



**UNIVERSITY OF CINCINNATI
DEPARTMENT OF ATHLETICS
DRUG EDUCATION AND DETERRENCE PROGRAM**

The purpose of this document is to set forth the University of Cincinnati's ("University") Department of Athletics Drug Education and Deterrence Program ("Program").

A. Program Goals

1. To educate student-athletes about the effects of substance misuse and abuse on their health and well-being.
2. To deter student-athletes from using prohibited substances, through education, screening, and other measures.
3. To evaluate, counsel, and rehabilitate student-athletes who have used prohibited substances.
4. To maintain the safety and integrity of intercollegiate athletic competitions.

B. Use of Banned Substances is Prohibited

Student-Athletes are prohibited from using any substance listed on the **Schedule of Banned Substances** ("Banned Substances"), attached as Appendix A to this Program. The Department of Athletics may amend the Banned Substances from time to time. Student-Athletes are required to check their supplements through the Senior Associate Athletic Director for Sports Medicine ("SAAD") to ensure compliance.

Exceptions to the prohibition on use of Banned Substances may be made only in specific cases based on a legitimate medical need, pursuant to a valid prescription issued by a qualified physician. For ADHD Related diagnosis, per NCAA rules, all psychiatric testing must be submitted along with the supporting documentation

Legally obtained prescription medication includes drugs prescribed by a licensed medical practitioner that have been legally obtained and are being used in the appropriate amount solely by the individual and for the purpose for which the medication was prescribed or manufactured. The use of any legally obtained prescription medication without prior notification to the University Sports Medicine staff is strictly prohibited and may result in a positive drug test result for a Banned Substance.

C. Banned Substance Screening

Student-Athletes must participate in Banned Substance screening. Screening will be administered as follows:

1. Random screening before, during, and after the competitive season per the Director of Athletics.
2. Discretionary screening of individual Student-Athletes for health and safety reasons at the direction of the Director of Athletics, in consultation with the Deputy Director

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of Athletics/SWA, the Chief of Staff, the SAAD, the Director of Sports Psychology and Wellness, the Student-Athlete's Head Coach, or the Team Physician.

D. Screening Procedures

1. Laboratory Testing

Screening will involve the collection and analysis of urine samples from Student-Athletes by a qualified, independent testing laboratory selected by the Department of Athletics. Each sample will be divided into two portions. Both portions will be sent to the laboratory, which will test one portion for the presence of Banned Substances and the other portion will be securely maintained by the laboratory for use in the event the result is challenged.

A sample will be deemed as having tested positive if the results of a laboratory analysis find the presence of a Banned Substance after a review of the results by the SAAD.

2. Challenging a Positive Test Result

A Student-Athlete has the right to challenge a positive test result within twenty-four (24) hours of notification of the positive result. The challenge must be made in writing to the SAAD setting forth the basis for the challenge. The Student-Athlete should also attach any supporting documentation with the written challenge and state whether or not they are requesting to have the secured portion of their screening sample analyzed by the laboratory. The SAAD shall determine whether to accept or deny the challenge, or request further information, within twenty-four (24) hours, or as soon as reasonably practicable after a challenge is made.

3. Missed Banned Substance Screening

A Student-Athlete may not miss a Banned Substance screening without an approved excuse. Upon missing a screening, the Student-Athlete will be required to appear for screening as soon as possible, but in no event later than three days after a missed appointment, regardless of whether the missed screening was excused.

Missed screenings are subject to the following:

- i. *First Missed Unexcused Screening:* The SAAD will notify the Student-Athlete's Head Coach.
- ii. *Second Missed Unexcused Screening:* The Student-Athlete must meet with the Director of Athletics, and their Head Coach will be notified.
- iii. *Third, and Subsequent, Missed Unexcused Screening:* The Student-Athlete's missed appointment will be treated the same as a positive test for a Banned Substance, and their Head Coach and the Director of Athletics will be notified. In addition, the Student-Athlete may be subject to further disciplinary measures, including but not limited to, suspension from competition, reduction of aid and ineligibility for Alston Award.

4. Banned Substance Screening Misconduct

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If the SAAD determines that a Student-Athlete has (a) altered or attempted to alter a screening sample, or (b) otherwise attempted to evade or has evaded screening, the Student-Athlete's test result will be treated the same as a positive test for a Banned Substance. The SAAD shall notify the Student-Athlete's Head Coach and the Chief of Staff of the conduct.

A Student-Athlete deemed to have tested positive for Banned Substances under these circumstances may appeal the determination to the Chief of Staff, who will promptly consider and decide the appeal. The appeal be made in writing, setting forth the basis for the appeal, and submitted to the Chief of Staff within twenty-four (24) hours of notification of the determination by the SAAD, or within an alternative time determined by the Chief of Staff.

E. Voluntary Disclosure

A Student-Athlete who voluntarily discloses use of a Banned Substance to the SAAD at any time prior to collection of a screening sample will not be deemed to have received a first positive result, provided that the Student-Athlete (a) agrees to undergo an assessment by a clinical professional or substance abuse program to determine appropriate intervention strategies; (b) follows the recommended intervention strategies; and (c) agrees to cease using Banned Substances. Voluntary disclosure may not be used more than once to avoid a first positive test result.

The Student-Athlete must fill out the authorization form to allow confirmation of attendance in the substance abuse assessment. Failure to comply with these terms after voluntary disclosure may result in the Student-Athlete being deemed to have tested positive for use of a Banned Substance.

Although Student-Athletes who voluntary disclose, in accordance with the terms of this policy, the use of a Banned Substance will not receive a first positive test result, they still may be subject to screening for health and safety reasons at the discretion of the Director of Athletics, in consultation with the Deputy Director of Athletics/SWA, Chief of Staff, the SAAD, the Director of Sports Psychology and Wellness, their Head Coach, or the Team Physician.

Unless such a Student-Athlete is screened earlier for health and safety reasons, the Student-Athlete will be tested not sooner than forty (40) days after voluntary disclosure. The Student-Athlete must also participate in a meeting between the Student-Athlete, the Chief of Staff (or a designee), and their Head Coach regarding the voluntary disclosure.

F. Positive Screening Results

1. First Positive Test Result for Banned Substance other than Anabolic Steroids

After the first positive test for a Banned Substance, other than anabolic steroids, a Student-Athlete will be required to commit to ceasing use of Banned Substances. The Student-Athlete must also meet with the SAAD (or a designee) and their Head Coach regarding the positive test result.

The Student-Athlete will then be referred for an assessment by a clinical professional or substance abuse program to determine appropriate intervention strategies. This assessment must be completed within ten days of the meeting with their Head Coach and the SAAD. The Student-Athlete must then comply with the recommended



intervention strategies. The Student-Athlete must complete the authorization form to allow confirmation of attendance in the substance abuse assessment and intervention strategies.

The Student-Athlete will be tested not sooner than forty (40) days after a first positive test result. A positive test result will constitute a second positive test result.

2. First Positive Test Result for Anabolic Steroids

After the first positive test for anabolic steroids, the Student-Athlete will meet with their Head Coach and the SAAD to discuss the result and to commit to ceasing use of Banned Substances. The Student-Athlete will then be referred for an assessment by a clinical professional or substance abuse program to determine appropriate intervention strategies. This assessment must be completed within ten days of the meeting with their Head Coach and the SAAD. The Student-Athlete must then comply with the recommended intervention strategies. The Student-Athlete must complete the authorization form to allow confirmation of attendance in the substance abuse assessment and intervention strategies.

After a first positive test for anabolic steroids, the Student-Athlete will be suspended from competition for the number of events equaling a minimum of ten percent (10%) of an academic year's competition regular schedule to be effective immediately after any challenge is exhausted. If the positive result is not being challenged, the sanctions shall begin not later than ten days following notification of the positive result. Any suspension will apply to post-season competition and may carry over to the following year's competition schedule.

The Student-Athlete will be tested not sooner than forty (40) days after a first positive test result to determine whether the student-athlete has honored their commitment to cease using Banned Substances. A positive result will constitute a second positive test result.

3. Second Positive Test Result for Banned Substance other than Anabolic Steroids

After testing positive for a banned substance other than anabolic steroids for the second time, a Student-Athlete will be required to commit to ceasing use of Banned Substances. The Student-Athlete also will be required to participate in a meeting between the Student-Athlete, the SAAD (or a designee), and their Head Coach. The Student-Athlete will then be referred for an assessment by a clinical professional or substance abuse program to determine appropriate intervention strategies. This assessment must be completed within ten days of the meeting with their Head Coach and the SAAD. The Student-Athlete must then comply with the recommended intervention strategies. The Student-Athlete must complete the authorization information form to allow confirmation of attendance in the substance abuse assessment and intervention strategies.

The Student-Athlete will be tested twice after the second positive test result to determine whether the Student-Athlete has honored their commitment to cease using



Banned Substances. The first test will occur not sooner than forty (40) days after the second positive result. The second test will occur not sooner than forty (40) days after the first test. A positive result will constitute a third positive test result.

After a second positive test for any Banned Substance other than anabolic steroids, the Student-Athlete will be suspended from competition for the number of events equaling a minimum of ten percent (10%) of an academic year's competition regular schedule to be effective immediately after any challenge is exhausted. If the positive result is not being challenged, the sanctions shall begin no later than ten (10) days following notification of the positive result. Any suspension will apply to post-season competition and may carry over to the following year's competition schedule.

4. Second Positive Test Result for Anabolic Steroids

After testing positive for anabolic steroids for the second time, a Student-Athlete will be permanently dismissed from their team from the date the positive result is confirmed, following any challenge. If the Student-Athlete has an athletic grant-in-aid, the Student-Athlete will receive notification from the Student Financial Aid Office (SFAO) such grant-in-aid will be reduced or cancelled immediately, unless otherwise prohibited by NCAA legislation, with the opportunity to appeal per NCAA Bylaw 15.3.2.3.

5. Third Positive Test Result for Banned Substance other than Anabolic Steroids

After testing positive for any Banned Substance for the third time, a Student-Athlete will be permanently dismissed from their team from the date the positive result is confirmed, following any challenge. If the Student-Athlete has an athletic grant-in-aid, the Student-Athlete will receive notification from the SFAO such grant-in-aid will be reduced or cancelled immediately, unless otherwise prohibited by NCAA legislation, with the opportunity to appeal per NCAA Bylaw 15.3.2.3.

G. Compliance With Intervention Strategies

In the event a Student-Athlete refuses to participate in required intervention strategies, the following actions will be taken:

1. First Unexcused Absence

Upon the first unexcused absence from evaluation or treatment, the Student-Athlete will receive a written warning informing them that a second unexcused absence will result in immediate suspension from athletics competition for the remainder of the academic year. The Student-Athlete's Head Coach and the Director of Athletics (or designee) will receive copies of this notification.

2. Second Unexcused Absence

Upon the second unexcused absence from evaluation or treatment, the Student-



Athlete will receive notification in writing that they are immediately suspended from athletics competition until undergoing assessment and/or treatment. The Student-Athlete's Head Coach and the Director of Athletics (or designee) will receive copies of this notification.

H. Compliance with NCAA Drug Testing Program

The NCAA drug-testing program, along with clear policies and effective education, protects student-athletes who play by the rules by playing clean. The purpose of the NCAA drug-testing program is to deter Student-Athletes from using performance-enhancing drugs, and it impacts the eligibility of Student-Athletes who try to cheat by using banned substances. The NCAA tests for steroids, peptide hormones and masking agents year-round and also tests for stimulants and recreational drugs during championships.

In order to comply with NCAA drug-testing program, all Student-Athletes at the University shall read and sign all necessary documentation prescribed by the NCAA giving their consent to be tested. Student-athletes will not be eligible to practice or compete until they complete and sign such documentation.

I. Marijuana Screening

The Department of Athletics reserves the right to test Student-Athletes for marijuana based on health and safety reasons. Positive results for marijuana will be addressed on a case-by-case basis with Student-Athletes and will not be subject to the disciplinary provisions of this policy.



ACKNOWLEDGEMENT DRUG EDUCATION AND DETERRENCE PROGRAM

By signing below, I have read, understand, and agree to the Drug Education Deterrence Program ("Program"). I acknowledge that if I violate the Program, I may be subject to discipline as set forth in the Program, which includes dismissal from the team.

Student-Athlete Name _____

Student-Athlete Signature _____

Date _____

APPENDIX A - SCHEDULE OF BANNED SUBSTANCES

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Cannabinoids.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators.
9. Beta-2 agonists.

[NCAA Banned Substances - NCAA.org](https://www.ncaa.org/sports/2016/06/01/banned-substances)

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