Program

A student-athlete eligible for the GW Safe Harbor Program may refer himself or herself to the Program for voluntary evaluation and counseling. A student-athlete is not eligible for the Safe Harbor Program after he or she has been informed of an impending drug test, after having received a positive GW or NCAA drug test or after being found in possible violation of any University drug or alcohol related policy (e.g., University Police Department incident report).

GW will work with the student-athlete to prepare a Safe Harbor treatment plan, which may include confidential drug testing. If the student-athlete tests positive for a banned drug upon entering the Safe Harbor Program, that positive test will not result in any administrative sanction unless the student-athlete tests positive in a subsequent retest or the student-athlete fails to comply with the treatment plan. A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student-athlete will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or conference postseason competition.

If a student-athlete tests positive for any banned drug after entering the Safe Harbor Program (e.g. must be defined as "new use") or fails to comply with the Safe Harbor treatment plan, the student-athlete will be removed from the Safe Harbor Program, an initial Safe Harbor positive test will be treated as a first positive and a subsequent positive as a second positive, subject to the sanctions explained in this policy.

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of student-athletes eligible for random drug testing under this Policy. However, student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA.

The Athletics Director, Team Physician, Head Athletic Trainer, and the student-athlete's Head Coach may be informed of the student-athlete's participation in the Safe Harbor Program. The assistant coach(es) also may be informed at the discretion of the head coach. Other university employees may be informed only to the extent necessary for the implementation of this policy.

**The George Washington University
Athletics Department
Drug Education and Testing Policy and Program
Student-Athlete Consent Form**

I, _____, hereby acknowledge that I have received a copy of, read and been given the opportunity to ask questions regarding the Drug Education and Testing Program implemented for the Athletics Department at The George Washington University (GW). I understand the policies, procedures and my responsibilities as described in such policy.

As a condition to my participation in intercollegiate athletics at GW, I consent to participate in the Drug Education and Testing Program. I understand that my participation in this program includes the collection and testing of my urine at various times during academic year for those drugs on the NCAA list of banned-drug classes.

I further consent to the release of the results of any drug test to the Athletics Director or his/her designee, Assistant Athletics Director/Compliance, my Head Coach, the Head Athletic Trainer and/or Assistant Athletic Trainers, Team Physician, the GW Drug Testing Appeals Board, and/or others with a legitimate need to know, as determined by the Athletics Director and/or the Head Athletic Trainer. To the extent set forth in this document, I waive any privilege I may have in connection with such information.

I fully understand that the GW Drug Education and Testing Policy and Program is separate and distinct from the NCAA drug-testing program and its sanctions, however, I also understand that sanctions may be imposed by GW under its Drug Education and Testing Policy and Program upon a positive result under the NCAA drug-testing program.

Notwithstanding anything to the contrary in the policy, I fully understand that I may be suspended from competition and/or practice by the team physician if credible evidence suggests that such competition and/or practice poses a health and safety risk to myself, my teammates, and/or my competitors.

The George Washington University, its officers, employees, and agents are hereby released from legal responsibility and/or liability for the release of any information and/or record as authorized by this consent form. I fully and forever release and discharge the aforementioned parties from any claims, demands, rights of action, or causes of action, resulting from my participation in GW's Drug Education and Testing Policy and Program including those claims, demands, rights of action, or causes of action arising out of any positive result under such Drug Education and Testing Policy and Program.

Printed Name of Student-Athlete

Date of Birth

Student-Athlete Signature

Date

Sport(s)

Parent/Guardian Signature (if student-athlete is a minor)

Date

2010-11 NCAA Banned Drugs

1. The NCAA bans the following classes of drugs.

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

2. Drugs and Procedures Subject to Restrictions.

- a. Blood Doping;
- b. Local Anesthetics (under some conditions);
- c. Manipulation of Urine Samples;
- d. Beta-2 Agonists permitted only by prescription and inhalation;
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

3. NCAA Nutritional/Dietary Supplements Warning.

- **Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!**
 - (1) Dietary supplements are not well regulated and may cause a positive drug test result.
 - (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
 - (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
 - (4) Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the appropriate athletics staff before using any substance.

Some Examples of NCAA Banned Substances in Each Drug Class

NOTE: There is no complete list of banned drug examples!!

Check with your athletics department staff before you consume any medication or supplement.

1. Stimulants.

e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione).

e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blockers (banned for rifle only).

e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Other Masking Agents (water pills).

e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs.

e.g., heroin; marijuana; tetrahydrocannabinol (THC); (no other substances are classified as NCAA street drugs).

6. Peptide Hormones and Analogues.

e.g., growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens.

e.g., anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD); etc.

8. Beta-2 Agonists:

e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs is also banned (unless otherwise noted)!

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877/202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate athletics staff before using any substance.

**The George Washington University Athletics Department
Drug Testing Reasonable Suspicion Reporting Form**

I, _____, under the reasonable suspicion provision contained in the GW Athletics Department Drug
GW Athletic Dept. Staff Member

Education and Testing Policy and Program, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe
warrant _____ be referred to the Athletics Director or his/her designee for possible drug testing. The
Name of Student-Athlete

following sign(s), symptom(s) or behavior(s) or sudden changes in such behaviors were observed by me over the past _____ hours
and/or _____ days.

Please check below all that apply:

The Student-Athlete has shown:

- _____ irritability
- _____ loss of temper
- _____ poor motivation
- _____ failure to follow directions
- _____ verbal outburst (e.g. to faculty, staff, teammates)
- _____ physical outburst (e.g. throwing equipment)
- _____ emotional outburst (e.g. crying)
- _____ weight gain
- _____ weight loss
- _____ sloppy hygiene and/or appearance

The Student-Athlete has been:

- _____ late for practice
- _____ late for class
- _____ not attending class
- _____ receiving poor grades
- _____ staying up too late
- _____ missing appointments
- _____ missing/skipping meals

The Student-Athlete has demonstrated the following:

- _____ dilated pupils
- _____ constricted pupils
- _____ red eyes
- _____ smell of alcohol on the breath
- _____ smell of marijuana
- _____ staggering or difficulty walking
- _____ constantly running and/or red nose
- _____ recurrent bouts with a cold or the flu (give dates _____)
- _____ over stimulated or "hyper"
- _____ excessive talking
- _____ withdrawn and/or less communicative
- _____ periods of memory loss
- _____ slurred speech
- _____ recurrent motor vehicle accidents and/or violations (give dates _____)
- _____ recurrent violations of GW's Student Code of Conduct

Other specific objective findings include:

Signature of Athletics Department Staff

Date

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Reasonable suspicion finding upheld

Reasonable suspicion finding denied

Signature of Head Athletic Trainer

Date

Signature of Team Physician

Date

**The George Washington University Drug-Testing Program
Year-Round Student-Athlete Notification**

Student-Athlete: _____ GWid: _____

Notification Date: _____ Time of Notification: _____ am/pm

Student-Athlete Notified: _____ in person _____ direct phone contact

Sport: _____

Institutional Representative:

I certify the above student-athlete has been notified of his/her selection for drug testing and informed that failure to sign the notification form or failure to appear for drug testing will be treated as if there was a positive test for a banned substance other than a street drug.

Institutional Representative Signature: _____

I, The Undersigned:

-Acknowledge being notified (either in person or by direct telephone contact) to appear for drug testing and have been notified to report to the drug testing station with picture identification at:

_____ on _____ at _____ am/pm
(location) (date) (time)

- I will be prepared to provide an adequate specimen and will not over hydrate [**DO NOT DRINK TOO MANY FLUIDS.**] I understand that providing numerous diluted specimens may be cause for follow-up drug testing.
- I understand failure to appear at the site on or before the designated time will constitute a withdrawal of my previous consent to be tested as previously indicated on the Drug Testing Consent form and could result in a one-year period of ineligibility.
- The following banned drug classes will be tested as defined by NCAA Bylaw 31.2.2.1:

By signing, I have been notified of my selection for drug testing by The George Washington University Athletics Department, and am aware of what is expected of me in preparation for this drug-testing event.

Student-Athlete's Signature: _____

I can be reached at the following telephone number on test day: _____



**2008-09
Sports Drug-Testing Collection
Protocol**

1. Upon entering the collection station, the athlete will provide photo identification and/or a client representative/site coordinator will identify the athlete and the athlete will officially enter the station.
2. The athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker's lid.
3. A collector, serving as validator, will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a volume of at least 50 mL is provided (100 mL if testing for anabolic steroids).
4. Validators who are of the same gender as the athlete must observe the voiding process and should be members of the official drug-testing crew. The procedure does not allow for validators to stand outside the immediate area or outside the restroom. The athlete must urinate in full view of the validator (validator must observe flow of urine). The validator must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
5. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief or client representation for documentation. Athletes will rinse and dry hands, with water only, prior to urination, and wash with soap and water following urination.
6. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
8. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, specimen must be discarded.
10. Upon return to the collection station, the athlete will begin the collection procedure again.
11. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and if in range measure the pH of the urine in the presence of the athlete.

12. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
13. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
14. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
15. The laboratory will make final determination of specimen adequacy.
16. If the laboratory determines that an athlete's specimen is inadequate for analysis, at the client's discretion, another specimen may be collected.
17. If an athlete is suspected of manipulating specimens (e.g., via dilution), the client will have the authority to perform additional tests on the athlete.
18. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
19. A collector will record the specific gravity and pH values.
20. The collector will pour approximately 35 mL of the specimen into the "A vial" and the remaining amount (approximately 15 mL) into the "B vial" (**another A=35 mL, B=15 mL in a second split sample kit for anabolic steroid testing, which will be shipped to a WADA accredited laboratory**) in the presence of the athlete. Therefore, two split sample kits will be used when testing for both "drugs of abuse" and anabolic steroids. The vials will be packaged identically, but shipped to two different laboratories.
21. The collector will place the cap on each vial in the presence of the athlete; the collector will then seal each vial in the required manner under the observation of the athlete and witness (if present).
22. Vials and forms (if any) sent to the laboratory shall not contain the name of the athlete.
23. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding.
24. The athlete, collector and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
25. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
26. The specimens become the property of the client.
27. If the athlete does not comply with the collection process, the collector will notify the client representative/site coordinator and third party administrator responsible for management of the drug-testing program.