

**UNIVERSITY OF HOUSTON DEPARTMENT OF INTERCOLLEGIATE  
ATHLETICS DRUG EDUCATION AND TESTING PROGRAM**

- I. Introduction
- II. Objectives of the Program
- III. Substance Abuse Committee/Organization of the Program
- IV. Education and Counseling
  - A. Use of Dietary Supplements
  - B. Use of Steroids
  - C. Use of Alcohol
  - D. Use of Drugs
  - E. Counseling procedure (Missing a Counseling Session)
- V. Drug Testing
  - A. Medical Code
  - B. NCAA Drug Testing
  - C. Organization
  - D. Cause for Loss of Eligibility
  - E. Student Athlete Selection
  - F. Reasonable Suspicion
  - G. Student Athlete Notification
  - H. Specimen Collection Procedure
  - I. Chain of Custody
  - J. Notification of Results and Appeal Process
- VI. Sanctions for Positive Drug Results
  - A. First Offense
  - B. Second Offense
  - C. Third Offense
  - D. Specific Penalties by sport/offense
- VII. Voluntary Disclosure/ Safe Harbor
- VIII. Medical Exceptions
- IX. Rehabilitation
- X. NCAA Drug Testing Policy

**Appendix**

- A. List of Banned Substances
- B. Consent to Drug Test Form
- C. Declaration of Safe Harbor Form
- D. Reasonable Suspicion Form
- E. Drug Screening Disciplinary Action Contract
- F. Notification of Appeals Form
- G. Notification Form
- H. University of Houston Student Conduct Code

**UNIVERSITY OF HOUSTON  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG EDUCATION AND TESTING PROGRAM  
2007-2008**

**I. Introduction**

The University of Houston Department of Intercollegiate Athletics has developed and implemented a Drug Education and Testing Program in an effort to enhance the quality of life and educational experience of UH student-athletes. The University believes the use of controlled substances, performance-enhancing drugs, and alcohol abuse is detrimental to the physical and mental well-being of student-athletes, may constitute a competitive imbalance for student-athletes who use them and presents a threat to the integrity of the university and intercollegiate athletics. *The University of Houston Department of Intercollegiate Athletics will also participate in the NCAA Drug Testing Program. Student-athletes are subject to the rules and regulations pertaining to NCAA drug tests, sanctions and policies in addition to the UH Department of Athletics Drug Education and Testing Program outlined below.*

**II. Objectives of the Program**

The Drug Education and Testing Program has been adopted for many reasons, among them:

- To protect the health and safety of UH student-athletes, their teammates, and their competitors;
- To enable UH student-athletes to achieve their academic and athletic goals in a drug-free environment;
- To educate UH student-athletes and staff about the harmful effects of drug abuse;
- To act as an effective deterrent from drug experimentation, abuse, and dependency; and,
- To uphold the integrity of the University and intercollegiate athletics.

**III. Substance Abuse Committee/Organization**

A committee comprised of the Director of Athletics, Health Center Director, Health Center Chief Nurse, Head Athletic Trainer, Athletic Administrators and Coaches meet annually to review the Drug Education and Testing Program. The Student Athletic Advisory Committee will review the Drug Education and Testing Program annually.

#### **IV. Education and Counseling**

Student-athletes at the University of Houston have numerous direct and indirect sources of information as regards the use of dietary supplements, alcohol, drugs, and opportunities for counseling. The main programs are listed below.

##### Mandatory Educational Programs:

- ***UH Compliance Letter:*** *A copy of the NCAA Banned Substance List and the NCAA Drug Testing Policy is sent to all UH prospective student-athletes in May, prior to their enrollment.*
- **Student-Athlete Handbook:** a day planner/policy manual distributed to all student-athletes on or before the first day of classes in August.
- **Student-Athlete Orientation:** A week-long program required for all new student-athletes. Speakers include the Director of the Health Center and UH Wellness, as well as UH Counseling and Testing, and the UH Police Department. Held in August (and January as needed).
- **Compliance Team Meetings:** Held prior to or during the first week of classes for the Fall semester. The UH Compliance Staff distributes Drug Testing Consent forms and the Compliance and Sports Medicine Staffs address banned substances and the Drug Education and Testing Program.

##### Voluntary Educational Programs available to all Student-Athletes:

- **Counseling and Psychological Services (CAPS)** offers a variety of services including counseling, consultation, outreach, assessment and crisis intervention. Mental health professionals are available to all students, faculty, and staff seeking assistance. Counselor ethics and state law require that these services be confidential except under unusual, well-defined circumstances.
- **UH Wellness: Marijuana 101 and Alcohol 101:**  
*Marijuana 101* is a workshop offered approximately four times a year to students who wish to learn more about marijuana, its

effects, its legal implications, and other topics. It is open to all students. It is also used as a referral by the Dean of Students Office. For those who must have documentation, that may be provided upon request.

*Alcohol 101* is a computer based, interactive program that will teach you about alcohol, its effects, the impact of BAC (Blood Alcohol Concentration) and what affects it, outcomes of drinking, etc. It allows you to go at your own pace and investigate the areas that interest you. It includes several of “norm’s questions” as well as a virtual bar (where you can study your drinking habits safely) and several scenarios in which you make the decisions on how to proceed. You can sign up for a time slot to go through the program on your own. Early in the semester you may be able to use it as a “walk in,” but as the semester moves on, you will find it necessary to make an appointment. You can also request Alcohol 101 be offered in a presentation format for your group as a whole.

- A. Use of Dietary Supplements** – See Appendix A for Banned Substances
- B. Use of Anabolic Steroids** – *Steroids are a derivative of the male hormone testosterone. Anabolic steroids are banned by the NCAA, USOC/IOC, all sport federations, and professional athletic organizations. The use of steroids by UH student-athletes is prohibited. The risks of steroid use include: aggressiveness leading to violence, acne, balding, stunted growth, impotence, psychiatric disorders, atrophy of the testicles, excessive hair growth, kidney disease, liver damage, breast enlargement in males, hypertension, and mood swings. Texas law makes it illegal to sell, possess, or use anabolic steroids. All UH student-athletes will view the NCAA video on anabolic steroids during mandatory annual Compliance meetings.*
- C. Use of Alcohol** – Use of Alcoholic beverages on University of Houston property and by University of Houston student-athletes must not violate state and local laws. See Appendix H.
- D. Use of Drugs** – See Appendix A for Banned Substances and Appendix H.
- E. Counseling Procedure** – Student-athletes may seek counseling for drug and alcohol issues privately through CAPS or the Health Center; through a declaration of Safe Harbor or as required as the result of a positive test result (see below: ‘Safe Harbor’, ‘Sanctions for Positive Drug Results’).

## **V. Drug Testing**

**A. Medical Code**

1. The presence in a student-athlete's urine of a substance and/or metabolite of such substance belonging to a class of drugs currently banned by the National Collegiate Athletic Association (the "NCAA") may be cause for loss of eligibility.
2. Evidence of the presence of a banned substance and/or metabolite will be determined from analysis of the student-athlete's urine and be confirmed by gas chromatography/mass spectrometry in a laboratory.
3. The current NCAA list of banned-drug classes is attached hereto as Appendix A. In addition, other substances may be screened to gather data for making decisions as to whether other drugs should be added to the list.

**B. NCAA Drug Testing Program**

1. *Along with its own program, the Department of Athletics will participate in the NCAA Drug Testing Program year round. The NCAA tests randomly for: anabolic steroids, diuretics, ephedrine, peptide hormones and analogues, and urine manipulators (See Appendix A). Any student-athlete who tests positive in the NCAA Program will be required to comply with all NCAA disciplinary actions.*
2. *The penalties imposed by the NCAA Drug Testing Program are immediate and severe. Student-athletes who enter "safe harbor" for the UH Athletics Drug Testing Program are still eligible for random NCAA Drug tests. Additional details of the NCAA program are on file in the Training Room and will be discussed yearly at mandatory Compliance Meetings.*

**C. Organization**

1. The Director of Athletics has final authority over the procedures and implementation of the University of Houston Drug-Testing Program.

2. The University of Houston Health Center Director and Chief Nurse will support, coordinate and be responsible for the general administration of the drug-testing program. The University may contract with an outside agency to assist in the administration of the program for laboratory testing services.
3. The University's Health Center Director and Chief Nurse are designated as the drug testing coordinators.
4. Collection of specimens for drug testing will occur at a site designated by the University of Houston Health Center Director.
5. The University's Senior Vice President for Administration and Finance, as well as University Legal Counsel, will approve any contracts between University of Houston and drug-testing laboratories.
6. Any drug-testing laboratory contracted will be required to demonstrate, to the satisfaction of the University, proficiency in detection and confirmation of the banned-substance categories on the NCAA list of banned-drugs classes.

**D. Causes for Loss of Eligibility**

1. Initially all UH student-athletes shall sign a form prescribed by the University in which the student consents to be tested for the use of drugs prohibited by NCAA legislation and this program (Appendix B). Failure to complete and sign the consent form prior to practice or competition shall result in the student-athlete's ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics.
2. The University shall administer the consent form individually to each student-athlete eligible for practice or competition at the beginning of his or her eligibility. This signed consent will be effective throughout their eligibility.
3. All student-athletes found to test positive for a substance belonging to a banned-drug class and/or any controlled substance are subject to loss of eligibility.

4. Student-athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a urine sample according to protocol, leave the collection station before providing a specimen according to protocol, or attempt to alter the integrity or validity of the urine specimen will be treated as if they had tested positive for a banned substance.

**D. Student Athlete Selection**

1. All UH student-athletes are subject to year-round testing.
2. The University of Houston Health Center Director and designated Health Center staff will be responsible for selecting the dates on which drug testing will occur.
3. Student-athletes will be selected for testing by computer *on a random basis by the designated drug testing lab (Aegis Lab, Nashville, TN)*.
4. Student-athletes will be selected by the testing agent from the official institutional squad list in each sport. The active squad list will be updated by the Head Trainer.
5. If the use of a banned substance is suspected, the University will have the authority to select specific student-athletes to be tested. An Athletic Administrator, Coach and/or Trainer may initiate the Reasonable Suspicion Process (see Appendix D) and call a student-athlete in for a confidential discussion surrounding the issues – academic, social, or athletic – of concern. Counseling will be assigned. Drug Testing may or may not be performed.
6. Student-athletes who test positive and subsequently have their eligibility restored will be tested on a random basis as determined necessary by the University Health Center Director.

**E. Student-Athlete Notification**

1. If selected, student-athletes will be provided a Student-Athlete Notification Form at the time of notification. The time of notification will be recorded by the courier and the notification form will be read and signed by the student-athlete. One copy of the notification form will be provided to the student-athlete and one copy will be retained by the courier.
2. *A representative of UH Athletics* must identify the student-athlete to the Health Center collecting agent prior to testing.

**F. Specimen Collection Procedures**

1. Only those authorized by the Health Center collecting agent will be allowed in the collection station.
2. The Health Center Director or Chief Nurse may release a sick or injured student-athlete from the collection station or may release a student-athlete to return to competition or to meet academic obligations only after appropriate arrangements for having the student tested have been made and documented on the Drug Testing Chain of Custody and Request Form.
3. Upon entering the collection station, the student-athlete will be identified by the collecting agent.
4. When ready to urinate, the student-athlete will select a sealed specimen collection kit.
5. A collecting agent will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a specimen of at least 60ml is provided.
6. Fluids given to student-athletes who have difficulty voiding must be from sealed containers (certified by the collecting agent) that are opened and consumed in the station. These fluids must be caffeine and alcohol-free.
7. If the specimen is incomplete the student-athlete must remain in the collection station under observation until the sample is completed.

8. Once a specimen (at least 60 ml) is provided in a collection cup, 30cc must be poured by the student-athlete into bottles A and B.
9. The collecting agent who monitored the furnishing of the specimen by observation will sign the Drug Testing Chain of Custody and Request Form.
10. The student-athlete will place the cap on each bottle; the student-athlete will then seal each bottle in the required manner under the observation of the collection agent and seal bottles in a plastic security container.
11. The student-athlete will select a new specimen-collection kit for each specimen collected.
12. All specimens provided by the student-athlete will be sent to the laboratory. The final determination of specimen adequacy will be made by the laboratory.
13. Failure to a) sign the Student-Athlete Notification Form, b) arrive at the collection station at the designated time without justification or c) to provide a urine specimen according to protocol is cause for the same action(s) as evidence of use of a banned substance. The collecting agent will inform the student-athlete of these implications (in the presence of witnesses) and record such on the Drug Testing Chain of Custody and Request Form. If the student-athlete is not available, the collecting agent will notify the head athletic trainer.
14. The collecting agent will sign the Drug Testing Chain of Custody and Request Form, give the student-athlete or a designee a copy and secure all remaining copies. The compiled Drug Testing Chain of Custody and Request Forms constitute the “Master Code” for that drug testing.
16. The laboratory’s copy of the Drug Testing Chain of Custody and Request Form does not contain the name of the student-athlete.

17. All sealed specimens will be secured in a shipping case with a Biohazard Label and prepared for forwarding.
18. After the collection has been completed, the specimens will be forwarded to the laboratory, and all copies of all forms forwarded to the Drug Testing Coordinator.

**G. Chain of Custody**

1. A Health Center Agent will deliver the shipping case to the carrier.
2. A laboratory employee will record that the shipping case(s) have been received.
3. The laboratory will record whether the numbered security seal on each security container arrived intact.
4. If a specimen arrives at the laboratory with security seals not intact, the University will be notified and may collect another specimen.

**H. Notification of Results, Implementation of Sanction and Appeal Process**

1. The laboratory will use a portion of specimen A for its initial analysis.
2. Analysis will consist of a sample preparation, instrument analysis and data interpretation.
3. The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in specimen A.
4. By facsimile transmission, the laboratory will inform the Health Center Director and Chief Nurse of all test results by each respective code number.
5. Upon receipt of the laboratory report, the Health Center Director and

Chief Nurse will identify any individuals with positive findings.

6. For student-athletes who have a positive finding, the Health Center Director will notify both the *Athletic Director and the Head Athletic Trainer of the finding as soon as possible by written documentation marked “confidential”*.
7. The Director of Athletics or designee will notify the student-athlete and the Head Coach of the positive finding and the appropriate sanction. This notification will be initiated by personal meeting and in writing within 5 business days. The sanction associated with a positive finding will be served immediately regardless of whether an appeal is filed (see #11 below).
8. The Director of Athletics will notify the University President/Chancellor of a positive finding within 5 business day. *This notification will be in writing marked “confidential”*.
9. The Director of Athletics will notify the student-athlete’s parent(s) or legal guardian(s) in writing of any positive finding and sanctions imposed.
10. If a student-athlete tests positive for a banned substance, he/she has the right to appeal the test result and/or disciplinary action. *The Director of Athletics must receive a written request initiated and submitted by the student-athlete, found in Appendix F, within 48 hours of the notification of the positive test.*
11. If an appeal of the positive test result is filed by the student-athlete and received by the Athletic Director as specified above, specimen B testing will be initiated and completed. The Health Center Director will advise the Head Athletic Trainer that specimen B testing will commence within 72 hours *after the written notification and that the student-athlete or surrogate may be present at the opening of specimen B (Aegis Labs, Nashville, Tennessee)*. The surrogate will not otherwise be involved with the analysis of the specimen.

12. The student-athlete or the surrogate will attest by signature as to the coded number on the bottle of specimen B, that the security seals have not been broken, and that there is no evidence of tampering.
13. Sample preparation for specimen B analysis will be conducted by a laboratory staff member other than the individual who prepared the student-athlete's specimen A.
14. Specimen B findings will be final.
15. *If a student-athlete wishes to appeal a disciplinary decision or procedure, the Director of Athletics may assemble an Appeals Committee to conduct a hearing in a timely manner following receipt of the request by the student-athlete<sup>1</sup>.*
16. The University shall maintain strict confidentiality with regard to information related to a positive test and appeal thereof pending final resolution.

---

<sup>1</sup> The Appeals Committee consists of:

1. An Athletics Department Administrator (serves as Chair)
2. An uninvolved Coach
3. An uninvolved student-athlete
4. A member of the full-time Athletic Training Staff

## VI. Sanctions for Positive Drug Results

The University of Houston Department of Athletics Alcohol and Drug Disciplinary Policy *applies to all banned substances; i.e, the penalties for a finding of excessive caffeine are identical to the penalties for a finding of narcotics.*

### A. First Offense

1. Parent(s), guardian, spouse, Head Coach and Director of Athletics notified in writing by Drug Testing Coordinator that the positive test has been confirmed.
2. Suspension from the next eligible 10% of games or contests for which the student-athlete is academically eligible and medically able to participate<sup>2</sup>. This includes post-season contests and will be carried over to the next season if necessary. The Head Coach may permit the student-athlete to participate in practices and team meetings during the suspension period and only following the teams physician's clearance.
3. Mandatory evaluation by the Drug Testing Coordinator.
4. Attendance at initial and all follow up sessions as specified by the Drug Testing Coordinator. Failure to attend any of the required counseling sessions, within a specified timeframe determined by the Health Center, will constitute a Second Positive and the sanctions below apply.
5. Additional disciplinary action as specified by the Head Coach.

### B. Second Offense

1. Parent(s), guardian, spouse, Head Coach and Director of Athletics notified in writing.

---

<sup>2</sup>When calculating penalties, only the number of contests scheduled during the regular season is used.

2. Suspension from the next eligible 50% of games or contests for which the student-athlete is academically eligible and medically able to participate<sup>3</sup>. This includes post-season contests and will be carried over to the next season if necessary. The Head Coach may permit the student-athlete to participate in practices and team meetings during the suspension period and only following the teams physician's clearance.
3. Mandatory evaluation by the Drug Testing Coordinator
4. Attendance at initial and all follow up sessions as specified by the Drug Testing Coordinator. Failure to attend any of the required counseling sessions, within a specified timeframe determined by the Health Center, will constitute a Third Positive and the sanctions below apply.
5. Additional disciplinary action as specified by the Head Coach.

*C. Third Offense*

1. Immediate cancellation of eligibility to participate in the athletics program at the University of Houston.
2. Athletic Grant-In-Aid will not be renewed.
3. Existing Grant-in-Aid may be cancelled in accordance with NCAA and C-USA guidelines.
4. Parent(s), guardian, and/or spouse notified in writing by the Athletic Director.

*D. Number of contests per penalty (10% & 50% of regularly scheduled contests):*

<b>Sport</b>	<b>1<sup>st</sup> Offense</b>	<b>2<sup>nd</sup> Offense</b>
Football	1	6
Golf	3	12
Soccer	2	10
Volleyball	2	10
Cross Country	1	4

---

<sup>3</sup> See Footnote 2.

Swimming/Diving	2	10
Track	2	9
Basketball	3	14
Baseball	6	28
Softball	6	28
Tennis	3	12

#### **VII. Missing a Counseling Session**

Any counseling sessions required as part of the Safe Harbor program, or assigned by the Drug Testing Coordinator as a result of a) a positive drug test or b) a reasonable suspicion intervention meeting are considered mandatory and required. Absences will be reported immediately to the Head Trainer by the Health Center. Absences may constitute a second or third positive offense as described above and the corresponding penalty will apply.

#### **VIII. Voluntary Disclosure/Safe Harbor**

A student-athlete who has engaged in prohibited drug or alcohol use is encouraged to seek assistance from the Athletic Department by voluntarily disclosing his or her use to the Head Athletic Trainer prior to any drug testing. Student-athletes are encouraged to come forward to seek assistance with an alcohol or drug-related problem without penalty under the Safe Harbor Program (Appendix C). Students should be notified that “safe harbor” exists at UH Athletics during Compliance and Team Meetings and that they should notify their trainer, or the Drug Testing Coordinator if they wish to participate in the Safe Harbor program. The goal of “Safe Harbor” is proactive: intervention, and treatment, initiated by the individual student-athlete in confidentiality. However, student-athletes must ask for Safe Harbor prior to notification of a random test and the duration of an individual’s Safe Harbor will be determined by the Head Athletic Trainer and the Drug Testing Coordinator (See Appendix C).

## **X. Medical Exceptions**

Exceptions for positive findings for banned drugs in categories (a) and (c) may be made for those student-athletes with a documented medical history demonstrating that need for use of such a drug in advance of being tested. The University's Team Physician will be responsible for determining whether medical exceptions should be granted.

## **XI. Rehabilitation**

All student-athletes are eligible for counseling at the University of Houston Counseling and Psychological Services Unit, the Health Center and other off-campus rehabilitation programs as recommended by the Health Center or CAPS. If, during the course of mandatory counseling sessions with the Drug Testing Coordinator, more intensive rehabilitation is recommended, the University of Houston Department of Athletics will be informed by the Health Center. Student-athletes are informed of counseling and psychological services available to them during Orientation and in the Student-Athlete Handbook.

## **XII. NCAA Drug Testing Policy**

The NCAA's drug-testing program involves urine collection on specific occasions and laboratory analyses for substances on a list of banned-drug classes developed by the NCAA Executive Committee. This list consists of substances generally purported to be performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines and cocaine), "street drugs" (such as marijuana), and anabolic steroids, as well as other drugs.

The NCAA's policies and procedures relative to its drug-testing program are described in the current NCAA Manual and on-line at [www.ncaa.org](http://www.ncaa.org). The NCAA Manual is available for review in the offices of the Director of Athletics and Compliance Coordinator.

**UNIVERSITY OF HOUSTON  
DRUG EDUCATION AND TESTING PROGRAM  
APPENDIX A\***

**Because of the extensive nature and complexity of the NCAA banned-drug list, all student-athletes should consult with the University's Head Trainer and Head Team Physician prior to taking any medication.**

**Banned Drugs.** The following is the list of banned-substances by class:

**(a) Stimulants:**

amiphenazole	meclofenoxate
amphetamine	methamphetamine
bemigrade	methylphenidate
benzphetamine	(MDMA) (Ecstasy)
bromantan	nikethamide
<b>caffeine (1)</b>	pemoline
chlorphentermine	pentetrazol
cocaine	phendimetrazine
cropropamide	phenmetrazine
crothetamide	phentermine
diethylpropion	picrotoxine
dimethylamphetamine	pipradol
doxapram	prolintane
ephedrine	strychnine
ethamivan	and related compounds
ethylamphetamine	
fencamfamine	

**(b) Anabolic Agents:**

***Anabolic Steroids***

androstenediol	nandrolone
androstenedione	norandrostenediol
boldenone	norandrostenedione
clostebol	norenthandrolone
dehydrochlormethyl-testosterone	oxandrolone
dehydroepiandrosterone (DHEA)	oxymesterone
dehydrotestosterone (DHT)	oxymetholone
dromostanolone	stanozolol
fluoxymesterone	<b>testosterone (2)</b>
mesterolone	and related compounds
methandienone	
methenolone	<i>Other anabolic agents:</i>
methyltestosterone	clenbuterol

**(c) Diuretics:**

acetazolamide	hydroflumethiazide
---------------	--------------------

bendroflumethiazide  
benzthiazide  
bumetanide  
clorothiazide  
chlorthalidone  
ethacrynic acid  
flumethiazide  
furosemide  
hydrochlorothiazide

methyclothiazide  
metolazone  
polythiazide  
quinethazone  
spironolactone  
triamterene  
trichlormethiazide  
and related compounds

**(d) Street Drugs:**

heroin

**marijuana (3)**

**THC (tetrahydrocannabinol) (3)**

**(e) Peptide Hormones and Analogues:**

chorionic gonadotrophin

human chorionic gonadotrophin (HCG)

corticotrophin (ACTH)

human growth hormone (HGH, somatotrophin)

erythropoietin (EPO)

sermorelin

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

**(f) Definition of Positive Depends on the Following**

**(1)** For caffeine - if the concentration in the urine exceeds 15 micrograms/ml.

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

**(3)** For marijuana and THC - if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

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

*\*Appendix A is representative of some substances banned by the NCAA. All controlled substances are governed by the NCAA's policies and subject to the Drug Testing and Education Policy of the University of Houston.*

**UNIVERSITY OF HOUSTON  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG EDUCATION AND TESTING PROGRAM  
APPENDIX B**

**CONSENT TO DRUG TESTING**

**AND AUTHORIZATION FOR RELEASE OF INFORMATION**

**TO:** Director of Athletics  
University of Houston

I hereby acknowledge that I have received a copy of the University of Houston Drug Education and Testing Program Policy. I further acknowledge that I have read said Policy, that it has been outlined to me, and that I fully understand the provisions of the Policy.

I hereby consent to have a sample of my urine collected and tested through the University of Houston Health Center in accordance with the provisions of the NCAA, Conference USA, and University of Houston Drug Education and Testing Policy during the current academic year and during any subsequent years in which I might be a member of an intercollegiate athletic team at the University of Houston.

I further authorize you to make a confidential release to my parent(s) or legal guardian(s); the head coach of any intercollegiate sport in which I am a team member; and the head trainer and head team physician of the University of Houston, and the President/Chancellor of the University of Houston, all information and records, including test results, you may have relating the testing or screening of my urine or blood samples in accordance with the Policy. To the extent set forth in this document, I waive any privilege I may have in connection with such information.

I further release the University of Houston, the Board of Regents of the University of Houston System, and their officers, employees and agents from any legal responsibility or liability for the release of such information and records as authorized by this form.

---

**Print Name**

---

**Signature**

---

**Date**

**UNIVERSITY OF HOUSTON**

**DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG EDUCATION AND TESTING PROGRAM  
APPENDIX C**

**UNIVERSITY OF HOUSTON  
DEPARTMENT OF ATHLETICS  
Declaration of Safe Harbor Form**

**Purpose:**

Student-athletes are encouraged to come forward to seek assistance with an alcohol or drug-related problem without penalty. Students should be notified that “safe harbor” exists at UH Athletics and that they should notify their Athletic Trainer, or the Drug Testing Coordinator.

The goal of ‘Safe Harbor’ is proactive: intervention, and treatment, initiated by the individual student-athlete in confidentiality. However, student-athletes must ask for Safe Harbor prior to the first test in their first semester of eligibility at the University of Houston.

**Follow Up:**

Once the Head Trainer and Drug Testing Coordinator review and approve the request for Safe Harbor, the Drug Testing Coordinator will coordinate an intake and evaluation. The Head Athletic Trainer will be notified with the nature and duration of the Treatment Plan.

Failure to comply with any aspect of the treatment program or any subsequent positive drug test will result in removal from Safe Harbor. The student-athlete will then be re-enrolled in the regular testing program and disciplinary action can be enforced according to the UH Athletics Alcohol and Drug Policy.

**Appendix C**  
**UNIVERSITY OF HOUSTON**  
**DEPARTMENT OF ATHLETICS**  
**Declaration of Safe Harbor Form**

I hereby declare “safe harbor” from the UH Athletics Drug and Alcohol Testing Program. I understand that this is the one and only time during my participation in Athletics at the University of Houston that I am permitted safe harbor and I will:

- Be tested for drugs and alcohol immediately
- Be evaluated by the UH Athletics Drug Testing Coordinator regardless of the test results
- Follow and complete the prescribed counseling sessions
- Be tested for drugs and alcohol at a frequency prescribed by the Drug Testing Coordinator
- Remain in Safe Harbor until released by the Drug Testing Coordinator
- Not be eligible for randomized drug testing while in Safe Harbor but will remain eligible for drug testing by the NCAA

Name (print): \_\_\_\_\_

Signature: \_\_\_\_\_

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

For Head Athletic Trainer/Drug Testing Coordinator:

Eligible for Safe Harbor:	YES	NO
Reviewed for Safe Harbor program	YES	NO

Signature: \_\_\_\_\_

Title: \_\_\_\_\_

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

**Appendix D**  
**UNIVERSITY OF HOUSTON**  
**DEPARTMENT OF ATHLETICS**  
**DRUG AND ALCOHOL TESTING REASONABLE SUSPICION**  
**REPORTING FORM**

I, \_\_\_\_\_, as a proactive measure, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant \_\_\_\_\_ be referred to the Head Athletic Trainer for an intervention  
Name of Student-Athlete

Meeting, counseling and possible drug testing. The following sign(s), symptom(s) or behavior(s) 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)
- \_\_\_\_\_ 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
- \_\_\_\_\_ sleeping in class/study hall

The Student-Athlete has demonstrated the following:

- \_\_\_\_\_ dilated pupils
- \_\_\_\_\_ constricted pupils
- \_\_\_\_\_ 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"



**Appendix E**  
**University of Houston Athletics Department**

**Drug Testing Program**

**Disciplinary Action Contract**

I, \_\_\_\_\_, understand that on \_\_\_\_\_,  
I was found to have a positive drug test for \_\_\_\_\_.  
This constitutes a First Offense \_\_\_\_\_ Second Offense \_\_\_\_\_ Third Offense \_\_\_\_\_.  
Following a meeting with \_\_\_\_\_, I understand that I will  
follow the appropriate sanctions for the offense as outlined in the University of Houston  
Department of Athletics Drug and Alcohol Policy.

My Head Coach may add the following sanctions or penalties:

---

---

---

Failure to comply with any of the above sanctions may result in my suspension, dismissal, and /or  
adjustment or termination of my scholarship.

Parent/guardian contacted: \_\_\_\_\_  
Date: \_\_\_\_\_  
By: Phone \_\_\_\_\_ Letter \_\_\_\_\_ In person \_\_\_\_\_

I have read, understand and agree to comply with the above.

\_\_\_\_\_  
Student-Athlete

\_\_\_\_\_  
Date



**Appendix G**  
**Student-Athlete Notification Form**  
(Individual Student-Athlete Testing)

## Appendix H

# Code of University of Houston Student Conduct

### **DISCIPLINARY CODE**

---

The following acts are defined by the university to be unacceptable. Being under the influence of drugs and/or alcohol does not diminish or excuse a violation of the Disciplinary Code. The list may not be all inclusive.

**3.1 Violation of Probation**-Violation of the code while on probation, or violation of the terms of that probation.

**3.2 Disruption/Obstruction**-Obstructing or interfering with university functions or any university activity. Disturbing the peace and good order of the University by, among other things, fighting, quarreling, disruptive behavior or excessive noise, including but not limited to, a disruption by the use of pagers, cell phones, and/or communication devices.

**3.3 Mental or Bodily Harm**

- (a) Intentionally inflicting mental or bodily harm upon any person;
- (b) taking any action for the purpose of inflicting mental or bodily harm upon any person;
- (c) taking any reckless, but not accidental action from which mental or bodily harm could result to any person;
- (d) causing a person to believe that the offender may cause mental or bodily harm;
- (e) any act which demeans, degrades, or disgraces any person. "Any person" as used in this section may include oneself.

**3.4 Discrimination**-Intentional discrimination against a person on the basis of race, color, religion, national origin, sex, age, disability, veteran status, or sexual orientation except where such distinction is allowed by law.

**3.5 Destruction of Property**-Intentionally or recklessly damaging, destroying, defacing, or tampering with university property or the property of any person or business on campus.

**3.6 Theft**-Theft, or attempted theft, of property or services from any person or any business on university property.

**3.7 Possession of Stolen Property**-Possessing property known to the possessor to be stolen and that may be identified as property of the university or any other person or business.

**3.8 Forcible Entry or Trespass**-Forcible or unauthorized entry to any building, structure, or facility and/or unauthorized entry to or use of university grounds.

**3.9 Unauthorized Use of Property or Service**- Unauthorized use of property or services or unauthorized possession of university property or the property of any other person or business.

**3.10 Unauthorized Use of University Keys**- Unauthorized use, distribution, duplication, or possession of any key(s) issued for any building, laboratory, facility, room, or other university property.

**3.11 False Report of Emergency**-Causing, making, or circulating a false report or warning of a fire, explosion, crime, or other catastrophe.

**3.12 Misuse of Safety Equipment**-Unauthorized use or alteration of fire fighting equipment, safety devices, or other emergency equipment.

**3.13 Possession of Dangerous Weapons**-Unauthorized possession of a firearm, weapon, dangerous chemicals, or any explosive device of any description (including compressed-air guns,

pellet guns, BB guns, shotguns, or illegal knives) or the ammunition of any firearm or other dangerous weapon or explosive device on University grounds. (A weapon in your vehicle constitutes possession.)

**3.14 Manufacture, Distribution, Sale, Offer for Sale, or Possession of Controlled Substances or Drug Paraphernalia-**The manufacture, distribution, sale, offer for sale, or possession of any controlled substances, including but not limited to, barbiturates, hallucinogens, amphetamines, cocaine, opium, heroin, or marijuana. Controlled Substances and Drug Paraphernalia are defined by Texas law.

**3.15 Unauthorized Use of Alcoholic Beverages**

a. Possession, distribution, or consumption of . alcoholic beverages except during events or in . circumstances authorized by university officials and/or failure to comply with state or university regulations regarding the use or sale of alcoholic beverages.

b. Public Intoxication-Presenting a threat to oneself or others due to being under the influence of alcoholic beverages.

**3.16 Failure to Comply or Identify-Failure to comply with directions of university officials, police, or any other law enforcement officers acting in the performance of their duties, or failing to identify oneself to these persons when requested to do so.**

**3.17 Failure to Appear-Failing to appear at the request of any hearing authorities or failure to schedule an appearance with a hearing authority as directed by university police or any other university official.**

**3.18 Misuse or Abuse of Computers-Unauthorized use or misuse of any computer, computer system, service, program, data, network, cable television network, or communication network.**

**3.19 Falsification of Records-Altering, tampering, forging, or knowingly using falsified documents or records of the University (including, but not limited to, UH parking permits and student IDs); being party to falsification; giving or providing false statements, written or oral; and/or providing false information during any university proceeding or to any university official.**

**3.20 Misuse of Identification-Transferring, lending, or borrowing university identification.**

**3.21 Violation of Established University Policies and Procedures-Violation of university policies and procedures as established in the UH Student Handbook, the Residential Life and Housing Resource Manual, and other policies that relate to student behavior.**

**3.22 Violation of Criminal Law-Alleged violation of any criminal law where the student's conduct interferes with the University's exercise of its educational objectives or responsibilities to its members.**

**3.23 Aiding and Abetting-Assisting, hiring, or encouraging another person to engage in a Code violation**

## **ALCOHOL POLICY**

---

As an institution interested in the intellectual, physical, and psychological well-being of the campus community, the University of Houston deems it important to curtail the abusive or illegal use of alcoholic beverages. All members of the University of Houston community and guests are required to comply with federal, state, and local laws regarding the distribution, possession, and consumption of alcoholic beverages. Such laws include the following:

a. An individual under 21 years old commits an offense if he purchases, consumes, or possesses alcohol.

b. A person commits an offense if he purchases, gives, or knowingly makes alcohol available to

an individual under 21 years.

c. A person under 21 years commits an offense if he falsely states that he is 21 years of age or older or presents any document that indicates that he is 21 years of age or older to a person selling or serving alcoholic beverages.

d. A person commits an offense if he appears in public under the influence of alcohol to the degree that the person may endanger himself or another.

e. A person commits an offense if he is intoxicated while driving or operating a motor vehicle in public.

f. The sale of any type of alcoholic beverage is prohibited unless the seller possesses a valid license or permit. Selling includes, but is not limited to, including the price of alcoholic beverages in the admission price, and/or giving away the alcoholic beverage but charging for the food.

g. Civil liability may attach to a social host serving alcohol to an intoxicated individual who later injures himself or another.

(For a detailed compilation of relevant laws, contact the Dean of Students Office.)

It is university policy that the possession, consumption, and/or distribution of any alcoholic or intoxicating beverage in an open receptacle or a container which has been opened is prohibited in any public area of the University of Houston campus except at:

1. Events for students (including events planned by staff or faculty for students and events sponsored by students or student organizations) authorized by the Dean of Students Office in accordance with the Alcohol Distribution Policy in the official UH Student Handbook;
2. Faculty/staff events authorized by the President, Vice Presidents, Associate or Assistant Vice Presidents, Deans or Academic Department Chairs; and
3. The University of Houston Hilton Hotel and on-campus restaurant or food service areas where alcohol is legally distributed or sold. The term public area is defined as campus parking lots, campus grounds or any outside enclosed area or portion thereof, to which the public is invited or given general unrestricted access, as well as the inside classrooms, lobbies, lounges, corridors and restrooms of the campus buildings. An individual or group which sponsors an event at which alcoholic beverages are made available is responsible for adherence to the applicable laws and applicable university policies.