UNIVERSITY OF WASHINGTON
INTERCOLLEGIATE ATHLETIC DEPARTMENT
SUBSTANCE ABUSE EDUCATION AND PREVENTION POLICY

I. INTRODUCTION

The University of Washington Department of Intercollegiate Athletics ("ICA") hereby adopts this Substance Abuse Education and Prevention Policy ("Policy") because abuse of alcohol, illegal substances, performance-enhancing drugs, and certain dietary supplements by student-athletes:

A. Is detrimental to the physical and psychological well being of the student-athlete no matter when such usage should occur during the year;

B. Can seriously interfere with the health and performance of individuals as students and as athletes and may be a danger to their life and health;

C. May be dangerous to the life and health of the student-athlete and his/her teammates, particularly with regard to participation in athletic competition or practice; and

D. Compromises the integrity of university-level athletic competition.

This Policy has several components. First there is an education component that is focused on dissemination of information and prevention. Second there is a voluntary program that emphasizes counseling, rehabilitation and deterrence. Athletes may be required to undergo urine testing when they are enrolled in the voluntary program. Third, there is a testing program based on a finding of Probable Cause. Probable Cause is defined in Section II, Paragraph A of this Policy. When mandated by ICA, athletes are required to participate in urine testing if ICA finds there is Probable Cause to believe a student-athlete is abusing a Prohibited Drug or the student-athlete consents to testing.

Participation in intercollegiate athletics is a privilege not a right. Accordingly, all student-athletes granted the privilege to participate in intercollegiate athletics at the University of Washington must agree in writing to abide by this Policy. Any student-athlete failing to abide by this Policy will be subject to the requirements and/or sanctions set forth in this Policy. ICA is committed to this Policy and its required drug education, testing and counseling/rehabilitation and expects all ICA members, including all student-athletes, to be equally concerned and involved.

II. DEFINITIONS

A. Prohibited Drug. The term "Prohibited Drug" as used herein shall mean all illegal substances identified in the Washington State Controlled Substances Act including but not limited to amphetamines, barbiturates, cocaine, methaqualudes, opiates (including morphine and codeine), PCP ("angel dust") and its analogues, tetrahydrocannabinol
(THC) (including marijuana). The term also includes performance-enhancing substances such as anabolic steroids and all drugs listed on the "Banned Drugs" list produced by the NCAA (this includes dietary supplements, such as ephedrine).

B. Student-Athlete. The term "student-athlete" means all student participants in recognized intercollegiate sports.

C. Probable Cause. The term "Probable Cause" shall be applied by the University in accordance with the law of the State of Washington and of the United States.

1. For purposes of explicating the standard which the University uses, the University sets forth the following criteria, anyone of which may be sufficient on its own to constitute "probable cause":

   a. Direct observation of Prohibited Drug use;
   b. The statement of a reliable informant that provides reasonable grounds to believe a student-athlete has used Prohibited Drugs;
   c. Significant changes in behavior patterns, including changes in athletic or academic performance, which are consistent with the use of, Prohibited Drugs;
   d. Physical, mental, behavioral or emotional symptoms of Prohibited Drug use;
   e. Police or court determination of probable cause that the student-athlete has used Prohibited Drugs, if University testing will occur within a time frame sufficiently related to the suspected drug use such that the drug test may reliably confirm the police or court-suspected use.

2. Probable Cause may be established by a demonstrated history of use of Prohibited Drugs, either through prior convictions for drug use or prior positive tests for Prohibited Drugs through the University's, the NCAA's or any other reliable testing program.

3. With regard to anabolic steroids, Probable Cause may be found if the student-athlete has significant unexplainable weight gain or muscle buildup, unusually aggressive behavior, or physical symptoms consistent with the use of anabolic steroids.

4. With regard to the use of over-the-counter drugs and dietary supplements, a student-athlete may be tested for use of such, upon a finding of Probable Cause that the student-athlete is using over-the-counter drugs or dietary supplements to a degree where the student-athlete's physical or mental well being is jeopardized or impaired. Observing physical or behavioral characteristics indicating such drug use develops probable cause.
III. PURPOSE OF THE SUBSTANCE ABUSE EDUCATION AND PREVENTION PROGRAM

The purpose of this Policy is not to interfere unduly with the private lives of the student-athletes, but to:

A. Educate University of Washington student-athletes about the problems associated with drug use and abuse in general, and how drug use may affect the athlete and his/her teammates health and safety in particular.

B. Provide a fair and drug-free forum for all athletic participation by assuring that participants are physically and mentally fit for the rigors of intercollegiate athletic competition. This is consistent with Pac-10 Conference and NCAA policies.

C. Provide reasonable safeguards assuring that every student-athlete is medically competent to participate in athletic competition, thereby minimizing the risks of serious injury to the student-athletes and his/her teammates.

D. Discourage substance abuse and assist the student-athlete in adhering to NCAA restrictions regarding banned substances.

E. Identify any student-athlete who may be using Prohibited Drugs and to identify the substance.

F. Encourage rehabilitation of any student-athlete identified as using Prohibited Drugs and to assist the student-athlete in exploring rehabilitation alternatives so that drug dependency may be addressed and treated.

While ultimate decisions with reference to drug usage and/or substance abuse are dependent upon the interests, values, motivations, and determinations of the individual, ICA believes and hopes that this Policy will help the men and women who participate in intercollegiate athletics at the University of Washington, and who represent the University in various areas of athletic competition, to be better students and better athletes, and to be better able to make individual, informed, and intelligent decisions with reference to drug usage, both now and in the future.

Student-athletes and parents or legal guardians are encouraged to ask questions or make suggestions about the Program at any time. Athletes may be asked to participate in ongoing reviews and revisions to the Program.

IV. PROHIBITIONS

Student-athletes are absolutely prohibited from using a "Prohibited Drug" as that term is defined in Section II, Paragraph A of this Policy. The sole exception to this is use of a Prohibited Drug for a medical need that is supervised by a physician and approved by a team physician.
In the event a student-athlete is required to use a Prohibited Drug for medical reasons under the supervision of a physician, the student-athlete must report this use to his/her coach and/or athletic trainer. The coach/trainer will consult with the head trainer and/or the team physician to determine whether the student-athlete may safely practice or compete while using this drug. The team physician will make the final decision whether the student-athlete practices or competes.

Student-athletes are absolutely prohibited from competing, practicing or training while under the influence of Prohibited Drugs or alcohol. If ICA has Probable Cause to believe, as determined by ICA with legal advice from the Attorney General’s Office, that a student-athlete is participating while under the influence of Prohibited Drugs or alcohol, the student-athlete may be required to provide a urine sample for testing. Failure to comply with the testing process may result in immediate suspension from athletic participation.

The unlawful use of alcohol by student-athletes is absolutely prohibited by the University. In addition, coaches may make specific rules regarding the lawful use of alcohol that apply to the coach's team. Nothing in this program limits the ability of the coaches to enforce rules concerning abstinence from alcohol.

V. EDUCATION

A. Objectives

1. To provide specific information to student-athletes as to the physiological and psychological affects which certain drugs, nutritional supplements and alcohol have on their bodies.
2. To encourage discussion about any questions the student-athletes may have about substance abuse, dietary supplements, and alcohol usage.
3. To discuss the detrimental effects which certain drugs have upon athletic abilities.
4. To counsel individual student-athletes who have knowledge of, or may themselves be experiencing, substance abuse.
5. To deter student-athletes from substance abuse based upon their own educated choice.

B. Distribution of Copy of Policy

At the beginning of each academic year a presentation will be made to all student-athletes at the University of Washington that outlines and reviews this Policy, its purposes and its implementation. A copy of this Policy shall be provided to each athlete; a copy will also be mailed to parent(s)/legal guardian(s) if the athlete is under 18 years of age. Student-athletes shall sign an acknowledgment form indicating that they have received a copy of the Policy.
C. **Additional Educational Materials and Processes**

1. One major presentation shall be made each year to each athletic team relating to the specific effects that drugs and alcohol have upon the human body.

2. Additional educational presentations may be held throughout the year. These programs will be announced to student-athletes as they are scheduled, and attendance of student-athletes may be mandatory.

3. The NCAA’s poster series shall be utilized to focus attention of athletes upon the dangers of substance abuse. These posters shall be displayed in various locations throughout the facilities.

4. Student-athletes are encouraged to seek information, assistance and counseling through the full-time athletic training staff, the team nutritionist, a team physician, or through the Hall Health Center, or by consultation with a Sports Administrator

5. Specific presentations may be made available by experts on certain banned substances and their effects on athletes, both personally and regarding potential disqualification from NCAA and USOC sponsored competition.

VI. **VOLUNTARY DISCLOSURE TESTING PROGRAM (AMNESTY)**

A. A student-athlete may disclose use of Prohibited Drugs and avoid the penalties of a "first positive test result" (see Section IX) by participating in a voluntary counseling and urine screen program. A student-athlete who wishes to exercise this option should meet with the appropriate sports administrator and make such disclosure.

B. In conjunction with the team physician, the sports administrator will refer the student-athlete to a psychologist or counselor to assist the student-athlete in abstaining from Prohibited Drug use. An initial urine test will be conducted. The counselor will review the level of drug or drug metabolite in the initial test of the student-athlete, and will determine an appropriate period of testing during which positive results for the declared drug will not, except as provided below, be reported to ICA. This is to allow sufficient time for the declared drug to leave the student-athlete's system. Any increase in the drug or drug metabolite found in the student-athlete's urine which is inconsistent with abstinence will be reported to Head Trainer and could be considered a "first positive test result." After this initial period, frequent urine samples will be required of the student-athlete to provide certainty that the student-athlete is not practicing or competing under the influence of Prohibited Drugs. The counselor working with the student-athlete will set the testing schedule. All counseling between the student-athlete and the counselor or psychologist will remain confidential; however, certain test results will be disclosed to the Head Trainer, and possibly a Head Coach, if they indicate a student-athlete is not abstaining from the use of Prohibited Drugs.

C. This option is available to a student-athlete on a one-time basis during his/her participation in intercollegiate athletics at the University of Washington. This voluntary
disclosure program can be invoked by a student-athlete at any time unless ICA has Probable Cause to test and requires a test.

D. Participation in this program will not negate any test results or consequences due to NCAA testing.

E. Student-athletes who fail to complete this voluntary program are subject to the consequences and penalties that apply after a First Positive Test Result.

F. Unless otherwise requested by a student-athlete, the student-athlete’s head coach will be notified that the student-athlete has enrolled in the voluntary program.

VII. PROBABLE CAUSE TESTING PROGRAM

Urine testing for Prohibited Drugs may be required upon a finding of Probable Cause by ICA, with legal advice from the Attorney General’s Office. Failure to comply with the testing process may result in immediate suspension from athletic participation. Probable Cause will be determined as set forth in Section II, Paragraph C herein. Testing Procedures are outlined below in Section VIII and the consequences and penalties for positive test results are set forth in Section IX.

The probable cause and sanctions program will also be used when a student-athlete consents to drug testing but does not wish to participate in the voluntary testing program set forth in Section VI of this policy.

In the event a student-athlete consents (in writing) to a urine test for prohibited drugs and declines participation in the Voluntary Testing Program, then such tests will be completed in accordance with the process established in Section VIII and the consequences and penalties for positive test results shall be as set forth in Section IX.

VIII. TESTING PROCEDURES

A. Applicability. The Probable Cause testing (Section VII) and Voluntary Testing Program testing (Section VI) will follow these testing procedures.

B. Notification of Testing

1. Testing based on Probable Cause or Consent. Whenever ICA determines there is Probable Cause to test for Prohibited Drugs, or the student-athlete consents to testing, the student-athlete will be notified by phone or in person by the Athletic Director or the appropriate sport administrator that the student-athlete must provide a urine sample and when and where the testing will take place. The student-athlete’s head coach will be informed of the testing and appropriately involved in discussions regarding testing. If a student-athlete is under the age of 18 his/her parents or legal guardian shall be notified of the testing.
2. **Voluntary Disclosure Testing Program (amnesty).** Section VI of this Policy outlines a program for allowing student-athletes to self-disclose use of Prohibited Drugs. Under this program the student-athlete is referred to a psychologist/counselor. The psychologist/counselor will coordinate testing and notify the student-athlete of the time and place where testing will take place. Unless otherwise requested by a student-athlete, the student-athlete’s head coach may be notified that the student-athlete has enrolled in the voluntary program and is being tested.

C. **Collections Screening and Analysis.** An entity external to ICA (including but not limited to private companies or UW Medicine) will supervise the collections, screening, and analysis of a samples received from student-athletes. If there is any evidence of tampering, including but not limited to the use of a masking agent, ICA reserves the right to require a retest. Any known tampering may result in sanctions including suspension or removal from a team.

IX. **TESTING RESULTS AND CONSEQUENCES/PENALTIES**

A. **Failure to Comply.** Failure to comply with required testing may result in sanctions including, but not limited to, suspension or removal from the team.

B. **Positive Test Definition.** A drug screening test will be considered positive once the “confirmation” or second test has been completed from the same specimen and confirms the results of the initial test. A positive test is defined as a test which indicates, in the opinion of the external testing entity performing the testing, that a student-athlete has used a Prohibited Drug based on traces of that drug detected in the student-athlete’s urine specimen. A drug screening test will also be considered positive if it is discovered by the external testing entity that the provided urine sample has been altered or where foreign substances have been added to the sample in an effort to destroy or disguise traces of Prohibited Drugs.

C. **Consequence of First Positive Test.** Upon receipt of a first positive test result the following occurs:

1. The Athletic Director, Sports Administrator or Head Athletic Trainer will inform the student-athlete of the positive test result.

2. The student-athlete may be suspended from participation until arrangements have been made for items "3" - "5" set forth below. Additional suspension time may be imposed to correspond with the treatment plan advised by the Counselor. ICA may impose other sanctions including but not limited to Community Service hours, additional physical conditioning (within NCAA limitations), required attendance at educational programs, required meetings with ICA staff, and revocation or reduction in financial aid in accordance with applicable NCAA rules.

3. The student-athlete may be required to participate in a conference with his/her parent(s) or legal guardian(s) and Athletic Department staff which may include the Athletic Director, Sports Administrator, the Head Trainer and the Head Coach.
4. The student-athlete must participate in counseling as directed by a substance abuse counselor.

5. The student-athlete must participate in periodic urine testing for drugs throughout a predetermined period. The schedule for obtaining urine samples for these tests will not be known to the athlete. Results of testing will be provided to the Athletic Director, Associate Athletic Director and/or the Head Athletic Trainer. A positive test result will be considered a second positive and will have the consequences set forth in Paragraph D below.

6. The student-athlete may seek reinstatement to the team at the conclusion of the suspension period. The Sports Administrator in consultation with the Head Coach will decide whether the student-athlete should be reinstated.

D. Consequence of Second Positive Test Result. Upon receipt of a second positive test result, the following occurs:

1. The student-athlete will be suspended from competition for a period of 12 months from the date of the second positive test finding.

2. The parent(s)/legal guardian(s) of a student-athlete who is under 18 years of age will participate in a conference which may include the Athletic Director, Sports Administrator and/or the Head Athletic Trainer to discuss the positive result and the suspension.

3. All other rules and stipulations associated with a first positive finding will apply during the suspension period.

4. ICA may impose other sanctions including but not limited to Community Service hours, additional physical conditioning (within NCAA limitations), required attendance at educational programs, required meetings with ICA staff, and revocation or reduction in financial aid in accordance with applicable NCAA rules.

E. Consequences of Third Positive Test Result. Upon receipt of a third positive test result, a student-athlete will be permanently disqualified from further participation as a UW ICA student-athlete. Financial aid will be revoked in accordance with applicable NCAA rules.

X. APPEAL PROCESS

A student-athlete may appeal the finding of a positive result, violation of this Policy, or the sanction imposed for either a positive test or violation of this Policy. To appeal, the student-athlete must provide written evidence of a material procedural error, evidence that refutes the positive finding or violation, or evidence that the sanction is unreasonable. The student-athlete must submit the written appeal to the Athletic Director within 7 days after the student-athlete receives oral or written notice of the decision to be appealed. If the student-athlete does not appeal within 7 days, the result, finding or sanction cannot later be reviewed.
If the student-athlete appeals a positive test result, a finding of a policy violation, or a sanction, the Athletic Director will appoint a 3-member appeals committee to review the evidence and make a recommendation to the Athletic Director. Thereafter, the Athletic Director will provide a written decision to the student-athlete. This decision will be final. If the sanctions being appealed include a suspension, the suspension will continue in place throughout the appeal process.

The decision of a team physician to remove a student-athlete from play or practice on medical grounds is not a sanction under this policy and cannot be appealed.

XI. EFFECTIVE DATE

This Policy and its administration/operation are subject to change or modification at any time. However, any change or modification will only be implemented by action of the Athletic Director and will not be applied retroactively if such change would adversely affect a student-athlete's rights.

XII. MISCELLANEOUS PROVISIONS

A. This Policy is in addition to any program currently in existence or implemented in the future by the NCAA or any athletic conference in which the University participates.

B. Severability. The invalidity, in whole or in part, of any of the foregoing articles, sections, or paragraphs of this policy will not affect the remainder of such articles, sections, or paragraphs.