Dear SB Student-Athlete and Parent/Guardian:

The Stony Brook Sports Medicine staff is committed to providing comprehensive, high-quality medical services to every student-athlete (SA). On-site medical services provided include, but are not limited to, the prevention, diagnosis, treatment, referral, and rehabilitation of athletic-related injuries as well as education and counseling of the SA. A Certified Athletic Trainer will address these topics at each team orientation meeting conducted before practices commence.

In addition, we would like to take this opportunity to provide you with information that you need to be aware of in preparation for participation in Stony Brook Athletics. Please read the following material very carefully and keep in a safe place.

1) **Sickle Cell Testing** – In accordance with NCAA Division I legislation and Stony Brook policy, all incoming student-athletes are required to include results of a sickle cell solubility test as a part of the medical documentation required in order to participate in any athletic activity. This documentation is required for all student-athletes in their initial year of eligibility for incoming, transfers and for those trying out for any team. Knowledge of a SA’s sickle cell trait status will facilitate prompt and appropriate medical care during a medical emergency (page 3). Any issues concerning a SA’s sickle cell testing should be addressed with a member of our athletic training staff as soon as possible prior to arrival.

2) **Concussion Management** - The NCAA is committed to the prevention, identification, evaluation and management of concussions. Institutions are required to have a concussion management plan on file such that a SA who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletic healthcare provider with experience in the evaluation and management of concussion. SA’s diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the team physician or their designee according to the concussion management plan. In addition, SA’s must sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions. During the review and signing process SA’s will be presented with educational material on concussions. (page 4)
   a. A concussion or mild traumatic brain injury (mTBI) can have transient or long term symptoms, it is believed that multiple concussions increase the risk for long term complications. Long term complications of concussion are not well quantified. However, they may include mood disorders (such as depression), neuromuscular incoordination, memory problems, chronic traumatic encephalopathy, and/or early onset dementia.

3) **Heat Illness is Preventable** - University coaches, administrators and medical personnel all play a significant role in preventing heat illness by following the NCAA Guidelines regarding the Prevention of Heat Illness. However, you, the SA, play the largest role! (pages 5-6)

4) **Drug Testing**
   a. **Stony Brook Sports Medicine Drug Testing Program** – All SA’s are subject to Institutional Drug Testing in addition to NCAA Year-Round Drug Testing. Stony Brook University (SBU/SB) supports the NCAA’s policy prohibiting SA’s from using performance enhancing drugs and/or illegal substances. The NCAA list of banned drug classes is composed of substances that are generally reported to be performance enhancing and harmful to one’s health. SBU and the Department of Athletics are committed to maintaining a safe and healthy environment where SA’s can develop socially, academically and athletically to their fullest potential. Part of maintaining such an environment is ensuring the SA’s physical and mental well-being. The NCAA regularly updates material on their web site. It is the SA’s responsibility to review the information provided by the NCAA and SB Athletic Department with regard to banned substances (pages 7-19)
   b. **Use of Prescription Medications** -- Even prescription medication can be banned! The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exceptions to be made for those SA’s with a documented medical history demonstrating the need for regular use of such a drug. Examples of banned prescription medications include but are not limited to: Adderall, Ritalin, Concerta, Propecia, etc. (page 15) Further documentation is needed for certain medication so providing the Sports Medicine department with this information is required.
c. **Do Not Use Dietary Supplements (including Herbal)** - Many nutritional/dietary supplements contain NCAA banned substances. The US Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore, the purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may result in a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. SA’s should contact their institution’s certified athletic trainers for further information. What’s in the bottle is not always on the label! If you don’t know what you are taking, you are risking both your health and your eligibility. Ignorance is no excuse for a positive drug test! The NCAA and the SB Department of Athletics do not approve or endorse any nutritional/dietary supplement product despite the fact that some manufacturers make that claim. (page 19)

5) **Anti-Inflammatory Medications** - NSAIDS (Non-steroidal anti-inflammatory Drugs) are a commonly prescribed medication to help reduce pain, swelling/inflammation and/or fever associated with an injury or illness. NSAIDS include, but are not limited to, the following examples: Naproxen-Sodium (Aleve, Mediproxen, Naprosyn), Ibuprofen (Advil, Motrin, Addaprin), Ketorolac (Toradol), Celecoxib (Celebrex), Aspirin (Bayer), Diclofenac (Voltaren), Indomethacin (Indocin). These oral medications are but one option to treat inflammation related conditions. Additional treatments may include topicals(creams etc.), dietary supplements, direct treatments (ultrasound etc.) and even simple rest. All of these can reduce inflammation and allow recovery to progress in an efficient manner. Our medical staff will offer many different options whenever treatment is needed and all medical decisions are made WITH the student athlete as an active participant. If agreed upon and not otherwise contraindicated these medications should be taken as instructed within accepted guidelines based on the team physician’s recommendations and standing orders.

   a. As per the product packaging the following are possible adverse reactions from taking NSAIDS: Blood in urine, bleeding, risk of cardiovascular event with prolonged use, blurred vision, dark urine, chest pain, difficulty breathing, skin peeling/itching/rashes, bleeding/bruising, tiredness/weakness, vomiting, black/tarry stools, racing heart rate, chills, muscle aches and pains, fever, stomach pain and cramps, swelling of eyelids/throat/lips or feet. Certain NSAIDS could trigger an asthma attack if you have bronchial asthma.

6) **SB Athletic Insurance Policy** – All students must have primary health insurance. Stony Brook Student Health Center requires every enrolled student’s insurance plan meet certain and specific requirements to be considered an acceptable plan. You can check your family’s medical insurance via the following link to ensure your medical coverage is adequate. [http://studentaffairs.stonybrook.edu/shs/insurance/facts.shtml](http://studentaffairs.stonybrook.edu/shs/insurance/facts.shtml), ie. Kaiser is not accepted

You will be asked to provide insurance information on your SOLAR account. If you have medical insurance – you must opt out and provide the information requested; if you do not have medical insurance or it does not meet the accepted requirements you will have to purchase Student health Insurance though the University and your account will be charged. There is a deadline for the insurance option period – make sure you make the proper selection in a timely manner. In addition, SB Department of Athletics provides a secondary/excess policy for injuries sustained during a coach-supervised sport related activity. Please follow the procedural letter located on the Seawolves Sports Medicine web site and complete the Insurance Questionnaire in its entirety (parental signature required). If the procedures identified are not followed, the SB Department of Athletics will not be responsible for any medical bill payment.

7) **Assumption of Risk** – There is an inherent risk of physical injury during any athletic event. All Stony Brook SA’s are voluntarily assuming these risks by agreeing to participate in intercollegiate athletics.

**In addition to the items contained in this packet, SA’s will be assigned an ARMS login information** by their coaches and SA’s are **required to complete ARMS medical documents as assigned to them.**

**All the forms in your appropriate ARMS packet need to be completely filled out, signed and returned to the Sports Medicine Staff prior to participation in any team-related activity including Strength and Conditioning. Please pay attention to the forms that require a parent signature regardless of age (ie.: Insurance questionnaire and checklist).**

Should you have any questions regarding these issues, please do not hesitate to speak to a Stony Brook Certified Athletic Trainer. Have a safe and enjoyable summer! Go Seawolves!

Sincerely,

Elizabeth Zanoll, MS, ATC
Assistant Athletic Director for Sports Medicine

Stuart B. Cherney, MD
Head Team Physician
A FACT SHEET FOR STUDENT-ATHLETES

SICKLE CELL TRAIT

WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

HOW CAN I PREVENT A COLLAPSE?

Know your sickle cell trait status.
Engage in a slow and gradual preseason conditioning regimen.
Build up your intensity slowly while training.
Set your own pace. Use adequate rest and recovery between repetitions, especially during "gassers" and intense station or "mat" drills.
Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
Stay well hydrated at all times, especially in hot and humid conditions.
Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.

During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or "sickle."
Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
Most U.S. states test at birth, but most athletes with sickle cell trait don’t know they have it.
The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

Maintain proper asthma management.
Refrain from extreme exercise during acute illnesses, if feeling ill, or while experiencing a fever.
Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety
CONCUSSION
A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?
A concussion is a brain injury that:
• Is caused by a blow to the head or body.
• From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
• Can change the way your brain normally works.
• Can range from mild to severe.
• Presents itself differently for each athlete.
• Can occur during practice or competition in ANY sport.
• Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?
Basic steps you can take to protect yourself from concussion:
• Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
• Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
• Follow your athletics department’s rules for safety and the rules of the sport.
• Practice good sportsmanship at all times.
• Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?
You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:
• Amnesia.
• Confusion.
• Headache.
• Loss of consciousness.
• Balance problems or dizziness.
• Difficulty concentrating.
• Sensitivity to light or noise.
• Nausea (feeling that you might vomit).
• Feeling sluggish, foggy or groggy.
• Feeling unusually irritable.
• Concentration or memory problems (forgetting game plays, facts, meeting times).
• Slow reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?
Don’t hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion.

Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play.

Concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.

Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.
HEAT ILLNESS RISK FACTORS

Air temperature, humidity, and dehydration are common risk factors associated with heat illness. In addition, the following factors also put student-athletes at increased risk:

1. **Nutrition Supplements.** Nutritional supplements may contain stimulants, such as ephedrine, mahuang or caffeine. These substances can dehydrate the body and/or increase metabolism and heat production.

2. **Medication/Drugs.** Certain over the counter and prescription medications may make an athlete more susceptible to heat-related problems. These include antihistamines, decongestants, certain asthma medications, medications for attention deficit disorder (ADD), diuretics, and alcohol. For example, aspirin and antihistamines can change sweat patterns. Aspirin causes an increase in sweat loss, and when taken in large doses may cause an increase in body temperature above that resulting from physical activity alone. Antihistamines, on the other hand, decrease the athlete’s rate of sweating. The use of stimulants while exercising can increase the risk of heat illness.

3. **Susceptible Student Athletes.** Those with inadequate acclimatization or aerobic fitness, excess body fat, history of heat illness, inadequate hydration, using substances with diuretic or stimulant effects and those who push themselves to capacity are very susceptible. In addition, those with medical conditions such as fever, gastro-intestinal illness or sickle cell trait are vulnerable to heat illness.

4. **Acclimatization/fitness level.** Prevention of heat illness begins with aerobic conditioning which provides partial acclimatization to the heat. Student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve heat acclimatization. Each exposure should involve a gradual increase in the intensity and duration of exercise until the exercise is comparable to that likely to occur in competition. When conditions are extreme, training or competition should be held during a cooler time of day.

5. **Hydration.** Dehydration (hypo-hydration) must be avoided not only because it hinders performance, but also because it can result in profound heat illness. If you are thirsty, you are already dehydrated! Student-athletes should be encouraged to drink as much and as frequently as comfort allows. They should drink 1-2 cups of water the hour preceding workouts, and continue drinking during the activity (every 15-20 minutes). For activity up to 2 hours in duration, most weight loss represents water loss, and that fluid loss should be replaced as soon as possible. Following activity, the athlete should rehydrate with a volume that exceeds the amount lost during the activity. A 2 pound weight loss corresponds to approximately 1 quart of fluid loss. Urine color can be used to assess hydration. Dark colored urine = Dehydrated. If urine output is plentiful and the color is “pale yellow or straw colored” the athlete is probably not dehydrated. Carbohydrate/electrolyte drinks should only be used 1-2 hours prior and during recovery (after) activity; not during! Avoid use of salt tablets – inhibits physiological heat loss! Dangerous hyper-hydration is also a risk if athletes drink based on published recommendations and not according to individual needs.

6. **Clothing.** Clothing and protective equipment increase heat stress by interfering with the evaporation of sweat as well as inhibiting other pathways for heat loss. Dark colored clothing increases the body’s absorption of solar radiation. Rubberized suits should never be used!
HEAT ILLNESS WARNING SIGNS
Dehydration can seriously compromise athletic performance and increase the risk of exertion heat injury. It is important to recognize the following signs and symptoms:

- Thirst
- Cramping
- Irritability
- Nausea
- Headache
- Rapid and weak pulse
- Weakness
- Pale or flushed skin
- Dizziness
- Visual disturbance
- Excessive fatigue
- Decreased performance
- If heat illness is suspected, prompt emergency treatment is recommended. For more information, contact your team physician or certified athletic trainer.

For more information regarding these issues, you can go to the following web sites:

- National Center for Drug-Free Sport: [www.drugfreesport.com](http://www.drugfreesport.com)
- National Center for Drug-Free Sport – Resource Exchange Center (to check yourself): [www.drugfreesport.com/REC](http://www.drugfreesport.com/REC) Division 1 institutions use the password **ncaa1**
- National Athletic Trainers Association: [www.nata.org](http://www.nata.org)
- Stony Brook University Athletics: [www.goseawolves.org](http://www.goseawolves.org)

*The NCAA information referred to throughout this document will be updated to reflect 2012-2013 material later this summer. Please check the NCAA or SB Athletics web site(s) it prior to arrival on campus.*
Drug Testing Program
STONY BROOK UNIVERSITY
SPORTS MEDICINE DEPARTMENT

May 2016

Stony Brook University (SBU) supports the National Collegiate Athletic Association’s (NCAA) policy prohibiting student-athletes from using performance enhancing drugs and/or illegal substances. SBU and the Department of Athletics are committed to maintaining a safe and healthy environment where student-athletes can develop socially, academically and athletically to their fullest potential. Part of maintaining such an environment is ensuring the student-athletes’ physical and mental well-being. To ensure these objectives, the SBU Department of Athletics has developed a drug testing program that, by encompassing drug education, testing, counseling, and rehabilitation, is designed to (i) inform all student-athletes of the problems and dangers of drug use, (ii) provide assistance to those who abuse such drugs, and (iii) help Stony Brook student-athletes understand and best handle any issues of substance abuse in intercollegiate athletics.

Nothing in these procedures shall be construed to create a contract between student-athletes and Stony Brook University. Further, SBU reserves the right to alter or amend this policy at any time. Be advised that signed consent and notification forms are considered confirmation of the student-athlete’s agreement to the terms and conditions contained in this policy, and shall be considered a formal obligation of the student-athlete.

Purpose of Drug Testing Program (DTP)
The specific objectives of the Department of Athletics’ DTP program are as follows:

A. To educate student-athletes and staff about the basic issues of health and wellness;
B. To help the student-athlete achieve and maintain his/her optimum health in a drug-free atmosphere by minimizing the direct potential of harm to the user as well as the potential of harm to others resulting from impaired judgment;
C. To deter drug use and abuse among student-athletes and encourage the adoption and maintenance of low-risk lifestyles;
D. To conduct a preventative, educational and therapeutic-based program concerning drug use and abuse, by providing information and answers to student-athletes and staff;
E. To help maintain the integrity of intercollegiate athletics and minimize the vulnerability of student-athletes to exploitation, through testing and education;
F. To identify, assess, treat, and prevent re-injury of those student-athletes whose behavior suggests involvement with performance enhancing and illegal drugs;
G. To inform all student-athletes and staff about NCAA, America East, Big South Conference, and SBU Department of Athletics policies concerning performance enhancing and illegal drugs.

While educational programs are designed to provide each student-athlete with an informed reason to refrain from drug use, randomized drug testing is a key component of the Department of Athletics’ DTP. Under Department procedures for drug testing, immediate progressive disciplinary and rehabilitative actions will be taken if the student-athlete tests positive for either performance enhancing or “street” drugs. The Department’s DTP and drug testing protocols complement, and are in addition to, the NCAA regulations regarding substance abuse. In other words, when a student-athlete tests positive in an NCAA mandated drug test, the NCAA rules for discipline will apply in addition to the requirement to participate in the Department’s positive drug test mandatory assessment and counseling.

The student-athlete should be aware that the NCAA conducts their own year-round drug testing program that is separate and distinct from this drug testing program. Therefore, the NCAA reserves the right to suspend or withhold student-athletes from athletics participation as a result of testing positive on one or more than one occasions.

In accordance with the Department’s DTP schedule, student-athletes will be subject to drug tests based on categories from the National Center for Drug Free Sport, Inc (see table on page 5), which includes and expands on the NCAA List of Banned-Drug classes. The NCAA publishes an annual list of banned substances (Appendix A) and can be found at www.ncaa.org/health-safety. Be aware that this NCAA list is for reference purposes only. It does not establish the drug cutoff levels or include all the substances for which AEGIS may test.

Due to Department and NCAA policies regarding drug use, a student-athlete should not take any medications or even dietary supplements that are not prescribed by a physician. If a doctor prescribes a drug that appears on the NCAA list of banned-drug classes, the student-athlete must immediately notify an athletic trainer. The NCAA list of banned-drug classes is subject to change without prior notification, which could result in a student-athlete unknowingly taking a substance from the NCAA list of banned-drug classes. Be advised that under NCAA rules and policies, a student-athlete’s lack of knowledge that a substance is banned IS NOT an adequate defense for a positive drug test.
As a precaution for the student-athlete’s health and eligibility status, he/she should be aware that the abuse of prescription and over-the-counter medications is a rapidly growing problem in the United States. According to the Centers for Disease Control (CDC), daily in the US 120 people die as a result of overdose, and another 6,748 are treated in emergency departments for the misuse or abuse of drugs. The most commonly abused drugs include pain killers, sedatives, anti-anxiety medications, and stimulants. When given medication, it is important to take only the recommended dosage, to be aware of interaction of multiple medications, and to never take another person’s medication.

Additionally, a student-athlete should be warned that he/she may test positive on a drug test for morphine due to the consumption of foods containing poppy seeds. The US Anti-Doping Agency (USADA) cannot predict the amount of poppy seeds you can eat and still be below the testing threshold, or how long morphine metabolites from poppy seeds will stay in your system. The best approach is to avoid the consumption of poppy seeds.3

**Educational Component**

An important element of this program is an ongoing educational effort created to help student-athletes avoid involvement with the use of prohibited substances. There are two aspects to the educational component. One is the dissemination of information to student-athletes and staff that work directly with athletic teams regarding the use and abuse of drugs and other prohibited substances, and how the use or abuse of these substances may affect the student-athlete and his/her team, friends and family. Each student-athlete and appropriate athletics staff members will participate in required drug education activities throughout the year as prescribed by the SBU Department of Athletics. Secondly, the student-athletes will be given explanations of SBU’s drug testing program through yearly medical forms and team meetings from the Sports Medicine Staff.

University staff members will encourage all student-athletes to ask questions about this drug testing program, the effects of prohibited substances, and about assistance for a substance abuse problem. Staff members will honor a student-athlete’s request that his or her questions be answered in private.

**Drug Testing Program Committee**

The Department’s DTP Committee includes, but may not be limited to, the Director of Athletics, Deputy Director of Athletics, Assistant Athletic Director for Sports Medicine, Athletic Trainer (who serves as the Drug Testing Coordinator), Associate Athletic Director for Compliance, University Substance Abuse Counselor, one student-athlete representative and one member of Stony Brook’s coaching staff. This committee will meet annually, prior to the start of each academic year in order to conduct an annual review and evaluation of all aspects of the drug testing and education program(s).

As per a 2011 NCAA mandate:

An institution shall designate an individual or individuals as the athletics department resource for questions related to NCAA banned substances and the use of nutritional supplements. Furthermore, the institution shall educate athletics department staff members who have regular interaction with student-athletes that:

1. The NCAA maintains a list of banned drug classes and provides examples of banned substances in each drug class on the NCAA website,
2. Any nutritional supplement use may present risks to a student-athlete's health and eligibility; and
3. Questions regarding NCAA banned drugs and the use of nutritional supplements should be referred to the to the institution's designated athletics department resource individual or individuals

**Implementation of the Drug Testing Program**

For the purpose of this policy, student-athlete is defined as any individual who is currently participating with one or more intercollegiate teams at SBU (includes red-shirts and academically ineligible student-athletes). Any student-athlete listed on the official compliance roster as eligible to compete and/or practice is considered to be “participating”. An annual presentation will be made to all student-athletes and staff concerning the purpose and implementation of the Department of Athletics Drug Testing Program. Every student-athlete will be required to sign a form acknowledging that they (i) have received a copy of the program, (ii) understand what is expected of them and (iii) consent to the administration of urinalysis testing and the release of urinalysis results to a limited group of individuals involved in the implementation of this policy. Minors must have their consent forms co-signed by a parent or legal guardian. Failure to sign a consent form indicating agreement to the administration of urinalysis testing will prohibit student-athlete participation in intercollegiate athletics at Stony Brook University. All student-athletes are subject to unannounced, random drug tests during the course of the calendar year. The drug-testing committee will determine a prescribed percentage of each team that shall be subject to random testing throughout the year. The Athletic Trainer will provide AEGIS with team rosters, and student-athletes will be randomly selected for testing by the agency based on the team percentages prescribed by the DTP Committee.

**Drug Testing Program**

SBU’s Drug Testing Program is separate and distinct from the NCAA Drug Testing Program even though it may ban the same drug classes. All student-athletes are subject to both the Department’s Drug Testing Program and the NCAA Drug Testing Program. The Director of Athletics (or designee) may schedule drug screenings and collections at any time, with a minimum of two (2) per academic
year. Student-athletes will be notified no more than 24 hours before a scheduled drug test, by their head coach. Once notified, failure to appear for the scheduled drug test will be considered an automatic positive test, which will result in sanctions as appropriate.

*An unexcused absence, or refusal to appear, shall constitute a Level I violation of the DTP. As a result, the student-athlete shall remain under the Level I violation penalty track for the duration of their eligibility.

Generally, testing will occur under the following circumstances:

A. Testing of student-athletes will take place at least two times a year. The Director of Athletics may schedule additional tests at any time, including during the preseason, postseason, or championship season.

B. A drug test may be requested by an institutional staff member at any time for a specific student-athlete whose behavior has caused reasonable suspicion of drug use of any kind. Prior to final selection of the testing cohort, the Director of Athletics and/or Sport Supervisor must be notified of request by Assistant Athletic Director for Sports Medicine for final approval.

C. During and after completion of required counseling and/or education program for a positive drug test, student-athletes may be subject to continued drug testing which may include follow-up and re-entry drug testing for up to the duration of his/her athletic participation.

Under the Department’s DTP, student-athletes may be tested for the following banned drug categories:

- Amphetamines/Methamphetamine
- Cocaine
- Tetrahydrocannabinol (THC or marijuana)
- Drug analogs (designer drugs)
- Barbiturates and Benzodiazepine
- Opiates (Morphine, Codeine, Demerol, Heroin, Vicadin, Oxycodine, etc)
- Natural and Manufactured hallucinogens
- Anabolic Steroids
- Ecstasy (MDMA)
- Adderall
- Methylphenidate (including Ritalin)
- Synthetic Marijuana (Spice, K2)

Drug Testing Procedure

During the summer prior to each academic year, all student-athletes will receive a packet at home containing information concerning the SBU Drug Testing Program and the Student-athlete Consent form. Prior to becoming eligible for SBU Athletics, the consent form must be signed by the student-athlete (and their parent or guardian, if SA is a minor) and returned to the Sports Medicine Department.

At the beginning of each academic year, all student-athletes are required to attend a Drug Testing Orientation Meeting, read the Drug Testing Program and sign the Department of Athletics Drug Testing Consent form. Upon notification of random selection, SA will attend a mandatory meeting the day prior to the drug testing date, to reiterate the drug testing procedure, expectations and requirements for the SA to abide by, along with informing specific times and location of the drug test.

Facilities within the SBU Sports Complex (designated by the Drug Testing Coordinator) will be made available for private collection of specimens. On arrival at the drug testing site, SA will be in proper attire, shorts and a T-shirt (unless otherwise specified by the Drug Testing Coordinator) and produce their picture ID. The student-athletes will be observed by the AEGIS representative(s), serving as validator(s), who will monitor the furnishing of the specimen by observation to guarantee the integrity of the specimen at all times. See AEGIS’s drug-testing collection protocol, attached as Appendix B.

At no time will the student-athlete be allowed to bring his/her coat, books, bags, etc into the testing station. If a student-athlete is unable to provide a sample at the time of the test, the student-athlete will be required to remain at the collection area until a sample can be obtained. A notice from an athletics academic advisor will be given to the SA to present to any professors if classes were missed. Additionally, in the event a student-athlete attempts to tamper with or alter the sample, sanctions for a positive test will apply.

Specimen analysis will be conducted at a predetermined certified AEGIS laboratory and approved by the Assistant Athletic Director for Sports Medicine and Director of Athletics, utilizing standard procedures and protocols for determining positive test results.
Notifications are made as set forth under Notification of Positive Test Results above.

1. The student-athlete shall be suspended from the next competition and approximately 10% of the scheduled and completed intercollegiate contests, including all team-related activities and travel. The suspensions will be for those contests during the segment of the playing season that ends with an NCAA Championship or for any contests used to qualify for conference or NCAA post-season competition. Scrimmages and or exhibitions (e.g. alumni games, foreign tours) shall not qualify as contests with reference to satisfying suspensions. Furthermore, contests that would generally qualify for the satisfaction of penalties but are not played for any reason may not be included. The number of games/competitions/ matches for which the student-athlete will be suspended varies from sport to sport,--Standard rounding procedures should be used when calculating a withholding penalty for a positive drug test. For example, 2.4 and below equals 2, and 2.5 and above equals 3. The period of suspension will carry over from season to season. Examples: (1) If the period of suspension is not concluded by the end of the regular season, the period of suspension will carry over to the conference and/or NCAA tournament contests; (2) If the period of suspension is not completed by the end of the segment of the playing season that ends with an NCAA Championship, the suspension will carry over to the next playing season that ends with an NCAA Championship.

Note: Penalties will be assessed based on the scheduled contests for the sport(s) in which the student-athlete was on the roster at the time of the test. Any subsequent rosters to which the athlete is added during that year may lead to an increase in sanctions.

2. The student-athlete will be required to complete a drug-related educational program, as coordinated by the SBU Counseling and Psychological Services (CAPS) that will seek to expose and educate the student-athlete to the dangers and risks associated with illegal drug use. The student-athlete will be required to contact the SBU Counseling and Psychological Services (CAPS) at (631) 632-6720 within 48 hours after notification of the positive drug test in order to schedule an assessment. Any student-athlete who tests positive for a banned substance will be required to attend a minimum of three counseling sessions with CAPS, including the initial assessment. The student-athlete must report the time and date of the initial assessment and all subsequent meetings with CAPS to the Assistant Athletic Director for Sports Medicine. The student-athlete shall attend a mandatory assessment conducted by either CAPS or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. In all cases, mandatory assessments and treatment will be conducted only at locations approved by the Department of Athletics. If a student-athlete fails to attend an assessment or counseling sessions, or does not follow prescribed treatment, he/she may be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests, suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.

3. The Director of Athletics and the Head Coach reserve the right to cancel the student-athlete’s grant-in-aid.
4. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions.

5. Positive test results are cumulative throughout the student-athlete’s enrollment at SBU.
   5(a). Once a student-athlete tests positive for a Level One violation, he/she remains in the Level One penalty structure regardless of which banned substance is involved in future positive tests.

6. The student-athlete will be re-tested until the banned substance is no longer detected during a drug test.

**Second Positive Test**
Notifications are made as set forth under Notification of Positive Test Results above.

1. The student-athlete shall be suspended from the next competition and approximately 50% of the scheduled and completed intercollegiate contests, including all team related activity and travel. The suspensions will be for those contests during the segment of the playing season that ends with an NCAA Championship or for any contests used to qualify for conference or NCAA post-season competition. Scrimmages and or exhibitions (e.g. alumni games, foreign tours) shall not qualify as contests with reference to satisfying suspensions. Furthermore, scheduled contests that would generally qualify for the satisfaction of penalties but are not played for any reason may not be included. The number of games/competitions/matches for which the student-athlete will be suspended varies from sport to sport** (see table for Penalties Imposed for First Offense). Standard rounding procedures should be used when calculating a withholding penalty for a positive drug test. For example, 2.4 and below equals 2, and 2.5 and above equals 3. The period of suspension will carry over from season to season. Examples: (1) If the period of suspension is not concluded by the end of the regular season, the period of suspension will carry over to the conference and/or NCAA tournament contests; (2) If the period of suspension is not completed by the end of the segment of the playing season that ends with an NCAA Championship, the suspension will carry over to the next playing season that ends with an NCAA Championship.
   
   *Note: Student-athlete penalties will be assessed based on the scheduled contests for the sport(s) in which the student-athlete was on the roster at the time of the test. Any subsequent rosters to which the athlete is added during that year may lead to an increase in sanctions.*

*If a second positive test occurs, the total number of games/competitions/matches listed above would **NOT** include the suspension already served as a result of the first positive test.

2. The student-athlete will be required to complete a drug-related educational program, as coordinated by the SBU Counseling and Psychological Services (CAPS) that will seek to expose and educate the student-athlete to the dangers and risks associated with illegal drug use. The student-athlete will be required to contact the SBU Counseling and Psychological Services (CAPS) at (631) 632-6720 within 48 hours after notification of the positive drug test in order to schedule an assessment. Any student-athlete who tests positive for a banned substance will be required to attend a minimum of three counseling sessions with CAPS, including the initial assessment. The student-athlete must report the time and date of the initial assessment and all subsequent meetings with CAPS to the Assistant Athletic Director for Sports Medicine. The student-athlete shall attend a mandatory assessment conducted by either CAPS or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. In all cases, mandatory assessments and treatment will be conducted only at locations approved by the Department of Athletics. If a student-athlete fails to attend an assessment or counseling sessions, or does not follow prescribed treatment, he/she may be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests, suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.

3. The Director of Athletics and the Head Coach reserve the right to cancel the student-athlete’s grant-in-aid.

4. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions.

5. Positive test results are considered cumulative throughout the duration of enrollment at SBU.
   7(a). Once a student-athlete tests positive for a Level One violation, he/she remains in the Level One penalty structure regardless of which banned substance is involved in future positive tests.

6. The student-athlete will be tested during the next SBU drug testing date, and may be re-tested until the banned substance is no longer detected during a drug test.

**Third Positive Test**
Notifications are made as set forth under Notification of Positive Test Results above.

1. The student-athlete will be immediately and permanently suspended from all future athletic participation.

2. Athletic grant-in-aid will be canceled at the end of the academic term in which the third positive drug test occurred.
LEVEL II VIOLATIONS
Level II Violations of the DTP are limited to positive test results for marijuana or THC.

First Positive Test
Notifications are made as set forth under Notification of Positive Test Results above.

1. The student-athlete will be required to complete a drug-related educational program, as coordinated by the SBU Counseling and Psychological Services (CAPS) that will seek to expose and educate the student-athlete to the dangers and risks associated with illegal drug use. The student-athlete will be required to contact the SBU Counseling and Psychological Services (CAPS) at (631) 632-6720 within 48 hours after notification of the positive drug test in order to schedule an assessment. Any student-athlete who tests positive for a banned substance will be required to attend a minimum of three counseling sessions with CAPS, including the initial assessment. The student-athlete must report the time and date of the initial assessment and all subsequent meetings with CAPS to the Assistant Athletic Director for Sports Medicine. The student-athlete shall attend a mandatory assessment conducted by either CAPS or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. In all cases, mandatory assessments and treatment will be conducted only at locations approved by the Department of Athletics. If a student-athlete fails to attend an assessment or counseling sessions, or does not follow prescribed treatment, he/she may be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests, suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.

2. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions.

3. Positive test results are cumulative throughout the student-athlete’s enrollment at SBU.
   3(a). In the event that a student-athlete subsequently tests positive for marijuana or THC that individual will continue to be subjected to the penalty structure for Level Two violations.

   3(b). In the event that a student-athlete subsequently tests positive for any banned substance other than marijuana or THC, that individual shall immediately be subject to the penalties associated with Level One violations and the corresponding penalty structure from that point forward (i.e. the total number of drug testing violations regardless of level will ALL be counted from that point forward under the Level One penalty structure).

   3(c). Once a student-athlete tests positive for a Level One violation, he/she can never return to the Level Two penalty structure regardless of substances involved.

4. The student-athlete will be tested during the next SBU drug testing date, and may be re-tested until the banned substance is no longer detected during a drug test.

Second Positive Test
Notifications are made as set forth under Notification of Positive Test Results above.

1. The student-athlete shall be suspended from the next competition and approximately 10% of the scheduled and completed intercollegiate contests, including all team related activity and travel. The suspensions will be for those contests during the segment of the playing season that ends with an NCAA Championship or for any contests used to qualify for conference or NCAA post-season competition. Scrimmages and or exhibitions (e.g. alumni games, foreign tours) shall not qualify as contests with reference to satisfying suspensions. Furthermore, scheduled contests that would generally qualify for the satisfaction of penalties but are not played for any reason may not be included. The number of games/competitions/matches for which the student-athlete will be suspended varies from sport to sport** (see table for Penalties Imposed for First Offense). Standard rounding procedures should be used when calculating a withholding penalty for a positive drug test. For example, 2.4 and below equals 2, and 2.5 and above equals 3. The period of suspension will carry over from season to season. Examples: (1) If the period of suspension is not concluded by the end of the regular season, the period of suspension will carry over to the conference and/or NCAA tournament contests; (2) If the period of suspension is not completed by the end of the segment of the playing season that ends with an NCAA Championship, the suspension will carry over to the next playing season that ends with an NCAA Championship.

Note: Student-athlete penalties will be assessed based on the scheduled contests for the sport(s) in which the student-athlete was on the roster at the time of the test. Any subsequent rosters to which the athlete is added during that year may lead to an increase in sanctions.

2. The student-athlete will be required to complete a drug-related educational program, as coordinated by the SBU Counseling and Psychological Services (CAPS) that will seek to expose and educate the student-athlete to the dangers and risks associated with illegal drug use. The student-athlete will be required to contact the SBU Counseling and Psychological Services (CAPS) at (631) 632-6720 within 48 hours after notification of the positive drug test in order to schedule an
assessment. Any student-athlete who tests positive for a banned substance will be required to attend a minimum of three counseling sessions with CAPS, including the initial assessment. The student-athlete must report the time and date of the initial assessment and all subsequent meetings with CAPS to the Assistant Athletic Director for Sports Medicine. The student-athlete shall attend a mandatory assessment conducted by either CAPS or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. In all cases, mandatory assessments and treatment will be conducted only at locations approved by the Department of Athletics. If a student-athlete fails to attend an assessment or counseling sessions, or does not follow prescribed treatment, he/she may be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests, suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.

3. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions. Positive test results are considered cumulative throughout the duration of enrollment at SBU.

3(a). In the event that a student-athlete subsequently tests positive for marijuana or THC, that individual will continue to be subjected to the penalty structure for Level Two violations.

3(b). In the event that a student-athlete subsequently tests positive for any banned substance other than marijuana or THC, that individual shall immediately be subject to the penalties associated with Level One violations and the corresponding penalty structure from that point forward (ie. the total number of drug testing violations regardless of level will ALL be counted from that point forward under the Level One penalty structure) prescribed in this policy.

3(c). Once a student-athlete tests positive for a Level One violation, he/she can never return to the Level Two penalty structure regardless of substances involved.

4. The student-athlete will be tested during the next SBU drug testing date, and may be re-tested until the banned substance is no longer detected during a drug test.

**Third Positive Test**

1. Notifications are made as set forth under Notification of Positive Test Results above.

2. The student-athlete shall be suspended from the next competition and approximately 50% of the scheduled and completed intercollegiate contests, including all team related activity and travel. The suspensions will be for those contests during the segment of the playing season that ends with an NCAA Championship or for any contests used to qualify for conference or NCAA post-season competition. Scrimmages and or exhibitions (e.g. alumni games, foreign tours) shall not qualify as contests with reference to satisfying suspensions. Furthermore, scheduled contests that would generally qualify for the satisfaction of penalties but are not played for any reason may not be included. The number of games/competitions/ matches for which the student-athlete will be suspended varies from sport to sport** (see table for Penalties Imposed for First Offense). Standard rounding procedures should be used when calculating a withholding penalty for a positive drug test. For example, 2.4 and below equals 2, and 2.5 and above equals 3. The period of suspension will carry over from season to season. Examples: (1) If the period of suspension is not concluded by the end of the regular season, the period of suspension will carry over to the conference and/or NCAA tournament contests; (2) If the period of suspension is not completed by the end of the segment of the playing season that ends with an NCAA Championship, the suspension will carry over to the next playing season that ends with an NCAA Championship.

Note: Student-athlete penalties will be assessed based on the scheduled contests for the sport(s) in which the student-athlete was on the roster at the time of the test. Any subsequent rosters to which the athlete is added during that year may lead to an increase in sanctions.

3. The student-athlete will be required to complete a drug-related educational program, as coordinated by the SBU Counseling and Psychological Services (CAPS) that will seek to expose and educate the student-athlete to the dangers and risks associated with illegal drug use. The student-athlete will be required to contact the SBU Counseling and Psychological Services (CAPS) at (631) 632-6720 within 48 hours after notification of the positive drug test in order to schedule an assessment. Any student-athlete who tests positive for a banned substance will be required to attend a minimum of three counseling sessions with CAPS, including the initial assessment. The student-athlete must report the time and date of the initial assessment and all subsequent meetings with CAPS to the Assistant Athletic Director for Sports Medicine. The student-athlete shall attend a mandatory assessment conducted by either CAPS or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. In all cases, mandatory assessments and treatment will be conducted only at locations approved by the Department of Athletics. If a student-athlete fails to attend an assessment or counseling sessions, or does not follow prescribed treatment, he/she may be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests, suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.
4. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions.

5. Positive test results are considered cumulative throughout the duration of enrollment at SBU.
   5(a). In the event that a student-athlete subsequently tests positive for marijuana or THC, that individual will continue to be subject to the penalty structure for Level Two violations.
   5(b). In the event that a student-athlete subsequently tests positive for any banned substance other than marijuana or THC, that individual shall immediately be subject to the penalties associated with Level One violations and the corresponding penalty structure from that point forward (i.e. the total number of drug testing violations regardless of level will ALL be counted from that point forward under the Level One penalty structure) prescribed in this policy.
   5(c). Once a student-athlete tests positive for a Level One violation, he/she can never return to the Level Two penalty structure regardless of substances involved.

6. The student-athlete will be tested during the next SBU drug testing date, and may be re-tested until the banned substance is no longer detected during a drug test.

**Fourth Positive Test**

Notifications are made as set forth under Notification of Positive Test Results above.

1. The student-athlete will be immediately and permanently suspended from all future athletic participation.

2. Athletic grant-in-aid will be canceled at the end of the academic term in which the third positive drug test occurred.

**Appeals Process**

A student-athlete who receives notification of a positive test result may potentially appeal on two grounds. The student-athlete, at his or her own expense, may have their sample re-tested only by the lab that completed the initial screening. Such an appeal must be requested by the student-athlete within 48 hours of being notified of the positive result. A student-athlete may also be granted an opportunity to appeal a positive drug test to the Appeal Board if it is found by an independent committee that extenuating circumstances related to the test exist. The student-athlete must present a written statement along with all supporting evidence to the Director of Athletics within 48 hours of the positive notification in order to be considered for the opportunity to present their situation to the Appeal Board. **The decision made by the Appeal Board shall be considered final.**

Student-athletes may be awarded the opportunity to present their case to the Appeals Board only on the following grounds:

1. Significant factors demonstrating that the positive outcome was a result of circumstances entirely beyond the control of the student-athlete.
2. Documented mis-advisement from a Stony Brook University employee regarding the permissible use of nutritional supplements or medications.
3. The sanctions imposed for the positive drug test are not in accordance with the Drug Testing Policy.

**The following standards shall apply in every appeal:**

1. Unknowingly ingesting a banned substance, in and of itself, which resulted in the positive drug test, shall never be considered sufficiently mitigating circumstances.
2. Any and all penalties shall remain in effect throughout an appeal process.
3. In the event that a student-athlete is granted the opportunity to present their case to the Appeals Board, the hearing shall take place at the earliest possible opportunity, and shall not be unreasonably delayed.
4. The appeals process is not conducted in an adversarial format. Therefore, a student-athlete may not have any other individual participate, be present, or otherwise assist them in their appeal.

**Appeal Board**

The Appeal Board shall be comprised of a minimum of three individuals from any of the following areas:

a. An Intercollegiate Athletics Board Member
b. Faculty Athletics Representative
c. A staff member from the Center for Prevention and Outreach
d. A disinterested staff member from the Sports Medicine Department
e. A disinterested upper-class member of the Student-Athlete Advisory Council 
f. One full-time member of the SBU coaching staff from a disinterested sport
g. A member from the campus judicial hearings board
h. Associate Director of Athletics for Compliance will serve as an ex-officio board member, and will coordinate the selection of the Appeal Board during each appeal
**Appeal Decisions**

Appeals may be decided in one of the following manners:

- Finding of responsibility may be upheld and sanctions enforced.
- Finding of responsibility may be upheld but the sanction suspended or reduced.
- Finding of responsibility may be reversed and the sanctions withdrawn.

**Confidentiality Commitments of Appeals Board**

Maintaining confidentiality and protecting the rights of the student-athlete are critical factors in drug testing. Every effort shall be made to protect the confidentiality of student-athletes participating in the DTP, including those who test positive, undergo reasonable suspicion testing, or enter treatment programs. Subject to the managerial exemptions described above, under no circumstances is Athletics or University staff or any person associated directly or indirectly with the Drug Testing Program, permitted to disclose to any third party information acquired as a result of their participation in the Department’s DTP.

**References:**

APPENDIX A

2015-16 NCAA Banned Drugs

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

The NCAA bans the following classes of drugs:

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

Note: Any substance chemically related to these classes is also banned.
The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

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

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

• Dietary supplements are not well regulated and may cause a positive drug test result.
• Student-athletes have tested positive and lost their eligibility using dietary supplements.
• Many dietary supplements are contaminated with banned drugs not listed on the label.
• Any product containing a dietary supplement ingredient is taken at your own risk.

**Note to Student-Athletes: There is no complete list of banned substances.

Do not rely on this list to rule out any supplement ingredient.

*Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class:

Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, “bath salts” (mephedrone) etc. exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrenione):
Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; testosterone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
Diuretics (water pills) and Other Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs: heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues: growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc. Anti-Estrogens: anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene (ATD), etc.

Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

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

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

Note: eating foods with poppy seeds may cause a positive drug test!!!

APPENDIX B

Non-Federally Regulated Urine Collections - Overview

This procedure provides guidance in the collection of urine specimens for non-Federally Regulated client’s Drug Testing Programs.

Custody and Control Form

There are five steps that must be completed on the Custody and Control Form by the collector if the information is not already pre-printed.

Step 1:
A) The name and address of the requesting company and the client account number
B) The name and address of the Medical Review Officer (MRO)
C) Donor’s social security number or donor I.D. number
D) Reason for the test (pre-employment, random, post-accident, reasonable suspicion, return-to-duty, follow up)
E) Specimen Type
F) Collection site address, telephone number and fax number
G) The test(s) to be performed

Step 2:
Temperature of the specimen, Specimen collection type (i.e. Split, Single, Observed)

Step 3:
Security Seal – The collector dates the seal and the donor places his/her initials on the seal.
(This step is performed at the time of collection)

Step 4:
Chain of Custody – initiated by the Collector and completed by the Laboratory.
(The chain of custody requires both printed name and signature of the Collector. If the Collector fails to print and sign the chain of custody, this is a fatal error and the specimen will not be tested – recollection will be required).

Step 5:


Donor completes this information on the PINK copy of the Custody and Control Form.

1. Donor’s daytime telephone number
2. Donor’s evening telephone number
3. Donor’s date of birth

**Steps 4 – 6 are completed after the urine specimen has been collected.**

4. Donor’s printed name
5. Donor’s signature
6. Date of the collection

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**Non-Federally Regulated Urine Collection – Split Sample**

**Urine Specimen Collection Procedure**

1) Obtain a Non-Federally Regulated Drug Testing Custody and Control Form
2) Fill in the client number and name and address of the organization requesting the Drug Test (if not pre-printed on the Custody and Control Form) – Step 1(A).
3) Fill in the name and address of the Medical Review Officer (if not pre-printed on the Custody and Control Form) – Step 1(B).
4) Fill in the reason for the drug test (i.e. pre-employment, random, reasonable suspicion, post-accident, etc. – if not pre-printed on the Custody and Control Form) – Step 1(D)
5) Fill in the test code requested (if not pre-printed on the Custody and Control Form) – Step 1(G).
6) Positively identify the donor by picture identification (government, state or employer issued picture identification) or by the Point of Contact
7) Fill in the donor social security number or an identification number (if the donor declines to supply an identification number, document the decline in the remarks” section (Step 2) of the Custody and Control Form. Proceed with the collection).
8) Fill in the Collection site information –(if not pre-printed on the Custody and Control Form) - Step 1(F).
9) Have the donor remove any unnecessary outside clothing (i.e. coat, hat or bulky items).
10) Have the Donor select a kit.
11) Escort the donor to the collection area
12) The Collector instructs the donor to rinse his/her hands with water only.
13) The Collector instructs the donor not to flush the toilet
14) The Collector instructs the donor to void into the collection container, filling it as full as possible. (45 mL is required).
15) The donor is instructed to raise his/her shirt to nipple line and lower pants to knee level and turn 360 degrees to affirm that there are no concealed containers on his/her person
16) The Collector will observe the collection of the specimen in a professional manner and without comment unless questioned.
17) The Collector reads the temperature of the urine specimen within 4 minutes of the voiding. (Acceptable temperature 90°F - 100°F).

**Specimen Requirements:**

a) Unacceptable temperature with Acceptable volume – Temperature too hot or too cold, submit this urine specimen to the testing laboratory as proof of its collection. Complete the collection process for the unacceptable temperature specimen. Document “unacceptable temperature” – too hot or too cold in the “remarks” section of the Custody and Control Form. Inform the donor of this disparity, fill out a new Custody and Control Form. The second collection should be performed by Direct Observation.

b) Unacceptable volume with Acceptable temperature – Submit this specimen to the testing Laboratory as proof of its collection. Document in the “remarks” section of the Custody and Control Form – Quantity NOT Sufficient / Temperature acceptable – Do NOT test this specimen. The donor has 3 hours in which to provide an acceptable urine specimen. The Collector initiates the “Shy Bladder” procedure – the donor is allowed to drink no more than 40 ounces of fluid over the 3 hour period. If the donor is unable to produce a urine specimen after 3 hours, the Collector must contact the donor’s Designated Representative for instructions on whether to continue or discontinue the collection process.

16) Collector signs the Custody and Control Form, receiving the specimen from the donor –
Step 4 (Chain of Custody).
17) The Collector dates the security seals.
18) The donor initials the security seals. (The Collector verifies the correct donor initials are indicated on the seals).
19) The Collector pours 15 mL of the urine specimen into one bottle and 30 mL of urine into the second bottle.
20) The Collector immediately places the security seals over the urine specimen bottle lids
   (“A” seal over the bottle containing 30 mL of urine and “B” seal over the bottle containing 15 mL of urine).
21) The Collector instructs the donor to read and sign the certification statement at Step 5 on the “pink” copy of the Custody and Control Form and fill out all required information. If the donor refuses to sign the certification statement, the collector should print the donors name in the space provided and document in the “remarks” section that the donor refused to sign. The collector must not sign the certification statement for the donor. Proceed to complete the collection.
22) The Collector reviews the Drug Testing Custody and Control Form for completeness.
23) Copy 1 “white copy” of the Custody and Control Form is submitted to the laboratory along with the urine specimen.
24) The “green” copy is given to the Program Administrator.
25) The “pink” copy is forwarded to the Medical Review Officer.

10% Penalty Table
The number of scheduled contests for each sport may vary from year to year. The numbers listed here are based on Stony Brook University scheduled contests for 2014-15. **Penalties will be based on actual 2015-16 scheduled contests at time of positive test.**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Number of Contests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball (56)</td>
<td>6 games</td>
</tr>
<tr>
<td>Men’s Basketball (29)</td>
<td>3 games</td>
</tr>
<tr>
<td>Women’s Basketball (29)</td>
<td>3 games</td>
</tr>
<tr>
<td>Men’s Cross Country (7)</td>
<td>1 date of competition</td>
</tr>
<tr>
<td>Women’s Cross Country (7)</td>
<td>1 date of competition</td>
</tr>
<tr>
<td>Football (12)</td>
<td>1 game</td>
</tr>
<tr>
<td>Men’s Lacrosse (17)</td>
<td>2 dates of competition</td>
</tr>
<tr>
<td>Women’s Lacrosse (17)</td>
<td>2 dates of competition</td>
</tr>
<tr>
<td>Men’s Soccer (20)</td>
<td>2 games</td>
</tr>
<tr>
<td>Women’s Soccer (20)</td>
<td>2 games</td>
</tr>
<tr>
<td>Softball (56)</td>
<td>6 games</td>
</tr>
<tr>
<td>Men’s Swimming and Diving (11)</td>
<td>1 date of competition</td>
</tr>
<tr>
<td>Women’s Swimming and Diving (11)</td>
<td>1 date of competition</td>
</tr>
<tr>
<td>Men’s Tennis (25)</td>
<td>3 dates of competition</td>
</tr>
<tr>
<td>Women’s Tennis (25)</td>
<td>3 dates of competition</td>
</tr>
<tr>
<td>Men’s Track &amp; Field (18)</td>
<td>2 dates of competition</td>
</tr>
<tr>
<td>Women’s Track &amp; Field (18)</td>
<td>2 dates of competition</td>
</tr>
<tr>
<td>Volleyball (28)</td>
<td>3 dates of competition</td>
</tr>
</tbody>
</table>

50% Penalty Table
The number of scheduled contests for each sport may vary from year to year. The numbers listed here are based on Stony Brook University scheduled contests for 2014-15. **Penalties will be based on actual 2015-16 scheduled contests at the time of the positive test.**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Number of Contests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball (56)</td>
<td>28 games</td>
</tr>
<tr>
<td>Men’s Basketball (29)</td>
<td>15 games</td>
</tr>
<tr>
<td>Women’s Basketball (29)</td>
<td>15 games</td>
</tr>
<tr>
<td>Men’s Cross Country (7)</td>
<td>4 dates of competition</td>
</tr>
<tr>
<td>Women’s Cross Country (7)</td>
<td>4 dates of competition</td>
</tr>
<tr>
<td>Football (12)</td>
<td>6 games</td>
</tr>
<tr>
<td>Men’s Lacrosse (17)</td>
<td>9 dates of competition</td>
</tr>
<tr>
<td>Women’s Lacrosse (17)</td>
<td>9 dates of competition</td>
</tr>
<tr>
<td>Men’s Soccer (20)</td>
<td>10 games</td>
</tr>
<tr>
<td>Women’s Soccer (20)</td>
<td>10 games</td>
</tr>
<tr>
<td>Softball (56)</td>
<td>28 games</td>
</tr>
<tr>
<td>Men’s Swimming and Diving (11)</td>
<td>6 dates of competition</td>
</tr>
<tr>
<td>Women’s Swimming and Diving (11)</td>
<td>6 dates of competition</td>
</tr>
<tr>
<td>Men’s Tennis (25)</td>
<td>13 dates of competition</td>
</tr>
<tr>
<td>Women’s Tennis (25)</td>
<td>13 dates of competition</td>
</tr>
<tr>
<td>Sport</td>
<td>Dates of Competition</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Men’s Track &amp; Field (18)</td>
<td>9</td>
</tr>
<tr>
<td>Women’s Track &amp; Field (18)</td>
<td>9</td>
</tr>
<tr>
<td>Volleyball (28)</td>
<td>14</td>
</tr>
</tbody>
</table>
Dear Student-Athlete & Parent/Guardian,

On behalf of the Stony Brook University Department of Athletics, I would like to inform you of the athletic insurance provided for all participants on SBU intercollegiate athletic teams. It is essential that all policies and procedures are followed in order for any claims to be processed. Delay in payment and/or loss of coverage may result if these guidelines are not followed. Please review this document carefully.

**Type of coverage**

The Stony Brook University Department of Athletics provides an *Excess (Secondary) Policy* for its student-athletes. Whenever a student-athlete is referred for health care services related to a covered athletic injury or condition, the athlete’s personal health insurance must be used as the primary financial coverage. Following this primary insurance settlement, the Athletic Department will assume co-payment responsibility for the unpaid portion of the claim. **Student-athlete medical expenses are not "automatically taken care of" by the Athletic Department or the University.** Student-athletes who do not comply with these procedures put themselves and their families at a serious financial risk, which may jeopardize their credit rating.

**About the Athletic Accident Insurance Policy**

1. The policy only covers intercollegiate athletic injuries, which occur during participation in coach supervised intercollegiate activities (i.e. practice, games, and travel);
2. The policy **DOES NOT** cover general illnesses; SBU assumes no responsibility whatsoever for any non-athletic related medical expenses including illnesses/conditions and/or non-athletic injuries.
3. All off-campus medical referrals (i.e. physical therapy, diagnostic tests, doctor appointments, etc) must have prior approval from the SBU Sports Medicine Staff, before reimbursement is considered;
4. Please notify SBU Sports Medicine Staff of any policy changes or cancellations. Failure to do so will void secondary athletics insurance coverage.
5. If you choose to go outside the Stony Brook Sports Medicine network for medical evaluation or surgery the physician must be in network with the student-athlete’s primary insurance or the secondary coverage will be void.
6. Dental injuries **ARE NOT** covered if the sport requires that a mouth guard be worn and the student-athlete was not wearing one properly at the time of the injury.

**Procedures to Follow When an Injury Occurs**

If any of the following procedures are not followed, the SBU Department of Athletics will **not** be responsible for any charges incurred due to examination and/or treatment:

1. All athletic injuries must be reported to the SBU Sports Medicine Staff within one day of occurrence;
2. The SBU Sports Medicine Staff will coordinate all medical referrals;
3. **All bills must first be submitted to the student-athletes primary carrier.** SBU Athletics insurance information will be provided to the provider for his/her office to submit to once primary insurance has been processed. In the event the office does not/will not submit to secondary, it is your responsibility to submit any outstanding itemized bills, Explanation of Benefits (EOB’s), and/or letter of denial to your respective athletic trainer.
4. **Any costs incurred for visits that are not reported to the SBU Sports Medicine Staff are YOUR RESPONSIBILITY**
5. If seeking a second opinion, you must first inform your Athletic Trainer. Secondly, ensure that the provider (doctor AND facility) accepts your insurance and is in-network prior to obtaining any and all services from them.
Exclusions to Secondary Insurance coverage

The Stony Brook Athletics Department secondary medical insurance policy will not apply to the situations indicated below. Please note this list is not all-inclusive.

1. Injuries/illnesses that are not the direct result of a covered event, including but not limited to: pre-existing injuries, injuries that are a result of intramural, club sports, and recreational activities, and injuries incurred after completion of the student-athlete’s intercollegiate athletic eligibility.
2. Doctor office visits and testing that are required for an injury/illness that is not the direct result of a covered event, pre-existing injury/illness, or a congenital illness.
3. Benefits for a loss resulting from being intoxicated or under the influence of a narcotics unless it is administered on the advice of a doctor.
4. Benefits for a loss resulting from participation in a scheduled competitive event by a person who has not been medically cleared to participate by Stony Brook Sports Medicine Staff.
5. Cosmetic surgery or procedures unless directly related to an athletics related injury, with the exclusion of tissue avulsion from piercings.
6. Hospital room & board charges in excess of the semi-private room rate unless hospitalized in an intensive care.
7. Second opinions not approved by the Stony Brook Sports Medicine.
8. Injuries / illnesses that are recurrences of old injuries/ illnesses which were sustained before participation in the intercollegiate sports program
9. Expenses for athletic injuries incurred after completion of the student-athlete’s intercollegiate athletic eligibility
10. Medical expenses beyond the limitations and exclusion of, or not covered by the Limited Accident Ins. Program

The NCAA’s Catastrophic Injury Insurance Program covers student-athletes who are catastrophically injured while participating in a covered intercollegiate athletic activity (subject to all policy terms and conditions). The policy is supplemental coverage in the event of a catastrophic injury. More information can be found at www.ncaa.org.

**Important Notes:**

1. Every semester you must waive or enroll in the Stony Brook University student health insurance plan on your SOLAR account;
2. Notify your insurance carrier once you/your child becomes age 19 as a full time student status.
   a. You can obtain student verification through your SOLAR account if needed for insurance purposes.
3. If you are not from the Long Island area (Suffolk/Nassau County), please check with your insurance provider to determine whether the student is available for benefits/coverage while at school. Some insurance plans may have an out of state option to enroll in. They should guide and inform you of what options are available in order to receive your maximum benefits and avoid unnecessary delays in access to medical services.
   a. If the student-athlete is covered by an HMO or other Managed Health Care plan, you should contact your employer’s benefits provider or your insurance company and notify the carrier that your son or daughter will be enrolled as a full-time student at SBU.
   b. Request “Guest privileges” or “Away from Home Care” while enrolled as a full-time student at SBU, including identifying a primary care physician (PCP) within the Stony Brook area, who is within your network or will be considered to be in your network.
   c. If your insurance cannot locate a PCP within our area, (zip codes 11790, 11733, or any others in a 5mi radius of campus) request that your insurance carrier submit to you in writing that they will pay the maximum benefits allowed for services provided as they would have if they provided your son or daughter with a PCP in this area.

All questions or correspondence should be addressed to:

Stony Brook Sports Medicine
Stony Brook University
Indoor Sports Complex
Stony Brook, NY 11794-3500

Phone: (631) 632-6448
Fax: (631) 632-3231
Athletes generally expect that those who are responsible for the conduct of sport will take reasonable precautions to minimize risk, and that their peers participating in the sport will not intentionally inflict injury upon them. However, I also understand that my participation in sport requires my personal awareness and acceptance of the risk of injury.

I understand that participation in intercollegiate athletics at Stony Brook University (SBU) may result in injury or illness, permanent physical or mental impairment, or even death. Those injuries may be minor or may be career or life threatening. I understand that SBU cannot be held responsible for any injuries or conditions that may be caused by the actions of other athletes or teams. I also understand that injuries may be caused by my own failure to follow safety procedures or techniques which are made known to me by my coaching staff, the sports medicine staff, the strength and condition personnel, or which are otherwise known to me from any other source, including but not limited to, the medical personnel of the University.

I have read the above shared responsibility statement. I understand that there are certain inherent risks involved in participating in intercollegiate athletics. I acknowledge the fact that these risks exist; am willing to assume responsibility for any and all such risks while participating in Intercollegiate Athletics at Stony Brook; and hereby release SUNY, Stony Brook University and the State of New York from any and all liability arising from my voluntary participation in sport. I also agree as follows:

A. I voluntarily assume all risks associated with my participation in intercollegiate athletics.

B. I agree that SBU and its personnel are not to be held responsible for any pre-existing medical condition(s) that I may have.

C. I understand that having passed the physical examination does not necessarily mean that I am physically qualified to participate in intercollegiate athletics at SBU, but only that the evaluator did not find a medical reason to disqualify me at the time of the physical examination.

D. I understand that I must refrain from practice while injured or ill, whether or not I am receiving medical care. When under medical care, I may not return to participation until I have been given permission, based on an independent exercise of professional judgment by the attending team physician(s) or his/her designate, after review of my condition and fitness for the rigors of my sport. This may occur during or at the conclusion of medical treatment(s).

E. I understand and agree that if I experience an injury/illness or change in my health status it is my responsibility to inform my head coach and the sports medicine staff to adhere to the established injury management guidelines, which include total rehabilitation and reassessment(s) before I am released to return to full participation.

F. This obligation to inform the Sports Medicine Staff includes any direct or indirect hit to my head that causes a headache, dizziness, confusion, or any other symptoms. I will review the NCAA education materials on Concussion so I am familiar with concussion symptoms. If I am diagnosed with a concussion, I acknowledge that it is an essential part of my treatment plan after a concussion to honestly report any symptoms that may still be present. Failure to do so may lead to an increased risk for another concussion, a more severe injury which could lead to my death, or permanent negative effects on my brain function.

G. I hereby authorize any/all pertinent medical information regarding injury or illness that I may experience, to be freely communicated between SBU Student Health Service medical staff and the SBU sports medicine staff. I understand that my refusal to authorize this transmittal will result in an automatic HOLD on my Athletic Physical.

H. I understand that I must wear the proper equipment as dictated by the rules of the sport. I may also have to wear padding or braces as indicated by the sports medicine staff or medical personnel. I understand that failure to do so may put me at risk for further injury.

I. I understand that the Director of Athletics, or designee, may notify in appropriate circumstances, my parent/legal guardian of serious injury or positive drug test results.