

**Valdosta State University**  
**Department of Intercollegiate Athletics**  
**Alcohol, Substance Abuse and Drug Screening/Testing**  
**Policies and Procedures**

**I. Introduction:**

The Department of Intercollegiate Athletics at Valdosta State University recognizes that drug use is a matter of deep concern in our society. The use of prohibited drugs, alcohol, and the abuse of drugs and alcohol and other controlled substances, as well as chemical dependency to such agents, constitute a threat to the integrity of intercollegiate athletics and represents a danger to the health, welfare and career of the Valdosta State University student-athletes. The main purpose of this policy is to protect the Valdosta State University student-athlete from the risks and dangers of alcohol and drug abuse through such measures as drug and alcohol education, drug testing, drug counseling and rehabilitation, and when appropriate, sanctions.

**II. Objectives:**

The Department of Intercollegiate Athletics has established the following Alcohol and Drug Policy and Program objectives:

1. Provide an alcohol and drug free environment.
2. Educate student-athletes, coaches, and staff members about the physical, social, psychological, financial, and legal problems associated with alcohol abuse and drug use.
3. Identify student-athletes who are abusing alcohol or drugs and assure prompt counseling and treatment.
4. Provide a program to assist individuals who use or abuse drugs or alcohol to recognize their problem and be referred for counseling and rehabilitation.
5. Provide a fair administrative process for sanctions and appeals.

**III. Application of Policy:**

All student athletes found in violation pertaining to drug abuse and testing will be subject to sanctions accumulating from the first violation. There will be no re-evaluation process for violation of the drug testing policy.

All student athletes found in violation pertaining to the alcohol section will be subject to sanctions set forth in the policy. The student athlete can appeal to the Athletic Director, following one calendar year of first offense, for removal of first offense from record. If a student athlete is found in violation a second time following a successful appeal the student athlete's right to removal is waived and sanctions accumulate from date of second violation.

**IV. Drug Testing**

Any prohibited drug in the NCAA Banned Drug Reference List (hereinafter "NCAA") and any subsequent additions to the original list, regardless of whether such drugs are prescribed or non-prescribed, legal, or illegal, and any other controlled dangerous substance may be tested. Included are "street drugs" (as defined by NCAA guidelines) REFER TO APPENDIX 3.

Testing for the presence of any prohibited drug by the NCAA (REFER TO APPENDIX 3) shall be in addition to, and not in place of, any testing done by Valdosta State University under this policy. As a condition of participation in Valdosta State University athletic programs each student-athlete shall be required to sign a release/consent form (prior to the start of each year of athletic participation), which states that he/she is aware that urine testing for the presence of drugs is permitted by the NCAA and the VSU Athletics Department and participation in the drug testing program is mandatory.

Once the policy is signed by the student-athlete, the student-athlete thereafter will be subjected to unannounced, observed and/or unobserved, random drug testing for the presence of any prohibited drug. The determination of which student-athlete will be tested and the frequency of testing in response to an individualized reasonable suspicion shall be at the discretion of the Athletic Director.

The urine specimen will be divided into part “A” and part “B”. If part “A” is positive then part “B” will be tested.

In signing the release/consent form, each athlete understands that failure to undergo testing will result in sanctions pertaining to a first violation (positive test). Failure to undergo testing a second time will result in sanctions pertaining to a second violation (positive test). Failure to undergo testing a second time will result in sanctions pertaining to a third violation (positive test).

The results of the testing, by the certified laboratory, will be reported to the Athletic Director. The parent-guardian, team physician, sport head coach, and other university officials may receive the results, if it is deemed appropriate by the Athletic Director.

## **V. Drug Testing Sanctions:**

### **A. First Violation (Positive Test):**

1. The Athletic Director, Head Athletic Trainer, Sport Head Coach, Team Physician, and, if the student is a minor, Parents/Guardians may be informed of the positive results unless a valid subpoena or court order is obtained.
2. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
3. Student-athlete will be required to undergo bimonthly urinalysis, starting immediately, at the student-athlete’s expense for a minimum of 8 weeks or until such time as the student-athlete does not test positive, which ever period of time is longer. If the test results during continual urinalysis following a first violation shows an increase instead of a decrease of any prohibited drug, such an increase shall be deemed a second violation or if another prohibited drug is found will be deemed a second violation.
4. A first violation will result in one or more of the following sanctions:
  - a. Suspension – Suspensions of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a period of time to be determined by the Athletic Director.
  - b. Cancellation of all or part of any athletic related financial aid.

### **B. Second Violation (Positive Test):**

1. The Athletic Director, Head Athletic Trainer, Sport Head Coach, Team Physician, and, if the student is a minor, Parents/Guardians may be informed of the positive test unless a valid subpoena or court order is obtained.
2. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
3. The student-athlete will be required to undergo biweekly urinalysis for a minimum of 8 weeks or until such time as the student-athlete does not test positive, which ever period of time is longer. If a test result during the continual urinalysis following a first violation shows an increase instead of a decrease of any prohibited drug, such an increase shall be deemed a second violation or if another drug is found will be deemed a second violation.
4. A second violation will result in one or more of the following sanctions:
  - a. Suspension –Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a minimum of 60 days, be it in-season or out of season.
  - b. Cancellation of all or part of any athletic related financial aid provided by Valdosta State University.

### **C. Third Violation (Positive Test):**

1. The Athletic Director, Head Athletic Trainer, Sport Head Coach, Team Physician, and, if the student is a minor, Parents/Guardians may be informed of the positive results unless a valid subpoena or court order is obtained.
2. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
3. A third violation will result in one or more of the following additional sanctions:
  - a. Suspension –Suspension of the student-athlete from further participation (all practice and scheduled athletic contests against opposing teams in any intercollegiate athletic programs) for one year from the date of the positive test, be it in season or out of season.
  - b. Cancellation of all athletic related financial aid provided by Valdosta State University.

Violations of the Valdosta State University Drug Policy are cumulative such that the number of violations of the policy, by a student-athlete, is calculated over each student-athlete's career at Valdosta State University, not on a yearly basis.

Each student-athlete must advise the Head Athletic Trainer prior to providing any urine sample of all medications, whether prescriptive or non-prescriptive, that the student-athlete is presently taking or has taken within the preceding thirty days, and the medical reason.

Student-athletes that are suspended may be reinstated only upon the consent and approval of the Sport Head Coach and Athletic Director. A condition of reinstatement may be that the student-athlete be required to undergo additional counseling and rehabilitation as determined by Valdosta State University and to provide urine samples resulting in negative test results for a minimum period of six months.

The failure to report to counseling will subject the offender to punishment as if the violation was a second violation.

### **VI. Regulations Regarding Drugs**

The Valdosta State University student-athlete is subject to all local, state, and federal regulations concerning drugs. If a student-athlete is charged with a drug offense, disciplinary procedures (immediate separation from the athletic department and cancellation of athletic financial aid, etc.) as deemed necessary by the Athletic Director may be implemented pending final disposition of all charges.

### **VII. Alcohol**

- A. The Valdosta State University student-athletes are subject to all local, state and federal regulations concerning the use/consumption of alcoholic beverages. If the student-athlete is convicted of the following:

#### **Driving Under the Influence**

##### **1. First Violation:**

- a. The Athletic Director, Head Athletic Trainer, Sport Head Coach, and, if the student is a minor, Parents/Guardians may be informed unless a valid subpoena or court order is obtained.
- b. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- c. A first violation could result in one or more of the following sanctions: (1) Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a period of time determined by the Athletic Director in consultation with the Sport Head Coach. (2) Cancellation of all or part of any athletic related financial aid.

## 2. **Second Violation:**

- a. The Athletic Director, Head Athletic Trainer, Sport Head Coach, and, if the student is a minor, Parents/Guardians may be informed unless a valid subpoena or court order is obtained.
- b. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- c. A second violation will result in one or more of the following sanctions: (1) Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a minimum of 60 days, be it in season or out of season. (2) Cancellation of all or part of any athletic related financial aid provided by Valdosta State University.

## 3. **Third Violation:**

- a. The Athletic Director, Head Athletic Trainer, Sport Head Coach, and, if the student is a minor, Parents/Guardians may be informed unless a valid subpoena or court order is obtained.
- b. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- c. A third violation will result in one or more of the following sanctions: (1) Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a minimum of one year, be it in season or out of season.

## **Drunken and Disorderly Conduct**

### 1. **First Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- b. The student-athlete will be required to participate in community service for a length of time as determined by the Department of Intercollegiate Athletics.

### 2. **Second Violation:** Refer to Driving Under the Influence, Second Violation.

### 3. **Third Violation:** Refer to Driving Under the Influence, Third Violation

## **Public Intoxication**

### 1. **First Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- b. The student-athlete will be required to participate in community service for a length of time as determined by the Department of Intercollegiate Athletics.

### 2. **Second Violation:** Refer to Driving Under the Influence, Second Violation.

3. **Third Violation:** Refer to Driving Under the Influence, Third Violation.

### **Minor in Possession**

1. **First Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.

2. **Second Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- b. The student-athlete will be required to participate in community service for a length of time as determine by the Department of Intercollegiate Athletics.

3. **Third violation:** Refer to Driving under the Influence, Third Violation.

A. If the student-athlete pleads guilty to, or forfeits bond to any other charge where legal intoxication is determined, one or more of the following sanctions will be imposed:

1. Suspension of the student-athlete from further participation (scheduled team practice and athletic competition against opposing teams) in all intercollegiate athletics for a period to be determined by the Athletic Director.
2. Cancellation of all or part of any athletic related aid.
3. Community service hours deemed appropriate by the Athletic Director.
4. Mandatory participation in an alcohol and drug awareness program designated by Valdosta State University with fee being paid by the student-athlete.

B. If a student-athlete is charged with any of the offenses in paragraph A above, disciplinary procedures (suspension of athletic competition and/or practice, loss of financial aid, community service, etc.) as deemed necessary by the Athletic Director may be implemented pending final disposition of all charges.

C. The failure to report for counseling will subject the offender to punishment as if the violation was a second violation.

### **VIII. Probable Cause**

Student-athletes will be drug-screened and/or evaluated if there is probable cause to suspect alcohol, drug use, or abuse. The coaching staff, athletic training staff, or athletic director may be aware of or see certain signs, symptoms or changes in behavior that may cause them to suspect substance abuse. These staff members have a duty to report any suspicions to the Sport Head Coach, Athletic Director, or Head Athletic Trainer. A decision will be made regarding the need for counseling and/or testing.

Such behaviors may include, but are not limited to the following signs, symptoms and behaviors:

1. Student-Athlete begins to show:
  - Poor motivation
  - Sloppy hygiene and appearance
  - Lack of hustle on the field or court
  - Irritability or loss of temper
  - Failure to follow orders or lack of discipline
  - Unexplained absences
  - Common and routine injuries which will not heal or which are recurrent
2. Has recurrent problems with:
  - Being late to practice, team meetings, or functions

- Missing appointments
  - Ignoring curfews
  - Staying up too late
  - Falling asleep during day
  - Skipping meals
3. Appearance of the following signs and/or evidence of illness
- Dilated or constricted pupils
  - Droopy eyelid or reddish eyes
  - Excessive scratching and breaking out of skin
  - Constantly runny, red nose
  - Recurrent bouts of flu or colds that require medical attention
  - Appears over-stimulated or “hyper”
  - Becomes withdrawn and less communicative
  - Repeated automobile and traffic violations

## **IX. Review/Appeal Process**

If a student-athlete tests positive for a banned substance, he/she has the right to a review. The Athletic Director must receive a written request for a review within 48 hours of the notification of the positive test.

If the student-athlete wishes to appeal the methods of evaluation and treatment imposed, he/she must request a hearing before the Appeals Committee within 48 hours of being notified of a positive screen. The burden of proof is on the athlete to show any extenuating circumstances why the Department of Intercollegiate Athletics’ evaluation and treatment program is not appropriate.

If the student-athlete wishes to appeal a disciplinary decision or procedure, the Athletic Director must receive the written request for appeal within 72 hours of the student-athlete’s notification of the penalty.

The Athletic Director will notify the Appeals Committee of the appeal request. A hearing will be arranged in five (5) working days following the request by the student-athlete.

### **APPEALS COMMITTEE:**

1. An Athletic Department administrator (one of the following serves as chairperson: Athletic Director, Senior Women’s Administrator, or Faculty Athletics Representative)
2. An uninvolved Coach
3. A representative of the University’s Legal Counsel
4. A member of the full-time Athletic Training Staff
5. Chair, Student-Athletic Advisory Council
6. Vice President for Student Affairs or Representative

## **HOW DRUG USE MAY AFFECT ATHLETIC PERFORMANCE**

### **DRUG: COCAINE**

#### **EFFECT:**

- Over-stimulates reflexes
- Distorts vision
- Hurries muscle movement
- Weakens breathing
- Long-term use weakens muscles and nerves and makes them prone to injuries
- Alters normal appetite

### **DRUG: MARIJUANA**

#### **EFFECT:**

- Slows reflexes
- Long-term use weakens muscles and nerves and makes them prone to injuries
- Slow or non-reactive pupil distorts vision
- Hearing impairments

**DRUG: AMPHETAMINES**

**EFFECT:**

- Over-stimulates reflexes
- Distorts vision
- Alters normal appetite

**DRUG: ALCOHOL**

**EFFECT:**

- Reduces mental alertness for approximately 24 hours after a binge or about three beers or drinks

**HOW MARIJUANA AND COCAINE CAN CAUSE ATHLETIC INJURIES**

- Depletes energy
- Impairs visual perception
- Alters normal reflexes
- Drives out chemicals at nerve-endings
- Decreases immune and inflammatory mechanisms necessary for healing (i.e. routine simple injuries do not heal rapidly)
- Collects in fatty tissues around muscles, tendons, and ligaments (i.e. marijuana)
- Worsens normal simple injuries

**ANABOLIC STEROIDS**

This class of drug is a derivative of the male hormone testosterone. Testosterone will increase protein synthesis, when coupled with training and proper diet, may create an increase in lean muscle mass. Being a hormone, the anabolic steroid will interfere with the normal hypothalamic-pituitary-gonad thermostat and disturb the body's delicate hormone balance. This interference can produce detrimental side effects. Anabolic Steroids are banned by the N.C.A.A. and U.S.O.C.; all sports federations, and professional athletic organizations.

The Valdosta State University Department of Intercollegiate Athletics will not condone or tolerate the use of Anabolic Steroids by the student-athlete.

All of the following have been linked to steroid use:

- |  |                                |
|--|--------------------------------|
| 1. Aggressiveness leading to violence        | 13. Kidney disease             |
| 2. Mood swings                               | 14. Liver damage               |
| 3. Psychiatric disorders, psychotic episodes | 15. Enlarged prostate          |
| 4. Acne                                      | 16. Prostatitis                |
| 5. Balding                                   | 17. Breast enlargement (males) |
| 6. Hypertension                              |                                |
| 7. High blood cholesterol                    | (In Females)                   |
| 8. Cardiac arrhythmias                       | 1. Menstrual problems          |
| 9. Diminished libido                         | 2. Breast atrophy              |
| 10. Atrophy of the testicles                 | 3. Excessive hair growth       |
| 11. Impotence                                | 4. Enlarged clitoris           |
| 12. Stunted growth                           | 5. Deepening of voice          |

**VALDOSTA STATE UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG SCREENING PROGRAM  
Test Notification / Test Refusal**

**NAME:** \_\_\_\_\_ **SPORT:** \_\_\_\_\_  
**Date of Notification:** \_\_\_\_\_ **Date of Refusal:** \_\_\_\_\_  
**Date of Test:** \_\_\_\_\_ **Time: 8:00-4:30 Monday-Thursday**  
**8:00-2:30 Friday**

**Report to the Student Health Center with a student I.D.  
Inform the receptionist that you have come for a drug test.**

I, the undersigned, acknowledge that I have been informed that I have been chosen to participate in the Valdosta State University Department of Intercollegiate Athletics Drug Screening Program which involves testing through urinalysis.

I, the undersigned, acknowledge that I have been informed that failure to undergo testing will result in drug testing sanctions pertaining to a first violation (positive test). Failure to undergo testing a second time will result in drug testing sanctions pertaining to a second violation (positive test). Failure to undergo testing a third time will result in drug testing sanctions pertaining to a third violation (positive test).

\_\_\_\_\_  
**Student-Athlete's Name Printed**

\_\_\_\_\_  
**Local or Cell Phone Number**

\_\_\_\_\_  
**VSU Student ID #**

\_\_\_\_\_  
**Student-Athlete's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**VSU Representative's Signature**

\_\_\_\_\_  
**Date**

Each student-athlete must advise an Athletic Trainer prior to providing any urine sample of all medications, whether prescriptive or non-prescriptive, that the student-athlete is presently taking or has taken within the preceding thirty days, and the medical reason.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
You have been selected for VSU Drug Testing.

You have to report to The Farber Student Health Center on \_\_\_\_\_ at the following time(s)  
\_\_\_\_\_.

Take your VSU Student ID.  
Be able to provide an acceptable urine sample. Do not overhydrate.  
Make sure you allow enough time to be tested and get to class.

**Failure to appear is the same as a positive test!**

**VALDOSTA STATE UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG SCREENING AND SUBSTANCE ABUSE PROGRAM**

**CONSENT TO PARTICIPATE**

I \_\_\_\_\_ hereby acknowledge that a copy of the Valdosta State University Department of Intercollegiate Athletics Drug Screening Policy and Substance Abuse Program (hereinafter “Program”) has been made available to me electronically via the Athletic Departments website. I further acknowledge that I have read the Policy and that I fully understand the provisions of the Policy.

I hereby voluntarily and without threat, inducement, or compulsion, consent to have a sample of my urine collected and tested for the presence of certain drugs or substances on a random, unannounced basis, in accordance with the provisions of the Drug Screening Policy, and at such times as required under the policy.

I further agree and consent to the disclosure of said records and results relating to me, **only** to those persons involved in the administration of the “Program”, and **only** under the circumstances described in the “Program”. This consent is given pursuant to all State and Federal privacy statutes and is a waiver of my rights to non-disclosure of such test records and results **only** to the extent of the disclosures authorized in the “Program”.

I further state that I am at least eighteen (18) years of age and fully competent to sign this agreement. (If a minor under eighteen (18) years of age, parent or legal guardian signature must be provided)

I do for myself, my heirs, and personal representatives further agree to defend, hold harmless, indemnify, forever release and discharge Valdosta State University, Board of Regents on behalf of its trustee, agents, and employees from all claims, and actions for damages arising out of my participation in the drug screening.

\_\_\_\_\_  
Student-Athlete’s Name Printed

\_\_\_\_\_  
Student-Athlete’s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent and/or Legal Guardian’s Signature  
Date