Overview
Substance abuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and supplements, use of performance-enhancing substances, misuse of alcohol and inappropriate use of tobacco are completely inconsistent with the standards expected of student-athletes at Concordia University Ann Arbor. Because of this belief, Concordia University Ann Arbor and the Athletic Department has chosen to take a strong and proactive stand against student-athlete use and/or involvement with alcohol, tobacco, performance enhancing and illicit drugs. Knowing the seriousness of drug abuse and how detrimental it is to an individual’s physical and mental wellbeing, the student-athlete’s health, safety and welfare are our first priority.

Every member of the athletic community is responsible for knowing the risks associated with substance use and abuse. Medically and socially, the risks can seriously interfere with an individual’s performance both as a student and as an athlete, and can endanger the wellbeing of their teammates. Therefore, student-athletes, coaches, and staff are obligated to know the relevant college policies, federal, state, and local laws and are obligated to conduct themselves in accordance with these policies and laws.

This Policy does not represent a contract between the student-athlete and Concordia University Ann Arbor, and is subject to change at any time without notice to the student-athlete. For the purposes of this Policy, “student-athlete” shall mean any Concordia University Ann Arbor student who participates in any Concordia University Ann Arbor Department of Athletics sanctioned sporting event and/or practice. Please note, this Policy represents the Concordia University Ann Arbor policy on substance use/abuse and testing. If the NAIA incorporates any future drug testing policies, each student-athlete will be subject to the NAIA testing programs, which is separate and distinct from this Policy.

Purpose
The intent of these policies is to prevent substance use and abuse by student-athletes through education, testing, and professional guidance.

- Education – providing student-athletes and athletics staff with accurate information about the problems associated with substance use in sport, promoting health and safety in sport: the Athletic Department carries the primary responsibility to provide this education;
- Testing – analyzing biological specimens to detect prohibited substances student-athletes may introduce to their bodies and punitive consequences resulting from use; and
- Professional Referral – facilitating appropriate treatment and rehabilitation of student-athletes.

Alcohol, Tobacco and Other Drug Education
Participants who are educated about substance use in sport are more likely to make informed and intelligent decisions about usage. Therefore, Concordia University Ann Arbor will conduct a drug education program at least once a year. These programs will be designed to review individual team, athletic department, institutional, conference and NAIA alcohol, tobacco and other drug policies. Each head coach is annually responsible to inform the Athletic Director before practice begins of team rules regarding these substances. Appropriate educational materials, including the Concordia University Ann Arbor Athletic Department Drug Education and Testing Policy as well as the list of banned substances, will be made available to all participants. All student-athletes and athletics staff members are required to attend the educational session unless prior arrangements have been made with the Director of Athletics or his/her designee. Make-up sessions are available for participants who must miss a scheduled educational session for an approved reason.

In addition to educating all parties about the various policies, a review of the institutional drug testing program requirements will be conducted. Sessions will include a review of NCAA/NAIA alcohol, tobacco and drug policies including the tobacco ban, list of banned drug classes and testing protocol. Nutritional supplements and their inherent risks will also be discussed. Time will be allowed for questions from participants. Educational programs may be specially arranged to provide participants the opportunity to learn more about specific dangers of substance use and abuse.
**Consent to Participate**

Conditional to participation in intercollegiate athletics at Concordia University Ann Arbor, each student-athlete will be required to sign a consent form agreeing to undergo drug testing and authorize release of test results in accordance with this Policy (See Forms 1.1). Failure to consent to or to comply with the requirements of this Policy may result in, suspension from practice and/or competition, or termination of eligibility to participate in intercollegiate athletics at Concordia University Ann Arbor. Each student-athlete will be provided with a copy of this policy (responsibility of head coach), will be required to participate in an informative session describing the alcohol, tobacco and other drug education and drug-testing policies (responsibility of Athletic Director). Additionally, student-athletes will be given an opportunity to ask any questions regarding the information contained in the policy, the testing program, or other related issues prior to signing the drug-testing consent form. A parental consent form is also provided and is required in the instance a student-athlete is under 18 years of age (See Forms 1.2).

Each head coach is responsible to have his/her athlete's sign the required consent form before any equipment is issued and before the athlete becomes involved in any practice. The consent forms are to be turned into the Head Athletic Trainer before the first practice. The Head Athletic Trainer will report any violations of this policy to the Athletic Director and the Executive Director of Student Services.

**Alcohol Policy**

Concordia University Ann Arbor does not condone the illegal or otherwise irresponsible use of alcohol. It is the responsibility of every member of the college community to know the risks associated with alcohol use and abuse. This responsibility obligates student-athletes to know relevant college policies and federal, state and local laws and to conduct themselves in accordance with these laws and policies. In addition, a "dry recruitment" policy exists. Prospective student-athletes visiting campus and socializing with current students are expected to participate in all activities without the influence of alcohol. It should be understood that possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of state liquor laws. Likewise, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21. The discovery of a violation of this alcohol policy will result in established judicial proceedings as outlined by the Concordia University Ann Arbor Student Handbook. Every coach is obligated to inform the Director of Athletics when the coach has information that the alcohol policy has been violated by a student-athlete and/or coach.

**Tobacco Policy**

Concordia University Ann Arbor prohibits the use of tobacco products by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use. Every coach is obligated to inform the Athletic Director when the coach has information that the tobacco policy has been violated by a student-athlete and/or coach.

**Other Prohibited Drugs/Substances**

The drug screening process may include analysis of, but is not limited to, the NCAA list of banned-drug classes, which can be found in Appendix B. The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. An updated listing of the NCAA banned-drug list can be found on the NCAA’s web site at nca.org. Other prohibited substances that Concordia University Ann Arbor may screen for include hallucinogens, opiates, barbiturates, tranquilizers, MDMA (Ecstasy) and flunitrazepam (Rohypnol). Concordia University Ann Arbor may test at detection cutoff levels which are lower than NCAA levels (e.g., marijuana will be confirmed at 5 ng/ml in the Concordia University Ann Arbor Policy). Concordia University Ann Arbor requires that all student-athletes keep the athletic training staff and/or team physician aware of any prescribed drugs and/or nutritional supplements that he or she may be taking (See Forms 1.3). Proper documentation, including recent prescription and office letter stating reason for prescription, from prescribing physician must be submitted to the Head Athletic Trainer prior to any drug test.
**Selected Types of Drug Testing at Concordia Ann Arbor**

**Unannounced Random Testing**
All student-athletes who have signed the institutional drug-testing consent form and are listed on the institutional squad list are subject to unannounced random testing.

Students listed on the NAIA or institutional squad list that have exhausted their eligibility or who have career-ending injuries will not be selected. Student-athletes will be selected for testing from the official institutional squad list by using a computerized random number program.

**Pre – Season Screening**
All current Concordia University Ann Arbor Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to their first competition.

**Reasonable Suspicion Screening**
A student-athlete may be subject to testing at any time when, in the judgment of the Executive Director of Student Services, the Director of Athletics or his/her designee, there is a reasonable belief to suspect the student-athlete is using or has used a prohibited substance. Such reasonable suspicion may be based on information presented to the Executive Director of Student Services or Director of Athletics or his/her designee by the Associate/Assistant Director of Athletics, Head Athletic Trainer, Assistant Athletic Trainer, Head Coach, Assistant Coach, Team Physician, Student Life Staff, or faculty member. Reasonable suspicion may be found, but not limited to 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs – not necessarily for profit, or 3) observed abnormal appearance, conduct or behavior that may cause someone to suspect the use or abuse of a banned substance. Examples of such abnormal appearance, conduct or behavior may include, but is not limited to the following: significant decline in academic or athletic performance, missing class, falling asleep in class, significant weight gain or loss, increased injury rate or illness, lethargy, agitation or nervousness, short temper, acts of violence, loss of friendships or legal involvement.

If suspected, the Executive Director of Student Services or Director of Athletics or his or her designee will meet with the student and will provide the participant with the student-athlete Drug Testing Notification Form (See Form 1.4). Once notified, the participant must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced. Note: The possession and/or use of illegal substances may be determined by means other than urinalysis. When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis.

**Qualifier Screening**
Concordia University Ann Arbor may drug test any student-athlete or team likely to qualify for NAIA championship competition. If a student-athlete tests positive he/she will not be allowed to participate in the NAIA event until the athlete subsequently has produced a negative test prior to departure for the event.

**Re-entry Testing**
A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended by Concordia University Ann Arbor will be required to undergo a re-entry drug test, at the student-athlete’s expense, prior to regaining eligibility. The Director of Athletics or his/her designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete’s case indicates that re-entry into the intercollegiate sports program is appropriate.

**Follow-up Testing**
A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Executive Director of Student Services in consultation with the Athletic Director or his/her designee in consultation with the counselor or specialist involved in the student-athlete’s case.
Notification and Reporting for Collections

The student-athlete will be notified of and scheduled for testing by the institution no more than 24 hours prior to the test. The athlete will be contacted by the Drug Testing Site Coordinator via phone call or direct contact and will be instructed to meet confidentially that day. In the meeting the Drug Testing Site Coordinator will notify the student-athlete they have been selected for drug testing. The Drug Testing Site Coordinator will also notify the student-athlete of the date and time to report to the collection station by and will have the student-athlete read and sign the Student-Athlete Drug Testing Notification Form (See Forms 1.4). If an athlete is selected for drug testing, the head coach of their sport will be notified by the Drug Testing Site Coordinator.

The Drug Testing Site Coordinator will be present in the collection station to certify the identity of student-athletes and will be responsible for security of the collection station. Student-athletes shall provide picture identification when entering the drug-testing station. The Drug Testing Site Coordinator must remain in the collection station until all student-athletes complete the collection process.

Specimen Collection Procedures

Confidential and proprietary information of The National Center for Drug Free Sport, Inc.

1. Only those persons authorized by the client representative and certified collector will be allowed in the collection room. The certified collector and client representative will determine the release of a selected student-athlete from the collection room prior to completing the specimen collection process.

2. Upon arrival, student-athlete will provide photo identification and/or a client representative will identify the student-athlete. The student-athlete will then print his/her name and arrival time on the Roster Sign-In Form.

3. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with collector and client representative to complete necessary information before proceeding with the specimen collection process.

4. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by a collector (same gender) to the restroom to provide a specimen. The student-athlete will place a unique barcode onto the beaker. And then rinse his/her hands with water and then dry hands.

5. The collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.

6. The student-athlete will be responsible for keeping the collection beaker closed and controlled.

7. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be free of any other banned substances.

8. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.

9. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the certified collector and client representative, specimen must be discarded.

10. Upon return to the collection room, the student-athlete will begin the collection procedure again.

11. Once an adequate volume specimen is provided; the collector will escort the student-student-athlete to the specimen processing table.

12. The specimen will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.

13. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the collector observing. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.

14. If the urine is concentrated (1.005 SG or higher), the specimen processor will record the specific gravity value on the CCF and then measure the urine’s pH If in range (4.5-7.5 inclusive), the specimen processor will record the pH value on the CCF in the appropriate area. If the student-athlete has a pH greater than 7.5 or less than 4.5, the specimen will be discarded by the student-athlete with the collector observing. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.

15. Once the specimen processor has determined the specimen has a specific gravity above 1.005 and a pH between 4.5 and 7.5 inclusive, the sample will be processed and sent to the laboratory.

16. If the laboratory determines that a student-athlete’s sample is inadequate for analysis, at the client’s discretion, another sample may be collected.

17. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the collector will collect another specimen from the student-athlete.
18. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the student-athlete will select a sample collection kit from a supply of such.

19. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic, and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).

20. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.

21. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.

22. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.

23. The student-athlete is then released by the collector.

24. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the “drugs of abuse” laboratory and one sample is placed in the shipping container for shipment to the “anabolic steroids” laboratory.

25. After the collection has been completed, the samples will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.

26. The samples become the property of the client.

27. If the student-athlete does not comply with the collection process, the collector will notify the client representative and Drug Free Sport.

Reporting Results
Urine samples will be collected and sent to an independent, SAMSHA approved or WADA certified laboratory for analysis. Each sample will be tested to determine if banned drugs are present. The Drug Testing Site Coordinator will receive notification of test results from a secure website. In the event of a positive drug test, the results will be made available to the Executive Director of Student Services and the Director of Athletics or his/her designee (e.g., institutional team physician, or Head Athletic Trainer).

A test result confirmed as positive by the laboratory does not automatically identify the student-athlete as having engaged in prohibited drug use. Each positive test result will therefore be reviewed by the Head Athletic Trainer who will determine if there is an acceptable explanation for the test result.

If the laboratory reports a specimen as substituted or adulterated, the student-athlete will be deemed to have refused to submit to testing.

All positive tests that are verified by the Head Athletic Trainer and all reports of specimen adulteration or substitution shall be reported to the Athletic Director or his/her designee, the student-athlete’s head coach, and the Executive Director of Student Services or his/her designee. The Director of Athletics or his/her designee will notify the student-athlete of the findings. In addition, the Director of Athletics will notify the student-athlete’s parent(s) and/or guardian(s) of the positive drug test. The test results for all student-athletes will remain confidential and will not be shared with any other individuals or parties besides the aforementioned necessary individuals.
Sanctions
Refusal to sign a consent form or refusal to participate in drug testing prohibits a student-athlete from participating in any intercollegiate sport at Concordia University Ann Arbor for one year. At the end of this one-year period, the athlete will be required to submit to a drug test at the athlete’s expense. If the athlete once again refuses to participate in the drug test, he/she will be permanently dismissed from the athletic program.

Any student-athlete who is found guilty of serious criminal misconduct (e.g., drug trafficking, driving while impaired resulting in serious injury or death) will not be permitted to participate in any intercollegiate sport at Concordia University Ann Arbor. All test results accumulate during the entire time that an individual is a student-athlete at Concordia University Ann Arbor. Any student-athlete who tests positive for a banned substance as described in this policy shall be subject to the following sanction:

First Offense
The student-athlete shall be suspended for 50% of his/her specific sport game schedule. If a positive drug test occurs at the end of the season of competition, the required number of games suspended will carry over to the next season. Example: If a basketball season is 30 games, an offending student-athlete will miss 15 games. If less than 15 games are remaining in the season when the positive test result took place, the student-athlete will begin the following season under suspension until a total of 15 games have been recorded.

The student-athlete will be required to attend a confidential meeting with the Athletic Director, the student-athlete’s coach, and the Executive Director of Student Services. The student-athlete will be asked to discuss the nature and extent of his or her involvement with prohibited drugs.

The Executive Director of Student Services shall determine the appropriate form(s) of intervention and counseling/rehabilitation needed by the student-athlete, based on the circumstances of the case. The student-athlete will not be permitted to return to participation in intercollegiate sports until he or she has complied with the directions for treatment. Treatment, counseling and rehabilitation costs are the responsibility of the student-athlete.

If the student-athlete regains his or her eligibility to participate in intercollegiate sports, he or she will be required to undergo unannounced follow-up testing.

Failing to comply with the directions for treatment or having a positive result on a reentry drug test will be deemed an additional offense for purposes of determining sanctions under this policy.

Second Offense
If a student-athlete tests positive a second time for the use of any banned substance, he/she shall lose all remaining regular and postseason eligibility in all sports at Concordia University Ann Arbor.

Appeals Process
Student-athletes who test positive under the terms of the Concordia University Ann Arbor Athletic Department Drug Testing Policy will be entitled to a hearing before the Appeals Committee. The Appeals Committee is appointed by the Director of Athletics or his/her designated person. The committee must include one faculty member, a CUAA Athletic Trainer, Director of Athletics or designated person, and the Executive Director of Student Services or designated person. Requests for such a hearing must be made to the Chair within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Chair. The student-athlete may have a coach, faculty or staff present as an advisor if the student so desires. However, the student-athlete must present his or her own case. The hearing should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or other parties involved may request an extension of this time to the Chair, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision of the committee regarding the sanction to be
imposed will be final.

A student-athlete who tests positive for a banned substance may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete’s request for additional testing of the sample, the Director of Athletics will formally request the laboratory retained by the University to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative. The athlete will be responsible for all costs associated with specimen B analysis (e.g., laboratory cost, travel costs).

Safe Harbor Program
A student-athlete eligible for the Concordia University Ann Arbor Safe Harbor Program may refer himself or herself to the Program for voluntary evaluation and counseling by contacting his/her head coach, Director of Athletics, or Head Athletic Trainer. A student is not eligible for the Program after he or she has been informed of an impending drug test or after having received a positive test result. A student-athlete may only utilize the safe harbor program once as a CUAA student-athlete.

Concordia University Ann Arbor will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. If the student tests positive for a banned substance upon entering the Safe Harbor Program, that positive test will not result in any administrative sanction unless the student tests positive in a subsequent retest or the student fails to comply with the treatment plan. (The team physician may suspend the student from play or practice if medically indicated). A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the Safe Harbor program thirty (30) days prior to conference postseason competition.

If a student-athlete tests positive for any banned substance after entering the Safe Harbor Program or fails to comply with the Safe Harbor treatment plan, the student will be removed from the Safe Harbor Program, an initial Safe Harbor positive test will be treated as a first positive and a subsequent positive as a second positive, subject the sanctions explained in this policy.

While in compliance with the Safe Harbor Program treatment plan, the student will not be included in the list of students eligible for random drug testing by Concordia University Ann Arbor.

The Director of Athletics, the Executive Director of Student Services, the Head Athletic Trainer, the Drug Testing Site Coordinator, the student-athlete’s Head Coach and the Team Physician will be informed of the student’s participation in the Safe Harbor Program. The athletic trainer assigned to that sport also may be notified, if medically appropriate. The assistant coach(es) also may be informed at the discretion of the head coach. Other Concordia University Ann Arbor employees may be informed only the extent necessary for the implementation of this Policy. By signing the attached consent form, the student-athlete acknowledges and agrees that a Concordia University Ann Arbor Athletic Department representative may notify student-athletes parents of a positive result.
Acknowledgement of Drug Education and Testing Policy

I acknowledge Concordia University Ann Arbor Department of Intercollegiate Athletics has adapted a Drug Testing Policy for student athletes effective January 1st, 2013. I have read and received a copy of Concordia University Ann Arbor’s Drug Testing Policy. I understand my obligation as a student athlete to abide by the Drug Testing Policy. I have attended drug and supplement education as a student athlete at Concordia University, and understand the harmful effects of drugs and supplements.

I understand there are consequences of a positive result on a drug test as stated in the Drug Testing Policy. Furthermore I am aware my eligibility for intercollegiate athletics at Concordia University Ann Arbor is contingent upon my compliance with the Drug Testing Policy.

I understand this form is not designed as consent to participate in drug testing; however a written statement that I may be subject to drug testing and understand the policy. I am aware that I shall receive a consent form when notified within twenty-four hours of being selected for drug testing.

<table>
<thead>
<tr>
<th>Student Athlete Name Printed</th>
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<tbody>
<tr>
<td>Date of Birth</td>
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<tr>
<td>Student Athlete Signature</td>
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<tr>
<td>Athletic Trainer Signature</td>
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<td>----------------</td>
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<tr>
<td>----------------</td>
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<tr>
<td>Athletic Director Signature</td>
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</tbody>
</table>
Parent / Guardian Consent for Minors

As the parent / legal guardian for a minor who is a student athlete at Concordia University - Ann Arbor, I have read and received a copy of the Concordia University - Ann Arbor Department of Intercollegiate Athletics Drug Testing and Education Policy. I fully understand the terms of the Drug Testing and Education Policy and agree to these conditions stated therein on behalf of my minor child. I understand my minor student athlete’s failure to comply with the drug testing policy may result in loss of season participation, loss of athletic scholarship, or permanent intercollegiate athletic ineligibility.

I, the parent / legal guardian, am also giving consent for my minor student-athlete to undergo drug testing should they be chosen while underage. I understand they will be notified 24 hours before their drug testing appointment that they have been selected and will receive written notification of the date, time, and location of drug testing. I understand the procedure for drug testing via urine sample as stated in the Drug Testing and Education Policy.

If I have any questions or concerns regarding the Drug Testing and Education Policy or related matters I will consult with my minor’s coach or Athletic Director.

Name of Student-Athlete

Sport(s)

Printed Name of Parent / Legal Guardian

Relationship to Student-Athlete

Signature of Parent / Legal Guardian

Date

Athletic Trainer Signature

Date

Athletic Director Signature

Date
Dietary Supplement Notification and Disclosure

Dietary Supplement is defined as vitamins, minerals, herbs, meal supplements, sports nutrition products, natural food supplements, and other related products used to boost the nutritional content of the diet.

*Initial each box below after reading the concurrent statement*

☐ I understand Concordia University Ann Arbor neither approves nor condones the use of dietary supplements as it is potentially dangerous to my health. I am aware there is no federal regulation of supplements and their ingredients, understanding labels may be misleading or inaccurate as to the actual ingredient content.

☐ I understand it is my responsibility to make sure a product does not contain any banned substances before I decide to take it. If I am unsure or have questions regarding a supplement I understand it is my right and responsibility to speak with the Concordia University Ann Arbor Head Athletic Trainer.

☐ I understand my eligibility to participate in intercollegiate athletics at Concordia University Ann Arbor is dependent upon my compliance with the drug testing policy. By taking the supplements listed below my eligibility may be compromised if I test positive for any banned substances.

Please check one of the following:

☐ I HAVE NEVER TAKEN A SUPPLEMENT or IT HAS BEEN GREATER THAN 6 MONTHS SINCE TAKING A SUPPLEMENT

☐ I HAVE TAKEN THE FOLLOWING SUPPLEMENT(s) WITHIN THE PAST 6 MONTHS:

Name: ______________________________  Ingredients: ______________________________________

______________________________  ______________________________________

Name: ______________________________  Ingredients: ______________________________________

☐ I AM CURRENTLY TAKING THE FOLLOWING SUPPLEMENT(s):

Name: ______________________________  Ingredients: ______________________________________

______________________________  ______________________________________

*If necessary, please attach additional sheets.

I agree that Concordia University Ann Arbor and the Athletic Department cannot be held responsible for any harm caused by my use of supplements. Furthermore, I disclose that the above information is true and correct, as my eligibility may be compromised due to inaccurate or omitted information.

_____________________________________  __________________________
Student – Athlete Signature  Date

*Parent Signature if under 18  __________________________
Date
Student-Athlete Drug Test Notification

Student-Athlete: ___________________________ Sport(s): ___________________________

Aforementioned Concordia University - Ann Arbor Student-Athlete has been selected for drug testing. By signing this form:

- Student-athlete consents to drug testing via urine sample or other necessary means administered
- Student-athlete can no longer admit to substance abuse under safe harbor.
- Student-athlete understands greater than 30 minutes late or not showing up for drug test indicates a positive test and all consequences for positive drug testing will be adhered.
- Student-athlete understands diluted urine samples may require re-testing and agrees to avoid over hydrating.

I acknowledge being selected for institutional drug testing and have been notified to report to the drug-testing site at:

DATE: ___________ TIME: ___________ LOCATION: ___________________________

By signing below I acknowledge being notified of my participation in institutional drug testing, and am aware of what is required of me in preparation for this drug testing event. I understand by not signing this form I am refusing consent for drug testing, resulting in an implied “positive” test and accepting subsequent consequences.

Student-Athlete Name Printed ___________________________ Phone Number ___________________________

Student-Athlete Signature ___________________________ Date of Birth ___________________________

Date of Notification: ___________________________ Time of Notification: ___________________________

Drug Testing Site Coordinator / Athletic Trainer Signature ___________________________

-----------------------------------------------------------------------------------------------

FOR STUDENT – ATHLETE:

The following Concordia University - Ann Arbor student-athlete has been selected for participation in drug testing.

NAME: __________________________________________________________

DATE OF TEST: ___________________________ TIME OF TEST: ___________________________

LOCATION OF TEST: ______________________________________________

*Report to test site on time with PHOTO ID. Avoid drinking too many fluids. DO NOT be late or miss your appointment.
# Reasonable Suspicion Reporting Form

In cooperation of the Drug Testing and Education Policy I, as a faculty/staff member of Concordia University – Ann Arbor, have reason to believe the following student-athlete has violated the policy for the following reasons. I understand my concerns are directly referred to the athletic director and drug testing site coordinator and the student-athlete may be subject to drug testing within 48 hours. The following reported information is intended to be kept confidential between myself (person reporting), the athletic director and drug testing site coordinator / athletic trainer, and information should not be shared with uninvolved parties.

### Name of Student Athlete: ________________________  Sport(s): ________________________

The following signs, symptoms, behavior(s) have been observed:

<table>
<thead>
<tr>
<th>Date: ________________________</th>
<th>Time: ________________________</th>
<th>Duration: ________________________</th>
</tr>
</thead>
</table>

**Physical:**

<table>
<thead>
<tr>
<th>EYES:</th>
<th>BALANCE/COORDINATION</th>
<th>OTHER:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reddened</td>
<td>Difficulty Walking/Staggering</td>
<td>Smell of substance</td>
</tr>
<tr>
<td>Pupils Dilated</td>
<td>Lack of Coordination</td>
<td>Excessive sweating</td>
</tr>
<tr>
<td>Pupils Constricted</td>
<td>Swaying</td>
<td>Trembling of hands or legs</td>
</tr>
<tr>
<td>Blank Stare</td>
<td>Falling</td>
<td>Nausea</td>
</tr>
<tr>
<td>FACE:</td>
<td>SPEECH:</td>
<td></td>
</tr>
<tr>
<td>Red or Runny Nose (frequent)</td>
<td>Sturred</td>
<td>Excessive weight loss or gain</td>
</tr>
<tr>
<td>Pateness</td>
<td>Less or More talkative</td>
<td>Poor appearance / hygiene</td>
</tr>
<tr>
<td></td>
<td>Unexplained weight loss or gain</td>
<td></td>
</tr>
<tr>
<td>Excessive Sweating</td>
<td>Incoherent</td>
<td>Recurrent cold/flu symptoms</td>
</tr>
<tr>
<td>Trembling</td>
<td>Unusual tone (loud or quiet)</td>
<td>Dates:</td>
</tr>
</tbody>
</table>

**Mental / Emotional:**

| Emotional Outburst        | Memory loss                   | Irritable                       |
| Physical Outburst         | Overstimulated / Hyperactive  | Moody                           |
| Verbal Outburst           | Withdrawn                     | Poor Focus / concentration      |
| Confused                  | Lack of motivation            | Unusual laziness                |
| Unresponsive              | Paranoia                      | Unusual tiredness               |
| Unable to follow directions | Nervousness                  | Oversensitive                   |

**Behaviors:**

| Change in personality     | Late for practice             | Poor grades                     |
| Change in attitude        | Missed practice               | Missing appointments            |
| Change in appetite        | Late for class                | Chronic Dishonesty              |
| Change in sleeping habits | Missed class                  | Suspicious behaviors            |
| Change in daily routines  | Poor athletic performance     | Recurrent Motor vehicle accidents / violations |
|                           |                               | Dates:                           |

Other specific objective findings include: _______________________________________________________

__________________________________________________________________________________________

I certify all above information is reported from an objective standpoint toward my concern for a student-athlete’s suspicious behaviors indicating substance abuse.

Signature ___________________________________________  Date ______________

Athletic Director Signature __________________________  Date ______________

Drug Testing Site Coordinator Signature ______________  Date ______________

**Counselor Consulted?** YES  NO  **Drug Tested?** YES  NO  **Reasonable suspicion finding upheld?** YES  NO
2012-13 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-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);
- triameterene; 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 password ncaa1, ncaa2 or ncaa3.

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

The National Collegiate Athletic Association
June 2012

MEW