

**ILLINOIS STATE UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG TESTING PROGRAM**

PHILOSOPHY

The Department of Intercollegiate Athletics at Illinois State University (hereafter referred to as "Department") believes that the abuse of legal drugs and/or the use of illegal drugs can adversely affect the health and safety as well as the academic capability of student-athletes. In an effort to minimize the possibility that a student-athlete may jeopardize his or her own physical and academic performance, the Department has developed and approved the following drug testing policy and procedure.

POLICY

The Department reserves the right to require a urine specimen from any participant in a sports program recognized, operated or controlled by or under the authority of the Department. Eligible participants include all student-athletes appearing on the team's NCAA squad list.

Student-Athletes are subject to drug testing at the entry physical exam process (note: this process may be split over different days). Additionally, Illinois State University Athletics will select student-athletes randomly for testing from either the day each sport has their initial NCAA eligibility meeting or the first day of classes in the fall semester as listed on the official University calendar (whichever is earlier), through the last day of classes in the spring semester as listed on the official University calendar. This includes any official university breaks or closures. There is no prior notification required for the drug test. Screening will be done for amphetamines (including Ecstasy), marijuana, and cocaine. Anabolic Steroids may be screened for on a random basis. A consent form authorizing the taking and testing of urine samples shall be signed annually by each student-athlete. If the student-athlete is a minor a parent or guardian's signature will be required. Analyses of specimens provided for testing will be performed by an independent laboratory or laboratories as from time to time selected by the University. Test results shall be shared with those identified in the consent form. Strict confidentiality of test results, except as authorized by the consent form, shall be maintained in accordance with the procedures which follow. If there is reasonable suspicion that a student-athlete is using banned drugs and substantial proof can be documented, the suspected student-athlete may be selected for drug testing at the athletic director's discretion.

At the discretion of the Athletic Director, each athletic team may be tested in entirety.

At the beginning of each academic year or at other times as determined by the Department, a presentation will be made to all intercollegiate student-athletes to review and explain the Department's drug testing policy and procedure. The consent forms will be signed at that time and available in each student-athlete's file.

PURPOSES

The purposes of the Department's drug testing policy are:

1. To inform and educate the student-athlete as to the harmful effects of substance abuse and misuse;
2. To deter the potential abuse of, misuse of, or experimentation with drugs and other physically or psychologically harmful substances;
3. To provide any student-athlete determined to be affected by banned substance use or abuse with the opportunity to obtain rehabilitation through professional evaluation counseling, or referral for treatment; and
4. To protect and preserve the integrity of the individual student-athlete, the Department, and the University.

PROCEDURES AND PENALTIES

Student-athletes demonstrating positive test results will be subject to the following actions:

1. If any student-athlete tests "positive", that is, if the tests show that drug-residue substances are present in the student-athletes system, the Team Physician or Head Athletic Trainer will inform the student-athlete within 48 hours (excluding weekends) after the positive confirmation has been received from the laboratory and may meet privately with the student-athlete to explain the type of substance identified.
2. If the student-athlete challenges the test results as a "false positive", he/she must notify the Team Physician or Head Athletic Trainer within 24 hours after meeting or talking by phone with the team physician or Head Athletic Trainer to discuss the test results.
3. Upon receiving the notice of challenge, the Head Athletic Trainer and/or Team Physician will meet with the student-athlete for further discussion about the reliability of the test and to determine whether an additional test should be administered. If an additional test is administered, the original urine specimen will be used. Re-testing the original sample will be at the student-athlete's own expense.

4. When the Team Physician determines the test results reflect a true positive, the test results may be communicated to the Director of Intercollegiate Athletics, the Sr. Associate Athletics Director, the Associate Athletic Director/SWA, the Head Athletic Trainer, Assistant Athletic Director-Compliance, the staff Athletic Trainer overseeing that sport, the Athletic Training Drug Testing Coordinator, the Head Coach of the appropriate sport, and the parent or guardian identified and authorized by the student-athlete.
5. In a first positive, if marijuana, cocaine, or amphetamines are discovered to be present in a student-athlete, the student-athlete may be referred to the student counseling center or to a private evaluation and treatment facility. The decision will be made at the professional discretion of the Team Physician, Director of Athletics, and Head Athletic Trainer. Upon confirmation of a first positive test, a student-athlete may be declared immediately ineligible for 10% of the overall maximum number of contests allowable for each sport as listed in NCAA Bylaw 17 (excluding exhibition contests or foreign tours). The percentage will be rounded to the nearest whole number. In the event the percentage is exactly half of a whole number, it will be rounded up. In the event that any competition suspension is not served in its entirety during the current competitive season, the remainder of the penalty shall be served at the beginning of the next competitive season that the student-athlete competes (excluding exhibition games). If the first positive occurs outside of the traditional competitive season, the penalty will commence at the start of the next regularly scheduled competitive season. Additionally, a competition suspension cannot be served concurrently with an illness or injury as determined by the Head Athletic Trainer.
6. In a first positive where anabolic steroids are identified as present within the student-athlete's system, the student-athlete may be declared ineligible for a complete calendar year (365 days) beginning on the date the positive was confirmed. A second positive for anabolic steroids may result in permanent loss of eligibility for the remainder of the student-athlete's intercollegiate career at Illinois State University and loss of any scholarships.
7. A student-athlete receiving a competition suspension shall be permitted to return to competitive status only with clearance from the Team Physician, Head Athletic Trainer, and Athletic Director and completion of agreed upon terms of the suspension.
8. In the event a second positive test result is confirmed under and consistent with the method described above, the student-athlete, the Director of Intercollegiate Athletics, the Head Athletic Trainer, the staff Athletic Trainer overseeing that sport, the Athletic Training Drug Testing Coordinator, the Sr. Associate Athletics Director, the Associate Athletic Director/SWA, Assistant Athletic Director-Compliance, the Head Coach, and the parent or guardian as identified and authorized by the student-athlete may discuss, either in person or by telephone, the actions to be taken by the Department. A second positive test is defined as a subsequent positive test after the initial positive test for any banned substance (not necessarily the substance previously causing a positive) during a student-athlete's intercollegiate athletic career. It will be the sole discretion of the Team Physician if a subsequent positive of an identical substance indicates further usage or residual substances from the initial positive test.
9. Upon confirmation of a second positive test result for marijuana, cocaine, or amphetamines, the student-athlete may be declared ineligible for one calendar year (365 days) and my result in loss of any scholarships. A third positive test will result in immediate dismissal from the team and loss of scholarships.
10. In the event of any positive drug test, a student-athlete will be given a list of expectations that will need to be met prior to reinstatement to the team. These expectations may include, but are not limited to: maintaining sound academic standing, maintaining excellent physical fitness, possible selections for monthly drug testing, attendance at counseling sessions as recommended by Team Physician, meeting with the head coach on a pre-arranged number of times per month, and maintaining good citizenship as a student-athlete at Illinois State University. These expectations will be discussed during a meeting with the student-athlete. Those present at this meeting may include the Athletic Director, Head Athletic Trainer, Team Physician, Head Coach, the staff Athletic Trainer overseeing that sport, the Athletic Training Drug Testing Coordinator, Sr. Associate Athletic Director, Assistant Athletic Director-Compliance and Associate Athletic Director/SWA. Any additional persons present will be at the discretion of the Athletic Director and Team Physician. Additionally, these expectations will be documented in writing. It will be reviewed by the Student-Athlete and signed by the Director of Athletics. A copy of this letter will then be placed in the Student- Athlete's confidential file.
11. A student-athlete who refuses to provide a specimen or who fails to appear at the time scheduled for testing will be given an alternative time for testing later that same day. If the student-athlete does not report for testing or fails to produce an acceptable specimen at the later testing time, his/her drug test will be considered a positive test.
12. Any student-athlete who qualifies for an NCAA championship may be tested prior to attending the championship. If an student-athlete tests positive during this test, he or she will not participate at the NCAA championships.
13. Tampering with or adulterating a urine specimen in an attempt to alter its natural characteristics and/or form or providing a specimen that is not your own will be considered a positive drug test.

The procedures and methodologies for obtaining a test specimen will be described and distributed to student-athletes.

Revised: June 2006

## **Safe Harbor Program**

A student-athlete may self-refer to the Illinois State University Athletics "Safe Harbor Program" for voluntary evaluation and counseling. A student-athlete is not eligible for the Program after notification of an impending drug test or after receiving notice of a positive Illinois State or NCAA drug test.

Illinois State 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 substance upon entering the Safe Harbor Program, that positive test will not result in any administrative sanction. The team physician may suspend the student-athlete from play or practice if medically indicated. A student-athlete will be permitted to remain in the Safe Harbor Program up to 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.

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 by Illinois State. **Students in the Safe Harbor Program may be selected for drug testing by the NCAA.**

The Director of Athletics, Head Athletic Trainer, Team Physician, Head Coach, the staff Athletic Trainer overseeing that sport, the Athletic Training Drug Testing Coordinator, Sr. Associate Athletic Director, Assistant Athletic Director/SWA, and Assistant Athletic Director-Compliance may be informed of the student-athlete's participation in the Safe Harbor Program. Other University employees may be informed only to the extent necessary for the implementation of this policy.

If a student-athlete tests positive on a second test for any banned substance after entering the Safe Harbor Program or fails to comply with the treatment plan, the student-athlete will be removed from the Safe Harbor Program. The initial Safe Harbor positive test will be treated as a first positive and the second positive will result in action consistent with a second positive.

# AUTHORIZATION TO RELEASE TEST ANALYSIS INFORMATION

I hereby authorize the Department of Intercollegiate Athletics at Illinois State University to obtain and release test analysis results information pertaining to and obtained under the provisions of the Department's drug testing program to those persons or entities identified in said program, including but not limited to: the Team Physician, the Director of Intercollegiate Athletics, the Sr. Associate Athletic Director, Associate Athletic Director/SWA, Assistant Athletic Director-Compliance, the Head Coach, the Head Athletic Trainer, the staff athletic trainer overseeing the sport, the Athletic Training Drug Testing Coordinator, a professional within the Student Counseling Center, a private treatment facility of the testing laboratory, and my parent or guardian as designated below. (In the event that a student-athlete is married, designation of parent's name will not be required.)

I also authorize the staff at Student Counseling Services of Illinois State University or any private substance abuse treatment center to release information regarding my attendance (or lack thereof) and satisfactory completion of any required counseling or education sessions mandated by Illinois State University Athletics.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature/Name

Designated Parent or Guardian:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

( )  
\_\_\_\_\_  
Telephone

# DRUG TESTING CONSENT FORM

I have received, read, and understood the attached copy of the Illinois State University Intercollegiate Athletic Department Drug Testing Program.

In consideration for the privilege of participation in intercollegiate athletics at Illinois State University, I hereby agree to submit, as from time to time required, a sample of my urine for screening and analysis for purposes and decisions as set forth in the Department's program statement. I further hereby release Illinois State University, its Department of Intercollegiate Athletics, any testing laboratory from time to time selected by said Department, and all employees, agents and officers of said entities, including specifically the Governing Board of Illinois State University, from any and all liability of whatsoever kind, arising from any request made of me pursuant to the attached program, to furnish samples, the testing of said samples, and decisions made concerning my athletic status which may be based upon results to tests made of said samples.

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

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Sport

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Date

06/30/06  
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