

600 22<sup>nd</sup> St., NW, Washington, D.C., 20052

<http://gwsports.cstv.com/school-bio/gewa-sportsmed.html>

Smith Center Training Room: 202/994-5779

Mount Vernon Training Room: 202/242-6743

Head Athletic Trainer: Chris Hennelly

Assistant Athletic Trainers: Chris Duncan, Chad Jones, Shannon Clegg

Graduate Assistants: Michael Eckert, Shawn Keane, Kimberly Murray, Kristen Taylor,  
Michael Stella, Christopher Worrell

Head Team Physician: Ken Fine, M.D.

Team Physician: Fred Parker, M.D.

### GENERAL INFORMATION

The purpose of this information is to provide policies regarding medical coverage for injuries and/or illnesses sustained while participating in intercollegiate athletics.

During the summer, all incoming and returning student-athletes will receive copies of departmental sports medicine policies and procedures pertaining to athletic physical examinations and insurance. This mailing also will include copies of the Department's Medical History and Insurance Information. All student-athletes must have these forms on file with the Division of Sports Medicine by July 15 of the current academic year. A student-athlete can neither practice nor take a physical examination until the forms are on file.

Additional Sports Medicine policies not include here, such as injury protocols and emergency procedures, can be found at [www.gwsports.com](http://www.gwsports.com).

### ATHLETIC TRAINING ROOM HOURS

The Charles E. Smith Center training room (room 105) will be open for athletic injury evaluation and treatment from 8:00 a.m. – 6:30 p.m., Monday through Friday during the academic year. Weekend hours will vary depending on the sports season. Summer and University vacation hours (e.g. Thanksgiving, winter break, spring break) will be posted.

### INJURY EVALUATION AND TREATMENT

Athletic injury evaluation and treatment will be provided by the Sports Medicine Staff. The determination of whether a student-athlete is capable of practice or game participation is the sole responsibility of the Sports Medicine Staff. Clearance to participate in practices or competition must be granted by the Certified Staff Athletic Trainer. The Athletics Director will be notified about any failures to comply and appropriate action will be taken.

### LIABILITY

The George Washington University provides an "EXCESS" or "SECONDARY" insurance policy for injuries sustained while participating in supervised practice or competition for GW. This simply means that any claim for benefits must first be filed with the group insurance company that provides primary coverage to the student-athlete. After the student-athlete's primary insurance company has paid all available benefits, our athletic insurance company will consider the remaining amounts. The George Washington University does not have the option of waiving the requirement of filing with your primary insurance company.

The Department of Athletics and Recreation's liability for medical expenses resulting from injuries and/or illnesses sustained by a student-athlete is defined in the following manner.

Liability is extended to cover:

1. Those injuries or illnesses received during the department-designated sports season which, in the opinion of the team physician, athletic trainer, or Athletics Director, are directly attributable to participation in intercollegiate athletics while enrolled as a full-time student at GW, and
2. Are injuries reported immediately to the athletic trainer or team physician.

### **MEDICAL REFERRAL**

Medical referrals will be made by The George Washington University team physician in conjunction with the Sports Medicine Staff. In order for any referral appointment to be covered under the athletic insurance policy, prior approval must be given by the Athletic Trainer or the Team Physician.

### **PHYSICAL EXAMINATIONS**

All student-athletes must take part in a department-sponsored physical examination. Upon successful completion of the examination, student-athletes will be given clearance to participate in their chosen sport (practice and/or competition). No one will be eligible for team practice or competition, including injury evaluation and/or treatment, until the successful completion of the physical examination. All forms will be kept on file in the Athletic Training Room in the Department of Athletics and Recreation.

### **TEAM COVERAGE**

Medical coverage for athletic team practices and contests will be provided by the members of the Sports Medicine Staff. Team assignments will be made as deemed necessary by the Department of Athletics and Recreation in conjunction with the team physician. All injuries and illnesses must be reported to the Sports Medicine Staff member responsible for that team immediately following the injury.

### **SECOND OPINION**

A second opinion may be covered by the department. Prior approval must be made in writing through the Head Athletic Trainer. Please note that if prior approval is not received department policies may prevent us from paying for any bills.

### **DRUGS AND THE GW STUDENT-ATHLETE**

The use of drugs for other than therapeutic indications as prescribed by a Physician is illegal. Abuse of alcohol and so-called recreational drugs does not enhance the performance of a student-athlete and, in fact, hinders it. The use of some medication or substances that are reported to enhance performance, such as anabolic steroids, and many "nutritional supplements" are banned by the NCAA and have demonstrated undesirable, and even dangerous, side-effects. If, at any time, a student-athlete feels that s/he would like more information or assistance on the topic of drugs, alcohol, or other performance-enhancing substances, s/he should consult the Strength and Conditioning Coach,

athletic training staff, GW team physicians or the Resource Exchange Center's at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) (password "ncaa1").

### NCAA Banned-Drug Classes 2009-2010

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact GW's team physician or athletic trainer for further information.

#### **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; and
- 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 and its label with your athletics department staff!**
  - a. Dietary supplements are not well regulated and may cause a positive drug test result.
  - b. Student-athletes have tested positive and lost their eligibility using dietary supplements.
  - c. Many dietary supplements are contaminated with banned drugs not listed on the label.
  - d. Any product containing a dietary supplement ingredient is taken at your own risk.

Some examples of NCAA Banned Substances in each class [NOTE: There is no complete list of banned drug examples!]

**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.**

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

**3. Alcohol and Beta Blockers.**

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

**4. Diuretics and Masking Agents.**

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

**5. Street Drugs.**

e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.

**6. Peptide Hormones and Analogues.**

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

**7. Anti-Estrogens.**

e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.

**8. Beta-2 Agonists.**

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

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

[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](http://www.drugfreesport.com/rec) password ncaa1, ncaa2 or ncaa3.**]

### Substance Abuse Philosophy

*Substance abuse (drug and alcohol) is a major concern on college and university campuses across the country. GW is committed to promoting a safe and healthy living and learning environment for all members of the GW community. It is the goal of GW's athletic staff to educate student-athletes on the health risks of this problem. The Department of Athletics and Recreation subscribes fully to the GW Code of Conduct. Any student the University determines responsible for substance abuse activity is required to participate in an alcohol education program. The Department of Athletics and Recreation fully endorses the actions of The Office of Student Judicial Services.*

It is the **responsibility of each athletic staff member to uphold the philosophy indiscriminately** and to report any suspected or confirmed incidence of substance abuse to the designated Department of Athletics and Recreation administrator.

If a student-athlete **initiates contact** describing a personal substance abuse problem to a Sports Medicine staff member, the concern is addressed by the Sports Medicine staff member and the University Counseling Center.

Should the student-athlete feel more comfortable to initiate contact with a member of the Department of Athletics and Recreation staff (coach, athletic administrator, or any other individual), then that individual assists the student-athlete with disclosing the problem to the Sports Medicine staff for management as described above. The Sports Medicine and coaching staffs will work as a team, fully disclosing as much information as is deemed important.

### Sale And/Or Distribution Of Illegal Substances

**The sale or distribution of illegal substances is forbidden by law and is not tolerated.** Any such incident is referred to legal and University authorities. The Department of Athletics and Recreation will temporarily suspend any student-athlete who is charged with the sale and/or distribution of illegal substances from further athletic activities. If substantiated (after an investigation) or convicted, the student-athlete will be removed from the program for a specified length of time.

### Drug Testing

#### **NCAA**

**A student-athlete who represents GW in NCAA championship competition (or is involved in any of GW's 22 varsity teams), is subject to undergo random drug testing conducted by the NCAA.** The NCAA sponsors a year-round, all sports teams, drug-testing program as well as drug testing in conjunction with NCAA championship testing. Testing sites for the year-round are either on or off-campus. Championships testing is conducted at the site of competition. If a student-athlete tests positive, his/her specimen can be retested to determine whether the test was accurate. **If the student-athlete's second sample again tests positive, s/he is automatically declared ineligible for one year from the date of the test.** There may be a re-test during the one-year time. There is a re-test at the end of the one-year. If in the event that you are prescribed, by your physician, substances banned by the NCAA, you must contact a member of the Sports Medicine staff. It is the student-athletes responsibility to comply with the procedures for requesting a drug testing exception.

#### **GW**

The GW Department of Athletics and Recreation conducts random drug testing throughout the academic year. Please visit [www.gwsports.com](http://www.gwsports.com) for updates to the GW Drug Testing Policy and all appendices noted in the below policy.

**The George Washington University  
Athletics Department  
2009-2010 Drug Education and Testing Policy and Program<sup>1</sup>**

**OVERVIEW**

Sentinal 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 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 detrimsummary 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](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

<sup>1</sup> 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.

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.

### **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.<sup>2</sup> 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](http://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.

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

**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](http://www.drugfreesport.com/REC) Password: ncaa1**

**OTHER BANNED DRUGS/SUBSTANCES**

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](http://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 athletics<sup>3</sup> 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.

### 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.

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<sup>3</sup> 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.

**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 irregardless 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.

### **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.

**UNIVERSITY COUNSELING CENTER**

2033 K St., NW, Suite 330 Washington, D.C., 20052

<http://gwired.gwu.edu/counsel>

Main Number: 202/994-5300

E-mail: [counsel@gwu.edu](mailto:counsel@gwu.edu)

**SHORT-TERM INDIVIDUAL COUNSELING**

A staff of licensed psychologists and highly trained professional counselors are available at the University Counseling Center (UCC) to deal with issues which may arise while you are at GW. College students may encounter a number of stressful situations or experiences during their university years (often involving their academic, social or family life). Individual counseling is available to athletes dealing with personal distress or sports-related issues (i.e. injury, performance enhancement, team concerns). If you would like help in understanding or managing these stresses, call the UCC for a free initial consultation. All counseling services are confidential.

The Center is designed to provide short term individual counseling only. For full-time students, a fee of \$50 is applied to individual sessions beyond the initial consultation. This fee can be adjusted when there is a financial need. Students who need services not offered by the center or the opportunity for an ongoing therapeutic relationship will be helped to find a counselor in the nearby community. For more information about counseling, visit their web site at [gwired.gwu.edu/counsel](http://gwired.gwu.edu/counsel) and click on “Counseling Services” then click on “Initial Visit, What to expect” and “Frequently Asked Questions.”

**GROUP COUNSELING**

Counseling groups are designed to help students work through issues that occur during their undergraduate careers. Groups may be the preferred method of exploration for many concerns because groups allow students to hear about the experiences and insights of their peers, obtain feedback about their own behavior, and benefit from the support and understanding of peers who have similar concerns. Groups are typically limited to 6-8 students who agree to strict confidentiality. All group sessions are free. Topics for groups have included: Body Weight/Body Image, Family Stress, Interpersonal Growth, Living with Loss, Multicultural Student Group, GLBTQ Group, Women’s Group, and Survivors of Assault and Abuse. For more information about group counseling visit their web site and click on “Counseling Services” then click on “Group Counseling.”

**SELF-HELP RESOURCES**

The Counseling Center has developed several pamphlets, which are available through the World Wide Web for student use. Topics include Alcohol Use, Grief and Loss, Violence in Relations, How to Answer Essay Questions, Multiple Choice Exams, Taking Objective Tests and Test Anxiety. They have links to extensive information on a wide variety of personal development and mental health related topics. This information can be accessed through their virtual handouts page at: [gwired.gwu.edu/counsel](http://gwired.gwu.edu/counsel) and click on “Self-Help” then click on “Self-Help Library” or “More Self-Help Issues” on the side bar. In addition, the Self-Help Library at the Counseling Center contains books, pamphlets, and audio-visual resources on topics including academic skills, career development, stress management, relaxation and personal development. Call the UCC to find out about drop-in hours or to set up an appointment to utilize these resources.

**ATHLETIC CAREER TRACK (ACT) PROGRAM**

A comprehensive career program for student-athletes has been developed which offers career

development activities throughout your tenure at GW. Workshops are designed to help you to choose majors, learn about your academic and career interests and abilities, apply to graduate school, develop resumes and cover letters, find internships and choose careers. The opportunities offered by this program will assist you in the development of career decision-making skills; additionally you may be more satisfied with your academic major and career choices. Workshops are offered by the University Counseling Center and Career Center. Contact the Athletic Academic Support program for more information.

## **THE ACADEMIC SUCCESS SERIES**

The University Counseling Center offers a series of workshops designed to help you achieve academic success. These free programs are developed to meet the specific academic and educational needs of college students. Workshop titles include: Get Organized, Prevent Procrastination, Reduce Test Anxiety, and Improve Study Strategies.

Drop in for any of these workshops held at the UCC. For dates and times of each workshop visit their website and click on “Academic Support” then click on “Academic Services”. If you cannot attend because of scheduling conflicts, videotapes of these workshops can be viewed at the UCC. Call and ask for the Self-Help Library at to arrange a time to view tapes and obtain handouts from these workshops.

## **ACADEMIC SUCCESS CENTER**

For detailed self-help information that will help you study more effectively and improve your academics, visit the UCC virtual Academic Success Center at: [gwired.gwu.edu/counsel/asc](http://gwired.gwu.edu/counsel/asc). Use the links that pertain to your interests. Forms and charts may be downloaded and printed for your personal use.

## **URGENT AND EMERGENCY SERVICES**

### During Normal Business Hours

A mental health professional is available to speak to any GW student, faculty, staff member or parent about any mental health related concerns during normal business hours as follows: Monday-Thursday, from 9:00 a.m. to 6:00 p.m., Fridays from 9:00 a.m. to 5:00 p.m. The Counselor-On-Call can answer questions about our services, campus resources, community referrals or any other questions you might have. Just call and ask the receptionist to speak to the Counselor-On-Call. You can also find this information on the web at: [gwired.gwu.edu/counsel](http://gwired.gwu.edu/counsel) and click on “Crisis Response” and then click on “Call-A-Counselor”

### After Hours

Students may contact the Center anytime, 24 hours a day/7 days a week, to speak to someone about their mental health concerns. Just dial call 202.994.5300. You can also find this information on the web at [gwired.gwu.edu/counsel](http://gwired.gwu.edu/counsel) and click on “Crisis Response” and then click on “Campus Crisis Services.”

### Emergencies

**IF THIS IS A LIFE THREATENING OR OTHER EXTREME EMERGENCY, IMMEDIATELY CALL THE UNIVERSITY POLICE DEPARTMENT AT 994-6111 OR PROCEED TO THE CLOSEST HOSPITAL EMERGENCY ROOM.**

**DRUG EDUCATION AND DETERRENCE PROGRAMS**

Use by any GW student-athlete of substances determined to be unlawful by federal, state or NCAA regulations; and substances that have the potential for abuse or are intended to provide a competitive advantage or are hazardous to health as determined by the medical advisors of the University and the NCAA are prohibited. This prohibition applies to all student-athletes before, during and after each team's competitive season.

All student-athletes are REQUIRED to attend alcohol and/or drug education sessions each year. Coaches, team captains and teams can choose between a variety of substance issues to create a session that is useful, interesting and appropriate for each team. Educational sessions are multimedia and interactive in order to encourage student-athletes to discuss serious issues that are currently affecting college students and athletics.

GW also offers many resources on these topics through various campus agencies. The Center for Alcohol and other Drug Education (CADE) is a walk-in resource center for all GW students, and GW student-athletes are welcome to stop in, check out the CADE web site ([gwired.gwu.edu/cade](http://gwired.gwu.edu/cade)) or email questions or information requests ([cade@gwu.edu](mailto:cade@gwu.edu)). CADE does not provide counseling, but does provide referral information, a variety of resources and the opportunity to discuss issues to help student-athletes decide if further services are appropriate.

In addition to the educational program, the University Counseling Center (UCC) has alcohol/drug consultants available to provide counseling or referrals for student-athletes. Students can contact the UCC at 994-5300. It is located at 2033 K Street, Suite 330. *All coaches and Department of Athletics and Recreation personnel recognize that all individual and group counseling conducted through the Counseling Center is confidential.*

**ALCOHOL CONSUMPTION**

The laws of the District of Columbia set the minimum age of 21 for the purchase and consumption of alcoholic beverages and those who are of age are prohibited from selling or providing alcoholic beverages to those who are under 21.

The Department of Athletics and Recreation does not condone the illegal or irresponsible use of alcohol under any circumstances. If legally of age, student-athletes who consume alcoholic beverages are expected to do so responsibly and to understand the risks associated with use and abuse.

Under any set of circumstances student-athletes are prohibited from the consumption of or being under the influence of alcoholic beverages in connection with any team function. A team function--for purposes of this policy--includes: any athletic event on or off campus, any team or individual practice, any social function on or off campus with the team or when you are a representative of the team, or any time you are in public during that part of the year designated as your team's regular season. In addition, travel to or from a competition, practice, or social event site are considered "team functions". This policy applies to student-athletes when you are with your team and when you are serving as a representative of the team, coaching staff or Department of Athletics and Recreation. Violations of this policy can result in the Department of Athletics and Recreation and/or team and University disciplinary action.

In addition, student-athletes are expected to adhere to the University's rules and regulations for alcohol use in residence and dining facilities. Violations of all these policies can result in Department of Athletics and Recreation, team and University disciplinary action.