

# **Part 4 - Substance Abuse Policy**

## **Part 4 - Intercollegiate Athletic Department Substance Abuse Policy - FLC Athletic Department Substance Abuse Policy**

Revised 07-2016

### **4.1 Statement of Purpose**

The Fort Lewis College Athletic Department acknowledges the pressures placed on student-athletes to excel both in the athletic arena and in the classroom. Our athletes are highly visible representatives of Fort Lewis College. As such their conduct is representative not only of themselves, but their families, the athletic department, and Fort Lewis College as a whole.

The concern about potential substance abuse among student-athletes is particularly serious because research has suggested that student-athletes are in a particularly high-risk group and because the potential physical and emotional damage that may occur is particularly acute in the context of competitive sports.

1.
  1. Fort Lewis College's concern for the health, safety, and welfare of its student-athletes, as well as for the integrity of its intercollegiate athletic program, is the reason for the implementation of the Fort Lewis College Department of Athletics Substance Abuse Education Program and the procedures for substance abuse education and counseling. The purposes of this program are:
    1. To help ensure the health, safety, and welfare of Fort Lewis College student-athletes;
    2. To identify student-athletes who may be abusing drugs and/or alcohol with a resultant social misbehavior and provide them with the assistance to overcome any personal addictions;
    3. To identify the drug(s) in order to provide reasonable safeguards that every student-athlete is medically competent to participate in athletic competition;
    4. To ensure the continued integrity of Fort Lewis College's Intercollegiate Athletic Program. Student-athletes are subject to the rules and regulations of the NCAA concerning therapeutic and non-therapeutic drug use.
    5. To support and reflect the Fort Lewis College Campus Safety & Substance Awareness Policy. Refer to the Fort Lewis College Student Handbook.
  2. Implementation of the Fort Lewis College Department of Athletics Substance Abuse Education Program and Procedures is under the general administrative control of the Director of Athletics who will administer this program consistent with this policy and other Fort Lewis College policies and regulations. All

personnel in the Department of Athletics are required to cooperate in the administration of the program. This program shall be implemented and applied in a consistent, nondiscriminatory manner.

3. The Fort Lewis College Department of Athletics Substance Abuse Education Program is in accordance with the clear trend among institutions of higher education participating in intercollegiate athletics. It is the intention of Fort Lewis College to implement this program in such a manner as to recognize and protect the dignity and privacy of its student-athletes. The components of the program are as follows:
  1. Provide the student-athlete with semi-annual educational sessions on a variety of topics that are directly related to the use and abuse of common drugs, alcohol, and situations involving each.
  2. Provide the student-athlete with a referral process of substance abuse counseling and assistance.
  3. Provide the student-athlete with an appeal process in cases of suspension, revocation of financial aid, or dismissal from a Fort Lewis College athletic team.

## 4.2 Rationale

The unauthorized use of any NCAA banned substance or the abuse of alcohol or tobacco by any member of an intercollegiate athletic team at Fort Lewis College is expressly prohibited at any time during the academic year (including pre-season conditioning and post-season practice or competition).

The unauthorized use of banned substances or abuse of alcohol will potentially result in sanctions, including, but not limited to, suspension from intercollegiate teams, loss of athletic scholarship aid, a permanent prohibition against competing in the intercollegiate athletic programs at Fort Lewis College, as well as other disciplinary actions as stated in the FLC Student Handbook and/or Student Conduct Code.

A student-athlete may be temporarily suspended or permanently removed from an athletic team and/ or suffer the reduction/termination of his/her athletic grant-in-aid for violations of any training, team, or other department rule, for possession, use, or sale of illegal drugs or non-prescribed prescription drugs, for conduct unbecoming to a Fort Lewis College student-athlete, or for failure to be eligible to compete.

The coaching personnel and administrators of the Fort Lewis College Department of Athletics also believe that the abuse of alcohol is detrimental to the physical and mental wellbeing of student-athletes. Therefore, if a student-athlete's **performance** indicates a problem with alcohol, the student-athlete will be encouraged to obtain counseling. Disciplinary measures may be imposed after discussion of the problem between the student-athlete and appropriate representatives of the FLC Athletic Department. The student-athlete should bear in mind that the NCAA may require testing for alcohol, as well as other drugs, prior to or post participation in any championship event. The RMAC may also require such testing. *The student-athlete should*

*not use any drug which is not prescribed by his/her doctor for health reasons as it could be considered a performance enhancing drug and thus banned by the NCAA.*

## **4.3 Consent**

1.
  1. Any student-athlete who declines participation in the program or refuses to sign the Declaration of Understanding, Consent, and Release Statement will not be permitted to participate on a FLC athletic team or receive athletic grant-in-aid.
  2. Any student-athlete who refuses to participate in education or counseling required under this program will be suspended from participation in all Fort Lewis College intercollegiate athletic programs, and agree to forfeit his/her athletic grant-in-aid as per NCAA Rules immediately. The student-athlete will be provided the opportunity to meet with the Director of Athletics before such suspension takes effect upon written request by the student-athlete. The student-athlete, if dissatisfied with the decision of the Director of Athletics, has the opportunity to make a written request for a hearing to the Vice President for Student Affairs.
  3. Each student-athlete in the program will be required to submit to the Head Athletic Trainer prior to the first physical examination scheduled for his/her sport, an executed Declaration of Understanding, Consent, and Release Statement, as provided and explained by the Department of Athletics at team orientation sessions. This signed statement will signify to the student-athlete and his/her parents, that they have been informed of and understand the Fort Lewis College Department of Athletics Substance Abuse Education Program. Both the student-athlete and his/her parent or legal guardian must execute the Declaration of Understanding, Consent, and Release Statement if the student-athlete is a minor (under the age of 18).
  4. It is standard College procedure for the Head Athletic Trainer to refer a student-athlete with an apparent medical problem, aside from a reasonable suspicion of drug abuse, to the Director of the Fort Lewis College Health Center or to personnel so designated by the Director of the Fort Lewis College Health Center. The health care provider may subsequently require a urine/blood sample from the student-athlete to test for the presence of drugs, chemicals, or for other medical reasons. That procedure is independent of the procedure described in this program.
  5. Student-athletes who are taking prescribed medications are required to register this fact with the Head Athletic Trainer and/or Director of the Fort Lewis College Health Center, and to supply such additional information that may be requested by the Director of the Fort Lewis College Health Center. This information helps enable the Director of the Fort Lewis College Health Center to determine the medical eligibility of a student to participate in the intercollegiate athletic program.

## **4.4 Drug Education**

The Department of Athletics will coordinate a substance abuse education program as described below, which will be available and mandatory for all student-athletes participating in intercollegiate athletics.

1.
  1. Orientation Session  
Prior to the commencement of the pre-participation medical screening, a designee of the Director of Athletics will conduct an orientation session for all student-athletes concerning the Fort Lewis College Department of Athletics Substance Abuse Policy. A presentation will be made regarding the purposes and procedures of the counseling facilities available at the Fort Lewis College. Attendance at the orientation session will be required of all student-athletes. A copy of this policy will be given to each student-athlete. The Declaration of Understanding, Consent, and Release Statement must be signed, dated, and on File with the Director of Athletics.
  2. Semi-annual Educational Seminar  
The student-athlete(s) will participate in a semi-annual educational session on a variety of topics that are directly related to the use and abuse of common drugs, alcohol, and situations involving each.
  3. Referral to the Fort Lewis College Counseling Center  
The student-athlete(s) that is/are identified with a substance abuse problem will be referred to the Fort Lewis College Counseling Center for evaluation and assistance.
    1. The Head Athletic Trainer will make the referral after the initial interview session with the athlete and his/her Head Coach. *OR*
    2. The student-athlete may walk in or establish their own contact with Fort Lewis College Counseling Center. *OR*
    3. The student-athlete may be referred to the Fort Lewis College Counseling Center from other campus agencies.
      - The cost for this evaluation and specific educational program is the responsibility of the student-athlete.

## **4.5 Prohibited Abused Substances and NCAA Drug Testing**

The NCAA list of banned drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/sports\\_sciences/drug](http://www.ncaa.org/sports_sciences/drug) testing for the current list or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) and enter password "ncaa2." The term "related substances" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

### **Supplements**

Nutritional supplements are not strictly regulated; are not approved for use by FLC Athletics; and may contain substances banned by the NCAA. For questions regarding nutritional supplements, contact the FLC Athletic Training staff or the National Center for Drug Free Sport

Resource Exchange Center (REC) at 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) and enter password “ncaa2.”

## **NCAA Drug-Testing Programs**

### **Drugs and Procedures Subject to Restrictions**

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used.

1.
  1. **Blood Doping**  
The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.
  2. **Local Anesthetics**  
The Executive Committee will permit the limited use of local anesthetics under the following conditions:
    1. That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine;
    2. That only local or topical injections can be used (i.e., intravenous injections are not permitted), and
    3. That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.
  3. **Manipulation of Urine Samples**  
The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution, and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration.
  4. **Beta 2 Agonists**  
The use of beta 2 agonists is permitted by inhalation only.
  5. **Additional Analysis**  
Drug screening for select nonbanned substances may be conducted for nonpunitive purposes.

## **4.6 Levels of Substance Abuse**

1.
  1. **Illicit Drugs and NCAA Banned Substances**  
The following act(s) will initiate implementation of the Fort Lewis College Substance Abuse Policy and the Fort Lewis College Athletic Department Substance Abuse Education Program.

Level I: The following acts will constitute the first level.

1.
  - 1.

1. Public misconduct on or off campus
2. Violation of a public law (arrested)
3. Violation of Team Code of Conduct (See Appendix B)

Level II: The following acts will constitute the second level.

2.
  1.
    1. A second infraction of those listed in Level I
    2. Missed counseling session
    3. Increased chemical level on a drug screen

Level III: The following acts will constitute the third level.

3.
  1.
    1. A third infraction of those listed in Level I
    2. A second infraction of those listed in Level II
    3. Conviction within the judicial system for a substance abuse infraction

2. **Alcohol**

The following act(s) will initiate implementation of the Fort Lewis College Substance Abuse Policy and the Fort Lewis College Athletic Department Substance Abuse Education Program.

Level I: The following acts will constitute the first level.

1.
  1.
    1. Public misconduct on or off campus
    2. Violation of Team Code of Conduct (See Appendix B)
    3. Missed counseling session

Level II: The following acts will constitute the second level.

2.
  1.
    1. A second infraction of those listed in Level I
    2. Violation of a public law (arrested)

Level III: The following acts will constitute the third level.

- 3.

1.
    1. A third infraction of those listed in Level I
    2. A second infraction of those listed in Level II
    3. Conviction within the judicial system for a substance abuse infraction.
3. **Tobacco**
1.
    1. Possession or use of tobacco at a Fort Lewis College event (meetings, practice, game, travel, and/or academic class)

## 4.7 Consequences of Substance Abuse Infractions

The sanctions imposed by the institution supersede ALL department sanctions. Refer to the Fort Lewis College Student Handbook Student Conduct Code. The sanctions imposed by the Fort Lewis College Department of Athletics are cumulative for the athletic career of the student athlete: however a complete calendar year without infraction may reduce the status level of an individual.

1.
  1. **Illicit Drugs and NCAA Banned Substances**  
Level I:
    1.
      1. The athlete, Head Coach, Head Athletic Trainer, and Director of Athletics will meet to discuss the substance abuse situation. The format of this meeting will include a reintroduction of the Fort Lewis College Department of Athletics Substance Abuse Policy, the health risks involved in the use and abuse of drugs, and the Fort Lewis College Department of Athletics Substance Abuse Education Program.
      2. The student-athlete that is identified with a substance abuse problem will be referred to the Fort Lewis College Counseling Center for evaluation and assistance.
        1. The Head Athletic Trainer will make the referral after the initial interview session with the athlete and his/her Head Coach. *OR*
        2. The student-athlete may walk in or establish their own contact with Fort Lewis College Counseling Center. *OR*
        3. The student-athlete may be referred to the Fort Lewis College Counseling Center from other campus agencies.
          - The cost for this evaluation and specific educational program is the responsibility of the student-athlete.

3. Disciplinary action determined and carried out by the Head Coach
4. Suspension of Playing (1 week of competition, in the current season or the following season if the situation presents at the end of a competitive season, however many competitions are in said week)/ from the date reported to a Department of Athletics staff member.
5. Behavior Assessment that is administered through the Counseling Center.
6. The Vice President for Student Affairs will be notified and may refer the case to the Coordinator of Judicial Affairs for disciplinary action.

Level II:

2.
  1.
    1. Same sanctions as in Level I.
    2. May include removal/reduction of athletic financial aid at the discretion of the Director of Athletics.
    3. The Director of Athletics will notify the parents (guardian, in writing, of the situation. He will cc: the athlete, Head Coach, and Vice President for Student Affairs.

Level III:

3.
  1.
    1. May include suspension or expulsion from the Fort Lewis College athletic team at the discretion of the Director of Athletics.
    2. May include removal of athletic financial aid at the discretion of the Director of Athletics.
    3. The Director of Athletics will notify the parents (guardian), in writing, of the situation. He will cc: the athlete, Head Coach, and Vice President for Student Affairs.
    4. The Assistant Director of Athletics, Head Athletic Trainer, Equipment Manager, and Director of Sports Information will be notified of the suspension or expulsion from the team.

2. **Alcohol**

Level I:

1.
  1.
    1. The athlete, Head Coach, Head Athletic Trainer, and Director of Athletics will meet to discuss the substance

abuse situation. The format of this meeting will include a reintroduction of the Fort Lewis College Department of Athletics Substance Abuse Policy, the health risks involved in the use and abuse of drugs, and the Fort Lewis College Department of Athletics Substance Abuse Education Program.

2. The student-athlete that is identified with a substance abuse problem will be referred to the Fort Lewis College Counseling Center for evaluation and assistance.
  1. The Head Athletic Trainer will make the referral after the initial interview session with the athlete and his/her Head Coach. *OR*
  2. The student-athlete may walk in or establish his/her own contact with Fort Lewis College Counseling Center. *OR*
  3. The student-athlete may be referred to the Fort Lewis College Counseling Center from other campus agencies.
    - The cost for this evaluation and specific educational program is the responsibility of the student-athlete.
3. Disciplinary action determined and carried out by the Head Coach.
4. The Vice President for Student Affairs will be notified and may refer the case to the coordinator of judicial affairs for disciplinary action.
5. Behavior Assessment that is administered through the Counseling Center.
6. Of Playing (1 week of competition, in the current season or the following season if the situation presents at the end of a competitive season, however many competitions are in said week)/ from the date reported to a Department of Athletics staff member.

Level II:

2.

1.

1. Same sanctions as in Level II.
2. May include removal/reduction of athletic financial aid at the discretion of the Director of Athletics.
3. The Director of Athletics will notify the parents (guardian), in writing, of the situation. He will cc: the athlete, Head Coach, and Vice President for Student Affairs.

Level III:

3.
  1.
    1. May include suspension or expulsion from the Fort Lewis College athletic team at the discretion of the Director of Athletics.
    2. May include removal of athletic financial aid at the discretion of the Director of Athletics.
    3. The Director of Athletics will notify the parents (guardian), in writing, of the situation. He will cc: the athlete, Head Coach, and Vice President for Student Affairs.
    4. The Assistant Director of Athletics, Head Athletic Trainer, Equipment Manager, and Director of Sports Information will be notified of the suspension from the team.

## **4.8 Procedures for Resolution of Infractions**

Any student-athlete who refuses to abide by the policies set forth in this document or participate in education or counseling required under this program, will be suspended from participation in all Fort Lewis College intercollegiate athletic programs and agree to forfeit his/her athletic grant-in-aid as per NCAA Rules immediately. The student-athlete will be provided the opportunity to meet with the Director of Athletics before such suspension takes effect upon written request by the student-athlete. The student-athlete, if dissatisfied with the decision of the Director of Athletics, has the opportunity to appeal by a written request for a hearing to the President of Fort Lewis College or his designee within 5 days.

1. The athlete, Head Coach, and Head Athletic Trainer will meet to discuss the substance abuse situation. The format of this meeting will include a reintroduction to the Department of Athletics policy, the health risks involved in the use and abuse of drugs and/or alcohol, and the Substance Abuse Education Program at Fort Lewis College.
2. An appointment will be made with the Fort Lewis College Counseling Center for a behavior assessment.
3. The Director of Athletics will be notified of the situation.
4. The Vice President for Student Affairs will be notified and may refer the case to the Coordinator of Judicial Affairs for disciplinary action.
5. The Director of Athletics will notify the parents, in writing, of the situation that progresses to a Level II or higher. He will cc: the athlete, Head Coach, and Head Athletic Trainer.
6. NCAA Violations will be processed through the NCAA Enforcement Program and NCAA Committee on Infractions.

## **4.9 Confidentiality**

All matters involving the application of this policy to individual student-athletes will remain confidential except for disclosures made pursuant to the Declaration of Understanding, Consent, and Release Statement. The Declaration of Understanding, Consent, and Release Statement will

not reveal information concerning results of drug tests of any student-athlete to any Fort Lewis College official for disciplinary or academic purpose whatsoever except as permitted in this policy. The Fort Lewis College Department of Athletics will make every effort to keep all such test results confidential except to the limited extent otherwise provided in the Declaration of Understanding, Consent, and Release Statement, and will oppose the disclosure of such information to any other persons within or outside the college.

## **4.10 Amendments or Modifications to the Program**

This program may be modified or amended with the approval of the President of Fort Lewis College. Such amendments or modifications shall apply to, and be effective for all student-athletes in Fort Lewis College's Intercollegiate Athletic Program after appropriate notice.

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# **APPENDIX B CODE OF CONDUCT**

### **Drugs**

All Athletic Teams Zero Tolerance: FLC Department of Athletics & NCAA

### **Alcohol**

All Athletic Teams No Alcohol consumption by student-athletes under the legal drinking age (21).

### **Tobacco**

All Athletic Teams Zero Tolerance: NCAA Policy