

# **Penn State University Department of Intercollegiate Athletics Drug Free Athletics Program**

## 1. General Description

- 1.1 The Penn State University Department of Intercollegiate Athletics (“Intercollegiate Athletics”) advocates the development of a healthy and responsible lifestyle for its student-athletes during their college experience as well as for the remainder of their lives. Intercollegiate Athletics has established the following procedures and regulations in connection with its Drug Free Athletics Program. Amendments to these procedures and regulations may be issued with or without notice, as Intercollegiate Athletics deems appropriate. Nothing in these procedures and regulations shall be construed to create a contract between student-athletes and Penn State University. However, signed consent and notification forms shall be considered affirmation of the student-athlete’s agreement to the terms and conditions contained in the procedures and regulations, and shall be legal obligations of the student-athletes.
- 1.2 Intercollegiate Athletics recognizes that drug and alcohol problems are prevalent in society today. Substance abuse, chemical dependency and misuse of alcohol are detrimental to one’s health and can result in significant negative health consequences and safety hazards to both the individual and to society. Because of these risks and dangers, Intercollegiate Athletics will not tolerate or condone the use of illegal drugs and illegal substances. Intercollegiate Athletics has taken the position that there is no place in the athletics programs at Penn State University for substance abuse and/or use of performance enhancing drugs, and such use constitutes cheating and unacceptable behavior.
- 1.3 Because of its concerns about substance abuse, Intercollegiate Athletics has established a Drug Free Athletics Program. This program is multifaceted and includes not only year round drug testing, but also educational programs, substance abuse evaluation, treatment and disciplinary measures.

## 2. Purpose

- 2.1 The purpose of the Drug Free Athletics Program is to educate student-athletes on the problems associated with the use and/or abuse of drugs and alcohol.
- 2.2 It also serves as a deterrent and prevention program for those who are inclined to use these substances. In addition, Intercollegiate Athletics desires to have the Program help student-athletes avoid the individual and societal implications of substance abuse.
- 2.3 The Program aids in maintaining the integrity and character of Penn State athletic programs by providing a mechanism for education, detection and discipline of those who use substances, which are banned by law and the NCAA. See Bylaw 31.2.3.1 or the NCAA web site: [http://www.ncaa.org/sport\\_sciences/drugtesting](http://www.ncaa.org/sport_sciences/drugtesting).

### 3. Regulated Substances

3.1 The substances, which are regulated by this Program, fall into three major classes: Alcohol, Illicit Substances, and Performance Enhancing Drugs. The individual prohibited substances are listed in Appendix A attached hereto and is subject to change at any time.

3.2 Alcohol is a part of our culture and is present at many social functions in society today. Alcohol is a mood altering substance and poses specific threats to student-athletes. However, because its consumption is legal for those age twenty-one (21) and above, student-athletes should pay special attention to Intercollegiate Athletics' policy on alcohol, as set forth below.

3.2.1 Alcohol use is illegal in the state of Pennsylvania for anyone under the age of twenty-one (21) and is prohibited under the Drug Free Athletics Program.

3.2.2 Criminal convictions of alcohol related offenses involving the abuse of alcohol, such as DUI, public intoxication and assaults while under the influence of alcohol will be treated as a positive test under the Drug Free Athletics Program.

3.2.3 Alcohol use is discouraged by student-athletes over twenty-one years of age. Each coach may impose his or her own rules regarding use of alcohol by student-athletes, over the age of 21, both during the season and during the off-season.

3.3 Illicit Substances, such as narcotic pain medications or street drugs (e.g. heroin, marijuana, and T.H.C.), are present on college campuses today. The student-athlete sometimes faces additional stress and increased pressure in comparison to an individual in the regular student body. This increased stress and pressure may increase the risk that the student-athlete may use mood-altering substances.

3.3.1 These substances and their use fall within the Drug Free Athletics Program. Use of these substances is considered a violation of the Drug Free Athletics Program.

3.4 Performance Enhancing Drugs give student-athletes unfair advantages and are a form of cheating. The use of such drugs also has significant health risks. For purposes of this Program, the term "Performance Enhancing Drugs," shall mean all substances banned by the NCAA (see list at [www.ncaa.org/sports\\_sciences/drugtesting](http://www.ncaa.org/sports_sciences/drugtesting)), but shall not include Alcohol and Illicit Substances such as narcotic pain medications or street drugs (e.g. heroin, marijuana, and T.H.C.).

3.4.1 The use of Performance Enhancing Drugs is prohibited under the Drug Free Athletics Program.

3.5 The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/sports\\_sciences/drugtesting](http://www.ncaa.org/sports_sciences/drugtesting) for the current list. 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 on the NCAA's list.

3.6 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 drug test. The use of these types of supplements is at the student-athlete's own risk. Student-athletes should contact their team physician, athletic trainer or sports nutritionist for further information.

#### 4. Drug Free Athletics Program Participation

4.1 Each student-athlete who is listed on a NCAA Squad list, and, therefore, who has signed the NCAA drug policy consent form, is subject to and covered by the Penn State University Department of Intercollegiate Athletics' Drug Free Athletics Program.

4.1.1 Each year, every student-athlete who receives a grant-in-aid, or is listed on the NCAA Squad list, will be given a copy of Intercollegiate Athletics' Drug Free Athletics Program document and shall be required to sign a waiver/consent form which states that he/she: (1) has read and understands Intercollegiate Athletics' policy on drug testing and (2) is subject to and covered by the Drug Free Athletics Program.

4.1.1.1 Failure to sign the athletic department consent form will result in immediate suspension of a student-athlete's eligibility to practice or participate and may also lead to the immediate termination of all athletics financial aid to the extent permitted under NCAA rules.

4.2 The Program is administered by the Director of Athletics or his/her designee, in cooperation with the Sports Medicine Staff and Team Physicians, including the Medical Review Officer ("MRO").

#### 5. Safe Harbor

5.1 Any student-athlete may refer himself/herself for evaluation or counseling by contacting a coach, athletic trainer, team physician and/or psychologist for athletics. This is called Safe Harbor because it is confidential and no team or administrative sanctions will be imposed upon the student-athlete who has made a personal decision to seek professional assistance (prior to notification of a scheduled drug test or prior to testing positive).

5.2 The athlete may however, be temporarily medically ineligible if he/she is deemed unfit to continue participation safely.

5.3 The benefits available under this section may not be utilized as a means of avoiding the sanctions of a positive drug test and also may not be claimed after an athlete is notified of an impending drug test.

5.4 This Safe Harbor program does not prevent the NCAA or Big Ten Conference from testing student-athletes and student-athletes will remain subject to those sanctions imposed by the NCAA or Big Ten Conference in the event of a positive test.

## 6. Types of Drug Testing

### 6.1 Team

6.1.1 All student-athletes may be subjected to team testing and may be notified of such by an institutional representative prior to such team test.

### 6.2 Random

6.2.1 All student-athletes are subject to unannounced random drug testing throughout the entire year including summer sessions. Student-athletes will be selected for testing using a random number system run by a computer program. Little or no notice may be given for a forthcoming test. Every student-athlete shall be subject to every random test administered under this Program.

### 6.3 Reasonable Suspicion

6.3.1 A student-athlete may be subject to testing at any time when, in the judgment of the Director of Athletics or his designee, including coaches, administrators, and sports medicine personnel, there is a reasonable suspicion that the student-athlete is using a substance in violation of this policy. Such reasonable suspicion may be based on information from any source deemed reliable by any of the above-referenced individuals. Reasonable suspicion includes, but is not limited to: observed possession of drugs or drug paraphernalia or substances appearing to be prohibited, arrest or conviction for a criminal offense related to the possession or transfer of prohibited substances, or observed abnormal appearance, conduct or behavior. Examples of such abnormal behavior may include, but is not limited to: decline in academic or athletic performance, missing class, falling asleep in class, significant weight change, lethargy, agitation or nervousness, short temper, acts of violence, or loss of friendships.

### 6.4 NCAA and Big Ten Conference Testing

6.4.1 Any student-athlete on a University squad list may be tested in accordance with the NCAA testing policy or the Big Ten Conference testing policy.

6.4.1.1 Any Penn State testing does not protect the athlete from the possibility of being tested by the NCAA or Big Ten Conference. In the event a student-athlete tests positive under an NCAA or Big Ten Conference drug test, such positive result will be considered a positive test as

described under Section 11 hereof and the student-athlete shall be subject to the procedures set forth in Section 12 hereof.

#### 6.5 Follow-up Testing

6.5.1 Any student-athlete who has had a previous positive test result is subject to increased follow-up testing. The frequency of testing will be determined in the treatment plan by the director of the Drug Free Athletics Program.

6.5.2 Advance notice of follow-up testing will not be provided and collections will be observed.

#### 6.6 Observed testing

6.6.1 All drug testing will be conducted by observed testing. The athlete will be directly observed by sport medicine personnel while providing the sample. The observer will be the same gender as the athlete being tested. The refusal of the student-athlete to have an observed collection will be treated as refusal to test and is subject to the actions of a positive test.

### 7. Guidelines of Drug Testing

7.1 Site and time of testing is determined by the type of test referenced in Section 6 above.

7.2 Computer random sample programming will generate a list of student-athletes to be tested. All student-athletes, including 5<sup>th</sup> year seniors with no remaining eligibility, medical waivers, etc are eligible if still receiving grant in aid or on the active roster list.

7.3 A certified athletic trainer will receive the list of names to be tested and will notify the student-athletes. This may allow for up to 24 hours advance notice, but such advance notice is not required. Testing may occur with no advance notice.

7.3.1 To protect the integrity of the testing process the student-athletes and/or coaches shall not be informed earlier than 24 hours before the test commences.

7.3.2 Any student-athlete who does not report on the given testing time will be placed under immediate suspension and will not be able to participate in practice or competition until reinstatement. All student-athletes who do not report without a valid reason, as determined after a review by the Medical Review Officer, will be considered to have refused to undergo testing and will be treated under this Program as having tested positive.

7.4 The testing site shall be set up to allow for control by sports medicine staff of entrance and exit from the testing site.

- 7.4.1 The site shall be inspected for alternative sources of contaminants (water, soap, etc) and shall be secured as is reasonably practicable.
- 7.5 The student-athlete will report to the testing site within the time frame of the test which has been reported to the student-athlete.
- 7.6 The student-athlete will be accurately identified by photo ID or by the coach identifying the athlete.
- 7.7 The student-athlete will sign in and select an individually sealed coded specimen bottle.
- 7.8 The collector will visually observe while the student-athlete provides the sample. Pre-determined volumes and temperature guidelines for sample acceptance will be followed.
- 7.9 The specimen bottle will be resealed in the presence of the student-athlete.
- 7.10 The student-athlete will then sign the chain of custody form and supply a daytime phone number where they may be reached.
- 7.11 A student-athlete's refusal to sign the form will be noted by the collector. The specimen will remain a valid collection.
- 7.12 The collector then will sign the chain of custody form and give the student-athlete the student-athlete copy of the form.
- 7.13 The copy A of the chain of custody form (the lab copy) must not contain any name or phone number of the student-athlete.
- 7.14 The specimen shall be considered the property of Penn State University.
- 7.15 All sealed specimens and lab documentation of the chain of custody form will be placed into shipping containers and sent to the lab.
  - 7.15.1 The lab shall be selected by the Medical Review Officer and will be a SAMSHA certified laboratory.
- 7.16 Copy B of the chain of custody form will be mailed, faxed or electronically submitted to the Medical Review Officer (MRO) for the Penn State University Department of Intercollegiate Athletics' Drug Free Athletics Program.
8. Abnormalities of Specimen Collection
  - 8.1 Any witnessed substitution, adulteration or attempt to add substances (including water) to a specimen container will not invalidate the specimen and the specimen will still be processed. . The collector must then begin another collection immediately.

8.2 If a student-athlete cannot produce at least 45 mL of urine immediately, then the following procedure is followed.

8.2.1 If the athlete has produced any amount of urine less than 45 mL, the specimen is discarded.

8.2.2 Although the student-athlete shall not be required to consume any fluid, the student-athlete will be permitted to consume 40 ounces of fluid over the next 2 hours.

8.2.3 The student-athlete must stay in the collection area until the sample is obtained.

8.2.4 If the sample cannot be provided within 2 hours from the initiation of the testing, or the student-athlete leaves the collection site, or the student-athlete refuses to attempt another collection, then he or she will be considered to have refused to undergo testing and shall be treated under this Program as having tested positive.

8.2.5 If the athlete is unable to provide 45 mL of urine, the athlete may request a physical exam to be performed by a team physician to determine if there is a justifiable medical reason for failure to provide urine (e.g. prostatitis, renal disease, etc). This request must be made to the collector at the time of the attempted collection.

8.2.5.1 If requested, the physical exam must be performed as soon as reasonably possible. The physical exam should occur within 24 hours.

8.2.5.2 If no reasonable medical reason exists, the student-athlete will be handled as stated in 8.2.4 above.

8.2.5.3 If a medical reason exists for the student-athlete's failure to provide urine, the student-athlete may be tested by alternative means as determined by the Medical Review Officer. The alternative testing methods may include saliva or blood testing.

## 9. Laboratory Procedures and Reporting

9.1 Bottle A will be used by the laboratory to test for illicit and banned substances.

9.2 The testing process will consist of a screening immunoassay and a confirmatory Mass Spectrometry/Gas Chromatography or such other testing processes as may be developed and which are determined to be appropriate by the MRO.

9.3 The laboratory directory will review all results and forward the results of all samples to the MRO.

9.4 The MRO will review all results.

9.4.1 The MRO will contact the athlete to interview the athlete to see if a reasonable alternative medical explanation exists for the testing result.

9.4.2 The MRO shall disclose the test result to the student-athlete.

9.4.3 The MRO will discuss with the student-athlete the option for Sample B Testing as described in 10.1 to 10.5.

9.5 The cumulative test results will be given to the team physician primarily responsible for medical coverage of the student-athlete.

9.5.1 The cumulative negative results may be forwarded to the individual's coach if requested.

## 10. Sample B Testing

10.1 Any student-athlete who tests positive under sample A testing will be given the option to request the Sample B bottle to be tested.

10.2 The student-athlete will be responsible for the cost of: (1) testing, (2) transfer of the specimen from the initial laboratory to a second SAMSHA approved laboratory and (3) any costs associated with the handling of Sample B.

10.3 The student-athlete must request the Sample B testing within 3 days (72 hours) of being notified that the Sample A bottle tested positive. The request must be submitted in writing by the student-athlete to the MRO.

10.4 If requested, The MRO will authorize Sample B bottle to be sent from the storage at the initial SAMSHA approved laboratory to another SAMSHA approved laboratory and Sample B testing.

10.5 The student-athlete's request for Sample B testing will not delay the results of Sample A being verified by the MRO and the corrective measures listed in section 12 from being initiated.

## 11. Positive Drug Test and/or Substance Abuse Occurrence

11.1 A positive test may result from any of the following:

11.1.1 Student-athlete's refusal to provide specimen

11.1.2 Student-athlete's refusal to sign consent form at beginning of year

11.1.3 Student-athlete's refusal to show for test

11.1.4 Adulteration or substitution of a sample by student-athlete and witnessed by test observer/collector.

11.1.5 Laboratory testing through screening and confirmatory methods that shows the presence of a illicit and/or banned substance (including testing administered by the NCAA).

11.2 The above list contains examples of positive tests and is not intended to be all inclusive.

12. Implications of a Positive Drug Test and/or Substance Abuse Occurrence From the Use of Alcohol or Illicit Substances (The following is a list of sanctions resulting from the use of Alcohol or Illicit Substances such as narcotic pain medications or street drugs (e.g. heroin, marijuana, T.H.C). For the sanctions resulting from the use of Performance Enhancing Drugs, please see Section 13.)

#### 12.1 First Positive

12.1.1 The Director of Athletics, Director of Athletic Medicine, team physician primarily responsible for the student-athletes sport, and head coach will be informed, confidentially, in writing, of a positive test and/or substance abuse occurrence(e.g. DUI, etc.). The student-athlete will be notified verbally of the positive test by the Medical Review Officer.

12.1.2 The team physician will perform a physical exam for the purpose of determining whether the student-athlete is engaging in substance abuse or is suffering from a substance addiction.

12.1.3 The team physician will coordinate an additional evaluation by a substance abuse counselor approved by the Penn State Department of Intercollegiate Athletics.

12.1.3.1 The substance abuse counselor will recommend to the Medical Review Officer a plan for treatment and education. The team physician, head coach and athletic trainer may also submit reports to the Medical Review Officer.

12.1.4 The Medical Review Officer will determine a management plan for the student-athlete by evaluating any reports which may be submitted by the counselor, physician, head coach and athletic trainer.

12.1.5 The athlete may also be temporarily medically ineligible if he/she is deemed unfit to continue participation safely.

12.1.6 The student-athlete must participate in and complete the Substance Abuse educational program.

12.1.7 The student-athlete will be subject to reasonable suspicion testing and follow-up testing.

## 12.2 Second Positive

12.2.1 The Director of Athletics, Director of Athletic Medicine, team physician primarily responsible for the student-athletes sport, and head coach will be informed, confidentially, in writing, of a positive test and/or substance abuse occurrence(e.g. DUI, etc.). The student-athlete will be notified verbally of the positive test by the Medical Review Officer..

12.2.2 The team physician will perform a physical exam for the purpose of determining whether the student-athlete is engaging in substance abuse or is suffering from a substance addiction.

12.2.3 The team physician will coordinate an additional evaluation by a substance abuse counselor approved by the Penn State Department of Intercollegiate Athletics.

12.2.4 The Medical Review Officer will determine a management plan for the student-athlete by evaluating the reports of the counselor, physician, head coach and athletic trainer.

12.2.5 The student-athlete must participate in and complete the Substance Abuse educational program.

12.2.6 The student-athlete will be subject to reasonable suspicion testing and follow-up testing.

12.2.7 The student-athlete will be suspended from practices, games and athletic department functions for a minimum of seven days from the date of the second positive test.

12.2.8 The athlete may also be temporarily medically ineligible if he/she is deemed unfit to continue participation safely.

12.2.9 Re-instatement may occur following a negative follow-up drug test at the end of the period of suspension and upon approval by the Medical Review Officer.

## 12.3 Third Positive

12.3.1 The Director of Athletics, Director of Athletic Medicine, team physician primarily responsible for the student-athletes sport, and head coach will be

informed, confidentially, in writing, of a positive test and/or substance abuse occurrence(e.g. DUI, etc.). The student-athlete will be notified verbally of the positive test by the Medical Review Officer.

12.3.2 The team physician will perform a physical exam for the purpose of determining whether the student-athlete is engaging in substance abuse or is suffering from a substance addiction.

12.3.3 The team physician will coordinate an additional evaluation by a substance abuse counselor approved by the Penn State Department of Intercollegiate Athletics.

12.3.4 The Medical Review Officer, in coordination with the Director of Athletic Medicine, will determine a management plan for the student-athlete by evaluating the reports of the counselor, physician, head coach and athletic trainer.

12.3.5 The student-athlete must participate in and complete the Substance Abuse educational program.

12.3.6 The student-athlete will be subject to reasonable suspicion testing and follow-up testing.

12.3.7 The student-athlete will be suspended from all practices, games and athletic department functions for a minimum of one calendar year (365 days). In addition, athletic financial aid may be discontinued.

12.3.8 Re-instatement may occur following a negative follow-up drug tests and upon approval by the Medical Review Officer and the Director of Athletics.

#### 12.4 Fourth Positive

12.4.1 The penalty for a fourth positive test is immediate and permanent dismissal from any team on which the student-athlete participates, as well as the termination of all athletic financial aid to the extent permitted under NCAA rules.

#### 12.5 Selling or Providing Illicit Drugs

12.5.1 Any student-athlete found guilty of selling or providing an illegal drug to another person is subject to immediate and permanent dismissal from any team on which the student-athlete participates, as well as the termination of any athletic financial aid to the extent permitted under NCAA rules.

#### 12.6 Failure to Follow Treatment Plan

12.6.1 Failure of the student-athlete to comply with a treatment and/or management plan mandated under this Program, will result in immediate suspension from all practices, games and athletic department functions.

**12.7 ALL POSITIVE TEST RESULTS ARE CONSIDERED CUMMULATIVE FOR THE CAREER OF THE STUDENT-ATHLETE**

13. Implications of a Positive Drug Test for Performance Enhancing Drugs

13.1 First Positive

13.1.1 A student-athlete who tests positive for the use of Performance Enhancing Drugs shall be declared ineligible to represent Penn State University in intercollegiate competition during the time period ending one calendar year after the date of the student-athlete's positive drug test, and shall be charged with the loss of a minimum of one season of competition in all sports if the season of competition has not yet begun for that student-athlete or a minimum of the equivalent of one season of competition in all sports if the student-athlete tests positive during his or her season of competition. In addition, the Medical Review Officer will determine a management plan for the student-athlete which may include education and/or counseling.

13.2 Second Positive

13.2.1 A student-athlete who tests positive for the use of Performance Enhancing Drugs shall be declared permanently ineligible to represent Penn State University in intercollegiate competition. In addition, the Medical Review Officer will determine whether the student-athlete should undergo education and/or counseling.

14. Coaches' Use of Positive Results

14.1 Head coaches of varsity intercollegiate athletic teams have the exclusive prerogative and authority to determine which medically and academically qualified individuals trying out for a varsity team will become and/or remain members of the team. Exercise of this prerogative is based upon consideration of a number of factors, including ability. Coaches are fully aware of the educational and rehabilitative focus of this Policy, and they are also aware of the impact that the use of alcohol, performance enhancing drugs & illicit drugs may have on an individual's ability to perform in practice or competition. Student-athletes should understand that positive test results will be made known to their respective head coach and that the coach will consider such positive test result(s) in assessing an individual's ability and in determining which individuals should be afforded the privilege of becoming and remaining members of varsity athletic teams representing Penn State. Nothing contained in this Policy shall be construed as

preventing a head coach from imposing a more severe sanction than those provided for in Sections 12 and 13 hereof.

15. The Drug Free Athletics Program Committee

15.1 The Committee of this Drug Free Athletics Program consists of the Director of Athletics or his/her designee, Director of Sports Medicine, Medical Review Officer and the Faculty Athletics Representative.

15.2 The Committee will review all cases of third and fourth positive violations of the Drug Free Athletics Program. The Committee will assist in determination of the treatment and follow up requirements of the student-athletes in these cases.

16. Drug Testing Appeal Process

16.1 A student-athlete shall have the right to appeal the testing result and/or the sanction imposed as a result of the positive test.

16.2 To file an appeal, the student-athlete must submit his or her appeal in writing accompanied by supporting evidence to the Director of Athletics or his/her designee for review by the Drug Free Athletics Program Committee. The appeal must be filed within seven (7) days of notification of the test result or the sanction imposed.

16.3 As part of any appeal, the student-athlete may request a meeting with the Committee to state his or her basis for the appeal. The meeting shall be scheduled within 72 hours of the student-athlete's submission of his or her appeal.

16.4 A final decision on the appeal will be made by the Committee and will be made available in writing to the student-athlete from the Medical Review Officer within fourteen (14) days of the above-referenced appeal meeting, or if no meeting is requested, within fourteen (14) days of the filing of the written appeal. The Medical Review Officer may provide information to other members of the Committee in connection with the appeal and may participate in deliberations on the appeal, but shall not be entitled to cast a vote during the Committee's final decision on the appeal.

17. Confidentiality

17.1 Every reasonable attempt will be made to maintain confidentiality in connection with this Drug Free Athletics Program. By consenting to the drug testing process, the student-athlete understands that the Director of Athletics and his/her designees, the team physicians, athletic trainers for the sport the student-athlete participates, and the head coach will have access to test results and all information of the Drug Free Athletics Program. It should be stressed that the Program is in place as a deterrent to substance abuse and is not a law enforcement program. It is designed to protect the safety of the student-athlete and his or her fellow athletes and supporting staff.

18. Evaluation and Treatment Program

- 18.1 The referral or self-referral for the evaluation of a substance abuse situation is undertaken out of a concern for the health and welfare of our student-athletes. Evaluation of the student-athlete for alcohol and drug use is not intended or to be construed as a punitive sanction. The evaluation process should be performed by duly licensed and credentialed health care professionals and is STRICTLY CONFIDENTIAL. The treatment recommendation will be reviewed with the athlete, his/her team physician and shared with the Medical Review Officer who's role is to help determine continued safe participation by the student-athlete and development of a healthy and safe lifestyle for the athlete to develop for the student-athlete's life outside of athletics.