

University of Iowa Department of Athletics Drug Testing Program

(Updated January 22, 2016)

PURPOSE:

It is the goal of the University of Iowa and the Department of Intercollegiate Athletics to maintain a drug-free environment in which competitive intercollegiate athletics programs are conducted. To that end, the following substance abuse prevention and treatment program will be followed.

POLICY:

The primary emphasis of the University of Iowa Department of Athletics Drug Testing Program (subsequently identified as “the Program” in this policy) is the promotion of good health and excellent academic and athletic performance of the student-athlete. The principle components of the Program are:

- Education offered to alert student-athletes and coaches of the negative effects of drug and/or alcohol abuse.
- A systematic program of drug testing for all student-athletes to prevent any unfair competitive edge as a result of the use of performance-enhancing substances, and to facilitate early intervention for individuals who may have a substance abuse problem.
- Provision of appropriate counseling and treatment plan for individuals with identified confirmed positive results to determine the nature and extent of the drug use.
- A delineation of consequences for individuals identified with confirmed positive results to ensure consistency throughout the Athletics Department.

PROCEDURE:

A. Program Participants

1. Program Administrator
 - Provides oversight and supervision of the Program
 - Coordinates annual review and dissemination of policies related to the Program
2. Medical Director
 - Licensed Psychiatrist
 - Provides general medical oversight of the Program
 - Determines appropriate treatment options
3. Staff Psychologist
 - Certified Substance Abuse Counselor
 - Works in conjunction with the Medical Director to provide counseling services to student-athletes who have received confirmed positive results
 - Contributes to the education program as assigned
4. Program Coordinator
 - Assists in coordination and scheduling of student-athlete testing
 - Coordinates documentation of student-athlete participation in educational programs
 - Assists with educational programming as assigned
 - Assists with initial substance abuse evaluations

5. Drug Collection and Testing Services Vendors

- Works with Athletics Department personnel and Program Coordinator to coordinate and schedule student-athlete testing
- Trained in appropriate collection techniques
- Utilizes accredited drug testing laboratories
- Maintains strict chain of custody for all collected samples

6. Donor

- Any student-athlete who is currently listed as a participant in a University of Iowa Athletics Department sanctioned sport

B. Consent Forms

Each University of Iowa student-athlete (both scholarship and non-scholarship) will be asked to sign forms that:

1. Acknowledge receipt of informational material and understanding of the Program.
2. Agree to undergo testing for drugs by urinalysis or alternative matrix testing as a requirement of the athletics program.
3. Consent to release of results of a confirmed positive drug test to the Medical Director and Director of Athletics or his/her designee (Appendix A).
4. Provide student-athletes an option to consent to the release of drug testing results information to their parents. (Appendix B).

Important: Failure to complete and sign the acknowledgement and/or authorization statement and consent form (Appendix A) will result in the student-athlete's ineligibility to participate in all intercollegiate athletics.

C. Testing Process

All University of Iowa student-athletes will be subject to periodic unannounced drug screening examinations during their participation in intercollegiate athletics. Each student-athlete will be tested at least once every calendar year. The Program will test a urine sample for the presence of controlled substances, illegal substances, steroids, and other performance-enhancing substances. Alternative testing matrix (for example, saliva sample testing) may be used by the drug testing coordinator/testing agency.

See Appendix C for a list of drugs banned by the NCAA, and Appendix D for examples of banned substances in each drug class.

All prescription and over-the-counter medications being used by the student-athlete must be on file with the athletic trainer of their respective sport and/or team physician and/or staff psychologist. Failure to do so and a drug test result is returned as non-negative, the test result will be a confirmed positive test result. Any attempt to substitute, manipulate, adulterate or dilute a specimen will be considered a confirmed positive test.

Testing categories will include Random (routine) Testing, Follow-up Testing, Suspicion (for cause) Testing, Post-incident Testing (DUI, PAULA or other), and Self-Referral Testing.

Collection:

1. Each student-athlete must present a photo ID to collection personnel or be identified by a UI staff member using the sports media guide for that sport, as needed, prior to collection.
2. All collections will be by direct observation by a certified urine drug screen collector of the same gender.
3. A computerized coding system will be used to identify samples to ensure student-athlete confidentiality.
4. All collections will be split sample collections (bottle A and bottle B), allowing a portion of the sample (B bottle) to be re-tested in the event of a challenged confirmed positive result.
5. A strict chain of custody will be followed to ensure the integrity of the collection process.
6. Additional specifics related to the collection process are contained in a separate program procedure.
7. Insufficient volume: In the event the donor cannot produce a sufficient amount of urine:
 - a. The donor will be provided water or appropriate beverage to drink until the donor has provided a sufficient urine specimen. It is not a refusal to test if the student-athlete declines to drink.
 - b. When a donor is not able to produce an adequate sample, the insufficient sample is discarded and notation is made on the collection form. When the donor is ready to produce a sample, a new collection kit will be used. If no sample was given on the first or subsequent attempts, the same kit may be used.
 - c. There will be no pre-determined time limit to produce an acceptable sample. If for any reason the donor needs to leave the collection site prior to producing an adequate sample, the collector must contact the program coordinator for instructions on whether to continue or discontinue the collection process. It may be necessary to test the donor at a future unannounced testing period.
8. Any attempt to substitute, manipulate, adulterate or intentionally dilute a urine specimen will be treated as a confirmed positive drug test. Manipulation refers to the use of any product, including excessive water consumption, used for the purpose of providing a dilute urine sample or substitution of a urine sample. Adulteration refers to the use or attempted use of any chemical or product (including water) added directly to the urine sample for the purpose of interfering with the testing procedures used to identify the presence of drugs.

Random Testing

1. A computerized program will be utilized to ensure random selection of student-athletes and 100% compliance each year.
2. Testing may occur during the season or off-season. Entire teams may be tested during a single drug screening administration period (team test). Individual student-athletes may be tested multiple times throughout the year.
3. Student-athletes will be notified no sooner than 24 hours in advance to report to a collection site.
4. If, after having been formally notified by the program coordinator, a student-athlete fails to report for testing without an excused absence, the coach and Director of Athletics will be notified and the student-athlete will be suspended from practice and competition until another unannounced test can be completed.

Follow-up Testing:

1. Any student-athlete with prior confirmed positive drug test results will be subject to ongoing unannounced drug testing individually through the remainder of their athletics eligibility period.
2. Frequency of testing will be determined in consultation with the Medical Director.
3. Specimens identified by testing to be unacceptable, e.g. substituted, may lead to follow-up testing as noted in #1 and #2 above.

Suspicion (For Cause) Testing:

1. May be requested by any athletics department staff member and should be directed to the Program Coordinator, who will refer the request to the Medical Director.
2. Suspicion testing will not be initiated prior to consultation with the Medical Director.
3. Suspicion testing may be based on behavioral and/or physiologic criteria, including post-incident; e.g. DUI, PAULA (Appendix E).

Self-Referral Testing:

1. Any student-athlete may refer themselves for evaluation at the beginning of their athletics career at the University of Iowa.
2. Any student-athlete who subsequently self-refers will be subject to University policy.
3. Self-referral will be considered favorably in any decision related to testing results and/or consequences.

D. Results

1. All specimens are analyzed by a laboratory accredited by the United State Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA).
2. All confirmed positive results will be verified on a confirmation sample by mass spectrometry, ensuring accuracy to greater than 99%.
3. All confirmed positive results will be reviewed by the Medical Director prior to release to the donor/student-athlete or other authorized personnel.

E. Treatment

1. The Medical Director will be responsible for all final decisions related to treatment. The scope of the treatment plan will be based on consultation between the Medical Director and appropriate Athletics Department personnel.
2. A treatment plan will be developed by the Medical Director. Options for treatment may include any combination of the following:
 - Counseling/Education
 - Follow-up drug testing
 - Medication
 - Extensive outpatient treatment
 - Inpatient treatment
 - Treatment contract

3. Following successful completion of the counseling/rehabilitation program, the student-athlete will be subject to on-going, individual, unannounced drug testing throughout the remainder of their athletics career at Iowa.
4. Failure to comply with the recommended treatment program, refusal to undergo diagnostic evaluation, or refusal of treatment will result in notification to the athletics program and suspension from participation in intercollegiate athletics at the University of Iowa will result.

F. Confidentiality

1. Confidentiality is a basic element of this program. All persons having information related to drug testing and/or treatment will keep this information confidential. All employees working in the Athletic Department at the University of Iowa will be required to sign a confidentiality attestation form accepting responsibility to preserve the confidentiality of this information.
2. All written and electronic records of test results will be maintained in a secure manner.

G. Consequences

1. Consequences are determined by the Department of Athletics Drug Education and Testing Program policy (Appendix F), and may include suspension from participation in intercollegiate athletics and possible reduction or cancellation of any scholarship(s) currently received.
2. If a drug screening test is confirmed positive for exogenous steroids, the student-athlete will be subject to removal from any practice and competition until he/she tests negative. If any student-athlete has a second positive test related to steroids as determined by the medical team or a second increase of the steroid level during follow-up testing, which is consistent with continued steroid use as determined by the Medical Director. The student-athlete will be subject to consequences as outlined in the Department of Athletics Drug Education and Testing Program policy (Appendix F).

H. Appeals

1. Student-athletes are entitled to appeal the imposition of a sanction or suspension utilizing procedures described in the Department of Athletics Student-Athlete Handbook.
2. Student-athletes who have a confirmed positive test may, within 72 hours following receipt of notice of the confirmed positive test, contest the finding. Upon the student-athlete's request for additional testing of the sample, the Program Administrator will formally request the SAMHSA certified laboratory to re-analyze to reconfirm the original positive finding. The student-athlete may choose to be present (traveling at their own expense) for the re-analysis at the laboratory or request the re-analysis be completed at a different SAMHSA certified laboratory (the cost of the analysis will be incurred by the student-athlete). If the student-athlete does not wish to be present, but desires to be represented, arrangements will be made for a surrogate to attend. The student-athlete or surrogate will attest to the sample number prior to the laboratory conducting the re-analysis. The student-athlete or surrogate will not be involved with any other aspect of the analysis of the specimen (bottle B). Re-analysis findings will be final. If the re-analysis test is negative, the first drug test will be considered negative.

I. Quality Review

On an annual basis, the drug testing program will be audited to ensure adherence to policies and to identify any opportunities for improvement to the process.

APPENDIX A

The University of Iowa Department of Athletics Consent to Drug Testing and Release of Information

By signing this form I consent to undergo random testing for the presence of drugs or other substances in accordance with the University of Iowa Athletics Department Drug Testing Program. I understand that this will involve providing a urine sample or alternative testing matrix sample (for example, saliva sample testing). The test will be conducted by and under the supervision of qualified staff.

I understand that all specimens will be analyzed by a laboratory accredited by the United States Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA). All specimens will be identified only by a code number and strict chain of custody procedures will be followed to ensure the integrity of the collection process.

I understand that if I am on any prescription or over-the-counter medication I must have this information on file with the team physician as some medications may impact test results. This information must be on file before notification of drug testing occurs. Failure to do so and return of a non-negative test will result in a confirmed positive test.

By signing this form I authorize confirmed positive test results to be released for the purpose of initiating treatment. I understand that I will be contacted and told of the results by the Director of Athletics and/or his/her designee.

By signing this form I authorize the disclosure of confirmed positive test results to the coach and appropriate Athletic Department Staff and University of Iowa Administrative Staff.

I understand that a confirmed positive test may result in initiation of proceedings to terminate my scholarship as applicable.

I understand that if I refuse to undergo testing at any time requested or refuse to sign this consent form I will be ineligible to participate in all intercollegiate athletics at the University of Iowa and may lead to termination of my scholarship as applicable.

I understand that this consent is voluntary. I may revoke this consent at any time by contacting the Associate Athletics Director for Compliance in writing. If this consent is revoked, I understand that information released prior to the revocation would not be considered a breach.

I understand that this consent will expire one year from the date of signature.

Print Name

Date

Signature

July 09, 2013

APPENDIX B

University of Iowa Department of Athletics Consent to Release Drug Testing Information to Parents/Guardians

I have given written consent to undergo drug testing for the presence of drugs or other substances in accordance with the University of Iowa Athletics Department Drug Testing Program. By signing this form I authorize the results of the drug testing to be released to my Parents/Guardians when, in the opinion, of the Medical Director or appropriate Athletic Department Administrators such a release of information may benefit my course of treatment.

I understand that this consent is voluntary. I may revoke this consent at any time by contacting the Associate Athletics Director for Compliance in writing. If this consent is revoked, I understand that information released prior to the revocation would not be considered a breach.

I understand that this consent will expire one year from the date of signature.

Print Name

Date

Signature

July 09, 2013

APPENDIX C

NCAA LIST OF BANNED SUBSTANCES

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. 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:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

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

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

APPENDIX D

SOME EXAMPLES OF NCAA BANNED SUBSTANCES in Each Drug Class

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

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

1. **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); octopamine; DMBA; etc.
Exceptions: phenylephrine and pseudoephedrine are not banned.
2. **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epitrenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.
3. **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. **Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
5. **Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
6. **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
7. **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.
8. **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 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.

Copied from: <http://www.ncaa.org/2015-16-ncaa-banned-drugs>

APPENDIX E

University of Iowa Department of Athletics Drug Testing Program Reasonable Suspicion Testing

PURPOSE:

To outline the process for testing a student-athlete when there is a reasonable suspicion that the student-athlete is using any substance in violation of the Athletics Department Drug Testing Program.

POLICY:

Reasonable suspicion can be based on the observation of behavior or conduct, or the presence of certain physical and emotional characteristics or patterns, which are symptomatic of the use of prohibited substances.

Characteristics that may contribute to reasonable suspicion testing include, but are not limited to:

Behavioral Characteristics:

- Direct observation of prohibited use
- Report of prohibited use from a reliable source or multiple sources
- Evidence of use, possession and/or sale of prohibited drugs
- Absenteeism or tardiness from classes or practices
- Behavioral changes such as mood swings, irritability, decreased productivity
- Isolation/withdrawal from teammates
- Decreased or fluctuating classroom performance/productivity
- Inappropriate physical appearance
- Inconsistent communication patterns
- Odor/scent of chemicals or unlawful substance
- Evidence of tampering of samples submitted for testing (current or previous testing events)

Physiological Characteristics:

- Flushed face
- Red eyes
- Abnormal pupil construction or dilation
- Unsteady gait
- Slurred speech
- Declining health

PROCEDURE:

1. Any basis for Reasonable Suspicion testing will be submitted to the Medical Director prior to the initiation of any testing.
2. If the Medical Director determines that reasonable suspicion exists, the Medical Director will notify the Program Coordinator to notify the student-athlete of the need to report to a collection site and provide a sample. Failure to report to the site at the predetermined time will be treated as a confirmed positive test result.
3. Sample collection and testing will follow guidelines set forth by the Department of Athletics Drug Testing Program.

August 9, 2012

APPENDIX F

The University of Iowa Drug Education and Testing Program for Student-Athletes

This document serves to clearly delineate points in time that will result in a consequence or action for a student-athlete in violation of drug or alcohol offenses. This is applicable for students eligible to enroll at the UI. Student-athletes have the right to appeal any of these actions as outlined in the student-athlete handbook.

PAULA 1st offense/Bar After Hours/Disorderly House:

- Meet with athletics administration to review expectations as a student-athlete of The University of Iowa.
- Meeting/assessment with Certified Alcohol and Drug Counselor (CADC) and/or staff psychologist
Team rules as directed by coaches

First Offense: Examples include, but not limited to: DWI, Public Intoxication, illicit substance charge, 2nd PAULA/bar after hours/disorderly house, 1st positive drug test

- 20 hours of community service
- Clinical assessment by CADC and/or staff psychologist, possible referral to UIHC Chemical Dependency Clinical Coordinator
- 3-6 sessions with CADC and/or staff psychologist and additional mandatory sessions may be recommended
- All illicit drug possession will be referred to the drug testing program for more frequent therapeutic testing than the team
- Team rules as directed by coaches

Second Offense: Same categories as above in the 1st offense, except it is the second offense or 3rd PAULA/bar after hours

- 30 hours of community service
- The Medical Director of the Drug Testing Program, in consultation with the UIHC Chemical Dependency Clinical Coordinator, staff psychologist and/or Certified Alcohol and drug Counselor, will determine the appropriate level of substance abuse care for the student-athlete
- Advanced service provision with CADC and/or staff psychologist
- 10% suspension calculated per NCAA bylaw 12.8.4.3.6. Suspension is to be served during the regular and post season events within the competitive season, and may be carried over if not completed in current season
- ALL illicit drug possession will be referred to the drug testing program for more frequent therapeutic testing than the team
- Possible reduction or cancellation of athletic scholarship.
- Team rules as directed by coaches

Third Offense: Same categories as above in the 2nd offense, except it is the 3rd offense or 4th PAULA

- Dismissal from the team
- Reduction or cancellation of athletic scholarship
- Review of the case with drug testing team, coach and athletics administration, Director of Athletics will make final decision related to exceptions. With any exceptions disclosure of the rationale will be made to the President and Director of the Drug Testing Program.

May 09, 2005
August 9, 2012
September 26, 2013
August 2015
January 22, 2016