

# Connecticut State University Drug Education & Screening Policy Program for Student-Athletes

2009-2010



## Western Connecticut State University



## **RATIONAL FOR DRUG TESTING OUR ATHLETES**

The Connecticut State University is committed to providing and maintaining an environment that will enhance the growth and well being of all students participating in intercollegiate athletic programs. Student-athletes occupy a special position in the University community and are subject to demands not made upon most other students.

- Athletes must maintain a high degree of physical fitness and alertness to perform to their peak athletic potential
- Athletes must conform to the highest standards of ethical behavior because of their visibility as representatives of the University
- Athletes must be prepared to be regarded as role models not only by their peers, but also by unknown others.
- Because contemporary American society is presently in the grip of a complex scourge of abuse and misuse of drugs and alcohol, and because student-athletes are representative of the society at-large, the Connecticut State University deems it essential that student-athletes not only exist in a drug-free environment but also learn responsible behavior regarding alcohol use.

## **EDUCATIONAL PROGRAMS**

Attendance and participation in scheduled educational programs will be a condition of continuing as a member of a University athletic team. It is the intention of the Connecticut State University that all students (including athletes, athletic training students and managers) will participate in an education program designed to:

- acquaint them with the risks and hazards associated with the use of alcohol and street and performance-enhancing drugs
- identify community and university resources available to assist student-athletes should they experience problems of drug and/or alcohol abuse
- provide athletes with the tools necessary to live a life free from the problems associated with drug and/or alcohol abuse.

## **DRUG TESTING PROGRAMS: What Will You Be Tested For?**

The Connecticut State University's program of drug testing for student-athletes is designed to enhance and safeguard their overall health and well-being by determining, through random testing and through testing based upon individualized reasonable suspicion, those individuals who are in need of assistance because of a possible reliance on addictive substances. The drugs and supplements for which testing may be conducted include, but are not limited to:

1. "Street drugs," including amphetamines, ecstasy (MDMA), barbiturates, benzodiazepines, cannabinoids (marijuana), cocaine, methaqualone, opiates, and phencyclidine (PCP);
2. "Performance enhancing drugs" including anabolic steroids, including oxymetholone, methandrostenolone, oxandrolone, ethylstrenol, stanozolol, and nandrolone; and
3. Nutritional supplements, including androstenedione, androstenediol, norandrostenedione , norandrostenediol, DHEA, ephedrine and other supplements banned by NCAA. Although these supplements may be purchased legally, they are banned by the NCAA and other athletic governing bodies.

The Connecticut State University Drug Education and Screening Policy and Program are a University program, which is separate and distinct from the NCAA testing program. All student-athletes are subject to testing by the University and/or the NCAA.

## Procedures for Drug Testing

The University's drug-testing program is composed of three different testing regimes for student athletes:

- I. a random testing program
- II. "probable cause" drug-testing and
- III. testing of student-athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA.

## RANDOM DRUG TESTING : How Does It Work At WCSU

- A random list of student-athletes' names will be generated on a regular basis.
- Student-Athletes will be contacted by the University Drug Testing Administrator and will be required to be present at the drug-testing facility at the assigned time.
- \*\*A student-athlete is subject to random testing at ANY time of the calendar year if he/she is currently on an official roster of an NCAA intercollegiate athletic team.

## PROBABLE CAUSE: Testing: How Does It Work t WCSU

- Probable Cause testing is performed after the identification of possible drug users or an individualized reasonable suspicion that is based on observations of certain symptoms (that an individual is using either "street" or "performance enhancing" drugs).
- Probable cause determination: by a coach/athletic trainer or student who identifies symptoms in a student-athlete which indicates possible drug use.
- The student athlete must be informed of the reasons for such testing procedures prior to being tested.

## CHAMPIONSHIP/BOWL CONTEST Testing:

- NCAA will randomly test student-athletes during a championship event or bowl contest.

# Drug Screening Protocol

*WCSU has contracted with Drug Free Sports to be the qualified testing company the university. With over 20 years of experience and 45 universities as clients, Drug Free Sport handles all collection with confidentiality and security.*

1.

Randomly selected students will be notified 24 hours in advance with information of the time and location of the mandated testing scheduled.

2.

Student-athlete will proceed to testing site where a log # will be assigned. All communication will refer to the log # in order to ensure security and protect confidentiality. The student-athlete will sign the custody log verifying the number assigned and list any prescription/non-prescription medicines currently being taken by him/her and/or any pertinent medical history.

**REMEMBER YOUR WCSU ID**

3.

Student-athlete will select a urine specimen bottle and then provide a urine specimen under the direct supervision of a member of the lab's screening staff.

4.

The specimen collected from the student-athlete will be split into 2 samples "A" and "B" at the time of collection. The student-athlete will be provided a security tape and will seal the bottles, write his/her log # on the security tapes and place the specimen in the courier case.

5.

The testing lab will test specimen "A" using an immunoassay technique. If by this test a urine sample is found to contain any of the drugs mentioned, other street drugs or performance-enhancing substances, a second test will be performed. If this test is positive, specimen "B" will be retained for possible later evaluation.

# WHAT HAPPENS NEXT?

- Screening results will be reported by the testing lab to the Drug Free Sports Administrator within 24 to 48 hours of obtaining test results.
- Drug Free Sports will immediately report the results to the Athletics Director or designee.
- The student-athlete will be notified of test results by the Athletics Director. If no notification is provided within 7 days, the student may assume the test results were negative.

**DRUGS THAT WILL BE SCREENED FOR BY THE DRUG TEST**  
*(both Sports Panel & Full Anabolic Steroid Panel)*

Amphetamine/Methamphetamine	Cocaine Metabolite	Marijuana Metabolite	Opiates
Phencyclidine (PCP)	Benzodiazepines	Barbiturates	Ecstasy (MDA/MDMA)
Androstenedione	Boldenone	Clenbuterol	Dehydrochloromethyl-testosterone
Dehydroepiandrosterone (DHEA)	Dihydrotestosterone (DHT)	Dromostanolone	Fluoxymesterone
Methandienone	Methenolone	Methyltestosterone	Norandrostenediol
Norandrostenedione	Nandrolone	Oxandrolone	Oxymesterone
Oxymesterone	Oxymetholone	Stanozolol	Testosterone
Other related compounds			

## Can I “beat” the test?

Here are some examples of things that people have done to try to beat the drug test  
That HAVE NOT worked.

Drinking lots of water	Drink cranberry or other fruit juices	Drink pickle juice
Force frequent urination	Drink Vinegar	Excessive exercise
Shave your scalp	Take diuretics	Take aspirin
Place ammonia in sample	Place bleach in sample	Place Drano in sample
Place juice in sample	Place Visine in sample	Over consumption of protein, fat, and/or carbohydrates

## What happens if I test positive?

The goal of the testing is to identify student-athletes who are using drugs and to make competition fair. The purpose of the sanctions is educational rather than punitive. The sanction(s) are **not** to be viewed as retribution against the athlete. They are meant to help the athlete stop using the substance and become free of the harmful effects of drugs.

### Pre-Sanction Appeal:

- Upon the first- positive test, student athlete will have a five (5) day window in which to appeal the test result.
- This appeal consists of a request that the specimen “B” be tested at the lab at the expense of the University. If the result of testing specimen “B” is negative, no action will be taken from the university.
- Even if the student has been a part of an early random sample, that student athlete can be selected again regardless of test results.

## **Sanctions: Testing Positive for “Street Drugs”**

### **First Positive Test: Tier One**

1. If the student-athlete does not wish to appeal (see Pre-Sanction Appeals), that student-athlete will be required to participate in an education and assessment program, and will not be allowed to participate in practice or competition for a period of fourteen (14) days.
2. The student-athlete may be retested up to a maximum of three (3) times within ninety (90) days.
3. If the student-athlete retests positive for the same drug or tests positive on a separate random sample at any time during their time at WCSU, they will automatically be entered into Tier II.
4. If, at any time during this ninety (90) day period, the student-athlete refuses to complete any sanctions or educational programming, sanctions equal to those in Tier II will be administered.

### **Second Positive Test: Tier Two**

1. Student athletes testing a second time for “street drugs” will be barred from practice/competition and participation for thirty (30) days.
2. Student-athletes must complete educational programming with the Prevention Coordinator as in Tier I.
3. Refusal by the student-athlete to complete sanctions and educational programming will automatically be placed in Tier III.

### **Third Positive Test: Tier Three**

1. If a student-athlete tests positive a third time for “street drugs” during his/her career at WCSU, he/she will be permanently barred from practice and competition in his/her sport and any other athletic sponsored event including intramurals.
2. The University will continue to offer medical, educational and counseling services for the student-athlete during their time at WCSU.
3. Prior to the application of this sanction, the student-athlete has five (5) days to request a meeting with the Athletic Director to defend why this sanction should not be applied. The student-athlete has the right to bring a representative to this meeting.

## **Sanctions: Testing Positive for “Performance Enhancing Drugs”**

Educational program will be conducted throughout the academic year. Initial testing will begin thirty (30) days following the initial education program.

## **First Positive Test: Tier One**

1. A student-athlete that tests positive for the presence of anabolic or other steroids or other performance enhancers shall be barred from competing in university sponsored athletic events including intramurals for sixty (60) days.
2. The student-athlete will also be required to participate in education and/or counseling programming with the Prevention Coordinator.

## **Second Positive Test: Tier Two**

1. The student-athlete testing positive a second time for steroids or other performance enhancers at any time during their career at WCSU will lose his/her grant in aid and will be permanently barred from practice and competition in his/her sport and any other athletic sponsored event including intramurals.
2. The University will continue to offer medical, educational and counseling services for the student-athlete during their time at WCSU.

## **Support Services for Substance Abuse Problems**

Counseling and support on campus and throughout the community are available. There are many agencies and self-help groups that can offer confidential assistance if you or someone you know has a problem with drugs or alcohol. You can contact the Substance Abuse Prevention Program at (203) 837-8898 or 8899. The Program maintains a listing of all on campus and community groups and agencies.

### **Contact Numbers:**

CHOICES Office (Substance Abuse Prevention)	
Sharon Guck, Coordinator	837-8899
Stan Watkins, Athletic Liason	837-8898
Leslie McQuilling	837-8897
Patrick Hull, Athletic Trainer	837-9032
Health Services	837-8593
Counseling Center	837-8690

AA Meetings (Alumni Hall, WCSU Midtown campus)  
Saturdays 11pm-12 am      Sundays 8-9pm

## **Conclusion**

All student-athletes should remember that the intent and purpose of this program is educational and preventative rather than punitive. It is designed to insure that all student-athletes will remain drug-free and will continue to enjoy the benefits of being student-athletes at WCSU. It is also intended to provide the assurance that student-athletes will continue to enjoy the mental and physical health and well being which is such an important consequence of participation in intercollegiate athletics

## Additional Resources

### **WebPages:**

<http://health.howstuffworks.com/athletic-drug-test.html>  
“How Performance– Enhancing Drugs Work”

<http://www.mayoclinic.com/health/performance-enhancing-drugs/HQ01105>  
“Performance-enhancing drugs: Dangerous, Damaging and Potentially Deadly”

Drug Free Sports  
[www.drugfreesports.com/resource-exchange.html](http://www.drugfreesports.com/resource-exchange.html)

Center for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

Norm  
[www.whoisnorm.com](http://www.whoisnorm.com)

Choices @ WCSU  
[www.wcsu.edu/choices](http://www.wcsu.edu/choices)

[www.ncaa.org](http://www.ncaa.org)  
[www.health.org](http://www.health.org)  
[www.steroidabuse.gov](http://www.steroidabuse.gov)