

**CENTRAL WASHINGTON UNIVERSITY  
ATHLETIC DEPARTMENT  
SUBSTANCE USE AND DRUG TESTING POLICY**

**PURPOSE:**

The purpose of this policy is to prevent substance abuse among student athletes by implementing reasonable suspicion drug testing. The intent is to protect the personal health and safety of each individual as well as ensure an atmosphere of competitive equality. It will also provide an opportunity to intervene on behalf of an individual who has a drug abuse history or a perceived drug problem.

**EDUCATION:**

Central Washington University and the CWU Athletic Department are committed to maintaining a drug free environment. An important component is educating the student athlete on the effects and consequences of substance abuse. In order to accomplish this goal, a class entitled Drugs in Sports (HED 205) is offered every term. This two-credit course includes surveying the potential hazards of recreational, ergogenic and restorative drugs commonly used by athletes. It also includes information on nutritional supplements and NCAA Drug testing policies and procedures. Every student athlete is required to take this class during their first year and no later than their second year of participation. This course will also serve as our mandatory NCAA drug education component.

**DRUGS TO BE TESTED:**

1. Stimulants including amphetamines and ephedera derivatives.
2. Cocaine
3. Marijuana (THC)
4. Anabolic Steroids (testosterone levels greater than 6:1).

**REASONABLE SUSPICION:**

To be considered reasonable suspicion, evidence must be based upon a specific event or occurrence in which the student athlete has been presumed to use drugs, these would include, but are not limited to:

1. direct observation by coaches, athletic trainers, or physicians involving suspicious medical symptomatic changes inherent to suspected substance abuse
2. frequent, unexplained absenteeism.
3. significant changes in behavior.
4. obviously suspicious conduct.
5. common sense conclusions of abnormal human behavior.
6. previously positive drug test.
7. evidence reported from a reliable third party.
8. physical evidence pointing to drug abuse
9. possession of drug paraphernalia

Each event or reasonable suspicion must be separate and unrelated to a previous incident.

A drug test can also be requested by anyone who has objective information within the realms of reasonable suspicion. This may include reliable third parties. This request is to be made verbally (in person or by phone) or in writing (letter, fax or email) to the team physician, or other medical practitioner at the Central Washington University Student Health Center (SHC), should the team physician be unavailable, SHC personnel shall decide if the suspicion warrants the drug testing process and, if warranted, authorize it.

Athletes may also self refer, if they feel that have could accidentally or inadvertently taken any controlled substance. Any positive based on this “safe harbor” testing shall result in the individual being referred to the CWU Wellness Center to determine the cause of the positive test and how it can be avoided in the future. The student athlete is eligible for self-referral one time only unless indicated otherwise by their counselor.

### **DRUG TESTING PROCEDURES:**

Each year, prior to participation, every athlete will review NCAA as well as this CWU drug testing policies and sign consent forms. Failure to do so will result in them being ineligible for intercollegiate athletic participation.

Within 24 hours after receiving verification from SHC medical personnel that drug testing has been authorized, a Certified Athletic Trainer of the same sex will discretely notify the student athlete of the authorization. He or she will immediately go to the SHC lab where a specimen will be collected. Specimen collection protocol will shall involve the strictest of controls (NCAA guidelines) to eliminate the chances of error or cheating.

All drug test results will be available to the team physician or designated SHC personnel, who will inform the head athletic trainer, athletic director and head coach. The results will be made available at the soonest possible time (usually within seven days).

Specimen drug testing will be performed by certified lab technicians using gas chromatography-mass spectrometry (GCMS), which is one of the most reliable tests available for drug detection.

Drug testing costs currently range from \$25-30 for street drugs and stimulants and \$50-75 for steroids. The cost of the initial test will be borne by the athletic department. However, subsequent testing will be the financial responsibility of the student athlete.

## **SIGNS OF DRUG ABUSE:**

Dilated (enlarged) pupils, increased sweat, nervousness, anxiety, paranoid behavior, hand tremors, weight loss, insomnia, rapid heart rate and increased blood pressure, chronic cough, sullen and withdrawn, slow verbal responses, reddened eyes, increased appetite for sweets and unusual smell to their clothing (burning rope) vertigo and mental confusion, depression and nervous exhaustion, persecution complex and over confidence in one's abilities and strength, mood changes, unusual increases in weight and strength, hostile and paranoid behavior, acne-particularly on the face and back, enlargement of breasts (males), lowered voice, abdominal pain, swollen face, high blood pressure and amenorrhea (females).

## **PENALTIES:**

Positive test results will result in a second sample (which is held by the lab for one year) from the initial specimen being tested. This process is designed to avoid any false positives from the initial test. It should be noted that drug screening and confirmation using Gas Chromatography and Mass Spectrometry (GCMS) is the most accurate method available for drug specimen testing.

Following a first time positive drug test, the student athlete will be referred to the Wildcat Wellness Center for assessment. Based on the results of the assessment, the counselor will complete a behavioral contract with the student-athlete. This contract will be discussed with the athletic director, head athletic trainer and head coach. There will be no loss of participation or competition following an initial positive test as long as the student is working on completion of their behavior contract. The student athlete will be subject to retesting within 30 days for the drug(s) for which they originally tested positive. They will also be held accountable to the CWU student judicial code.

A second positive test indicates continued use and will cause the athlete to be suspended from the team for one full calendar year. This suspension will also result in the loss of all athletic related financial aid, during this time period as well as continued accountability to the CWU student judicial code. Parental notification will also be made at this time as per University policy.

After one year, the student-athlete may be reinstated by the Athletic Director and Head Coach upon receiving recommendations from the substance abuse counselor, team physician or designee. Re-admittance into the University will also be determined by the Vice President for Student Affairs and Enrollment Management.

All subsequent positive tests will result in permanent dismissal from Central Washington University Athletics and possible expulsion from Central Washington University.

Refusal to provide a urine sample or failure to sign the drug testing consent form, shall be deemed to have tested positive for the drug in question. All positive test guidelines will continue to be followed as prescribed.

Drug test results that come back negative will involve notification to the student-athlete in question and no further action will be necessary

A student-athlete who tests positive may, within five days of the test results, make a written appeal to the CWU Athletic Department Substance Use and Drug Testing Committee. The members of said committee shall include the Director of Athletics, Assistant Director of Athletics for Compliance, Director of the CWU Wellness Center and the Vice President for Student Affairs and Enrollment or their designee. This meeting shall take place at the earliest possible time all of the committee members are available. The committee will have authority of restoration, based upon the merit(s) of the request.

### **ALCOHOL POLICY**

Central Washington University does not condone the illegal or irresponsible use of alcohol. Both abuse and dependence can impair brain function, dull judgment, reduce alertness and lead to life altering consequences. University staff and faculty are expected to conduct themselves in an exemplary fashion and adhere to university, federal, state and city laws related to alcohol. Violations are punishable by state laws and subject to prosecution. Student violators are also subject under the student judicial code.

Consumption of alcohol is expressly prohibited in connection with any official intercollegiate team function (i.e., any activity held at or under the direction and supervision of a member of the coaching staff).

Sanctions for involvement with alcohol under conditions prohibited by the Athletic Department, but in which there are no legal implications will be determined by the head coach and athletic director. Depending upon circumstances, sanctions may include suspension from practice and/or competition as well as other appropriate consequences to include referral to Student Affairs and Enrollment Management for proper action under the student judicial code.

According to Washington Administrative Code (WAC 106-12—027), a student shall be subject to disciplinary action or sanction upon violation of the university policy on alcoholic beverages which state: persons twenty-one years of age or older may possess and/or consume alcoholic beverages within the privacy of their residence hall rooms or apartments. Washington State law provides severe penalties for the possession or consumption of alcoholic beverages by persons under twenty-one years of aged and for persons who furnish alcoholic beverages to minors. b.) The University does not condone the consumption of alcoholic beverages by minors at functions sponsored by Central Washington University organizations. Organizations are held responsible for the conduct of their members at functions sponsored by the organization and for failure to comply with Washington state law. c) The campus judicial council, including the Vice President of Student Affairs and Enrollment Management may place any organization on probation

or prohibit a specific campus social function when the consumption of alcoholic beverages has become a problem of concern to the University.

Violations of student conduct will result in sanctions imposed by the Office of Student Affairs and will include: 1) warning, 2) disciplinary probations, 3) restitution, 4) deferred suspension, 5) suspension, 6) expulsion. A complete explanation of each of these penalties as well as a complete copy of the Central Washington University Drug and Alcohol Policy is available in the office of the Vice President for Student Affairs and Enrollment Management.

kk 1/23/05