Indiana University South Bend Drug Testing Policy
All student-athletes are advised that it is the policy of the IU South Bend Department of Athletics that **NO ATHLETE WILL USE ANY ILLICIT OR SPORT ENHANCING SUBSTANCES, NOR WILL ANY ATHLETE ABUSE PRESCRIBED MEDICATIONS, ALCOHOL, OR USE TOBACCO SUBSTANCES.**

The mission of the Athletic Department is to aid each student-athlete to develop to his or her fullest potential, both physically and mentally, and promote fair play. The evidence of the harmful effects of drugs is clear; may impair performance and restrict emotional and physical growth; also may result in a high rate of physical injury; therefore, in order to discourage drug abuse and to aid our athletes in achieving their potential the Athletic Department has implemented the following drug testing policy.

This policy had been adopted by the IU South Bend Faculty Athletics Committee and is administered by the Athletic Department. The IU South Bend Athletic Department reserves the right to make changes to this policy as needed.

**DRUG TESTING PROCEDURES**

- The athletic department has instituted a program of testing for “street”/illicit/sport enhancing substances. It is a condition for participation in the intercollegiate athletic program at IU South Bend that each student-athlete agrees to take these tests. Substance abuse can result in serious consequences and yet risks are seldom recognized by victims before serious physical and emotional damage has occurred.

- Student-athletes who will be randomly selected for testing include those receiving financial aid (including summer school and fifth year aid) during the calendar year (includes summer sessions) and/or any student who is on a roster during the calendar year (includes summer sessions.)

- A student-athlete may be subject to testing at any time. This includes demonstration of physical impairment, behaviors that would be consistent with drug abuse, or when there is reasonable cause to suspect an individual(s) is or has been engaged in the use of banned substances.

- Names of those student-athletes randomly selected for drug testing will be given to the head athletic trainer. Athletic trainer is expected to call each student-athlete or speak directly to the student-athlete in person or by phone, to notify the student-athlete of the date and time of the test. The student-athlete will then need to sign a drug testing notification form.

- Failure for the student-athlete to appear at the designated time will result in a positive drug test. Also arriving more than 15 minutes late will be counted as a missed test. It will be the student-athlete’s responsibility to contact Steve Bruce, to arrange to have a drug test administered. The student-athlete will not be able to participate in athletic related
 activities until this test is administered. The test will be administered by a certified athletic trainer.

- Manipulation of urine samples is regarded as a positive test. The use of methods and substances to alter the integrity/validity of urine samples is detectable and forbidden. If a urine test comes back dilute, the testing company will automatically run another specialized test for dilute samples (for an extra cost). If that test comes back positive, the cost of that test will be at the student-athletes expense. Any evidence of tampering will be treated as a positive test.

- Student-athlete is responsible to inform Kara Werner-Sanders, Head Athletic Trainer, of any banned drugs that are prescribed by a physician prior the beginning of the school year, and prior to being drug tested. Student-athlete must have proper documentation from a physician as to the drug being taken and the reasons for use. This documentation must be presented to Head Athletic Trainer upon enrollment to IU South Bend, and will be kept on file. Upon every new school year new documentation must be presented.

- Dietary supplements are not banned per se, but it must be understood that many of these “supplements” contain substances that are banned. Substances such as Ephedra, ephedrine, ginseng, and other stimulants are commonly found in dietary supplements and will show up positive in a drug screen. **IU South Bend does not advocate, condone or finance the use of supplements. Supplements are not approved by the FDA and their contents may contain substances that are banned by IU South Bend drug testing policies. Student-athletes are encouraged NOT to take unapproved supplements and doing so is at your own risk. The team physician or team athletic trainer should always be consulted before taking any dietary supplementation.**

- Upon verifying and confirming a positive test result the Head Athletic Trainer will notify the Athletic Director. The Athletic Director will then notify the appropriate administrative staff, head coach, student-athlete, and in appropriate circumstances, the student-athlete’s parents (or legal guardian) of a positive test result and the consequences.

1. Member institutions of the NAIA are given the responsibility to develop their own institutional procedures dealing with drug abuse or the use of banned substances. As a member of the NAIA IU South Bend has decided to use the NCAA drug testing protocol and the NCAA banned substances list.
2. The student-athlete shall sign a consent form to be tested for the use of drugs banned by the NCAA. Failure to sign this form shall result in the student-athlete being ineligible for intercollegiate competition.
3. A student-athlete is subject to be tested randomly during their enrollment at IU South Bend by the IU South Bend Athletic Department. A student-athlete is also subject to be tested if there is probable cause.
4. If a student-athlete is taking any banned substances due to medical reasons, this must be cleared through the Head Athletic Trainer, and the Athletic Director.

If the IU South Bend tests you for the banned drugs listed in NCAA Bylaw 31.2.3.1 and you test positive and then test positive again (in the same year) for use of any drug other than a “street
drug”; (as defined in Bylaw 31.2.3.1), after your eligibility has been restored, you will lose all remaining regular season and post season eligibility in all sports.

If you test positive for the use of a “street drug” (in the same year) after being restored to eligibility, you shall be charged with the loss of one season of competition in all sports and shall remain ineligible for regular season and post season competition at least throughout the next calendar year. (Bylaw 18.4.1.5.1)

The NCAA bans the following classes of drugs:

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

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

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient. IU South Bend also bans the use of any Tobacco Products.

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); methylhexanamine, etc. **exceptions:** phenylephrine and pseudoephedrine are not banned.

**Anabolic Agents** – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)
boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; 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); triamterene; trichlormethiazide; etc.

**Street Drugs**: heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. 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.

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

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

The National Collegiate Athletic Association
Disciplinarian Actions for Substance Abuse

All Disciplinary actions listed below are a minimum and are at the discretion of the Coach and Athletic Director

1st Offense
A student-athlete who is found to have utilized or is in possession of a substance on the list of NCAA banned drugs, (Bylaw 31.2.3.1) may be declared ineligible for participation in regular and post season competition as outlined below.

1. 20% of scheduled contests (excluding scrimmages) in the traditional season or a minimum of two contests (whichever number is greater). Only contests against outside competition in the traditional season are countable (excluding scrimmages and exhibition contests).
2. Athlete will be mandated to a yearly drug test until the end of their IU South Bend athletic career.

Contest ineligibility will be carried over to the following eligibility year if criteria for suspension are not finished in that sport season.

Before eligibility is restored, the student-athlete must complete the following:
1. Assessment of drug use by a counselor.
2. Agreement to allow IU South Bend the option to test for drug use at the student-athlete’s expense.
3. Retest negative on that drug test

2nd Offense
A student-athlete who is found to have utilized or is in possession of a substance on the NCAA list of banned drugs may be declared ineligible for all of the regular season and post season during the time period ending one calendar year (365 days). The student- athlete will 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 (Bylaw 18.4.1.5.1 NCAA duration of ineligibility).

1. Drug counseling is required before reinstatement of eligibility.
2. Agreement to allow IU South Bend the option to test for drug use at the student-athlete’s expense.
3. Retest negative on that drug test

3rd Offense
A student-athlete who is found to have utilized or is in possession of a substance on the NCAA list of banned drugs will result in suspension from all future athletic competition, and removal from the athletic team immediately and revocation of athletic scholarships at the semesters end.

Positive Test for Performance Enhancing Drugs
If the student-athlete tests positive for a performance enhancing drug (i.e. anabolic steroids) on an IU South Bend drug test, they will be penalized with sanctions consistent with NCAA penalties for performance enhancing drugs. The student-athlete will be ineligible from all pre-
season, regular and post-season competition for 1 calendar year (365 days) from the time of their positive test. The student-athlete must undergo mandatory counseling and/or enter a treatment program as directed by the IU South Bend Counselor and Athletic Director. The student-athlete must have a negative drug test to be considered for re-instatement. A scholarship may not be renewed if the student-athlete tests positive for performance enhancing drugs. The final disposition of such cases will be at the discretion of the Athletic Director.

**Appeals of a positive test result**
A letter of request for an appeal must be made in writing with a statement of reason for appeal and given to the Athletic Director within 7 days of the notification of a positive test. Appeals to restore a student-athlete’s eligibility shall be directed to the drug testing appeals board, made up of Faculty Athletic Representative, Faculty Athletics Committee Chair, Assistant Athletic Director, and Head Athletic Trainer.

Appeals board will hear the appeal; the student-athlete may bring an advisor to the hearing. The appeals board will give a decision to the Athletics Director within 24 hours of the hearing.

The student-athlete may appeal on any grounds including a "no fault" argument. That is, that the athlete did not know and could not reasonably have discovered or suspected that they were administered or took a banned substance. On appeal, the athlete will have the burden of establishing his or her defense by clear and convincing evidence.

**Rehabilitation**
The length and extent of any rehabilitation program will be at the discretion of the drug counselor, athletic director, and sports medicine staff, depending on the nature of the substance abuse and each individual situation.

**Confidentiality**
IU South Bend recognizes the confidential nature of information received in the administration of this drug testing policy, and will make every effort to maintain the confidentiality of such information.

Revised 06/2017
Indiana University South Bend  
Department of Intercollegiate Athletics  
Drug Testing Notification

Student Athlete Name: ________________________   Sport: __________

You are among those student-athletes randomly selected for drug testing this week. You should report as follows:

Date:

Time:

Place: Student Activities Center Athletic Training Room

**PROCEDURE:** Drug testing involves collection of a urine sample and the entire procedure will involve a minimum of about 30 minutes. If you are not able to produce a satisfactory sample during the testing period, you will be retained in the athletic training room until you do produce a sample, or 10:30 a.m. whichever occurs first.

**FAILURE TO APPEAR:**

No class excuse will be issued by the athletic training room or academic services, so plan to be tested early if you have a class.

The penalty for failure to appear initially at the Student Activities Center during the designated day and time of testing will result in a recorded **POSITIVE TEST RESULT** and will make you immediately ineligible for participation in all athletically related activity until you report to Steve Bruce. Where he will determine the location and have certified athletic trainer complete the drug testing procedure.

**REMINDER:** All recorded **POSITIVE TEST RESULTS** are cumulative throughout your career.

**POSITIVE TEST RESULT:**

All **POSITIVE TEST RESULTS**, whether true chemical positives, or the result of failure to appear for scheduled testing, will result in suspension as dictated by the Student-athlete Handbook. If you have further questions, please refer to your complete Drug Testing Policy in your Student-athlete Handbook, or call any of the individuals listed below:

Kara Werner-Sanders MAC, LAT, ATC, CSCS……574-520-4283  
Steve Bruce, Athletic Director ..............................574-520-5084

Your cooperation in the drug testing program is appreciated.

Student-Athlete Signature ___________________________ Date: ___________________________