

## DRUG AND ALCOHOL EDUCATION

The University of Arkansas Athletic Department believes that the use of illegal drugs and alcohol are detrimental to the welfare and health of the institution's student-athletes and promulgates this policy in an effort to prevent, deter, and eliminate such conduct. As part of this policy, the University adopts the following principles in an effort to promote the well-being of the University's student-athletes and to prevent the destructive physical and emotional effects of illegal drugs and alcohol.

- Student-athletes should be fully aware of the individual harm that alcohol and drugs, including dietary supplements, may cause, including the negative impact on each individual's performance as well as his or her physical and emotional health.
- Student-athletes who engage in athletic activity under the influence of alcohol and illegal drugs, including dietary supplements, may increase additional risk to themselves, teammates, and others. Decreased mental alertness and negative changes in behavior, whether in the form of excessive aggression or increased indifference, may expose student-athletes to physical injury and create team dissension. The risk factors are both immediate (e.g., practice injuries) and long-term, such as physiological degradation and devalued self-esteem.
- Given the substantial time and energy required for participation in varsity sports, student-athletes who use alcohol or illegal drugs, including dietary supplements with banned supplements, will likely experience an adverse impact on their athletic performance and corresponding declines in their ability and motivation to meet their basic academic responsibilities in the classroom, library and laboratory.
- The NCAA routinely requires drug testing at NCAA National Championship events. If a student-athlete tests positive for a banned substance at an NCAA Championship event, the student-athlete will experience serious consequences, including loss of eligibility. Additionally, the NCAA has a year-round (including summer) drug testing program for all Division I and Division II student-athletes. The University should engage in all possible measures, including enhancing awareness, advancing education, and developing values to foster and establish a culture where alcohol and illegal drug use do not occur or is detected and addressed in an appropriate manner with the ultimate goal of eradication all such destructive behaviors.
- The University of Arkansas fully supports and agrees with all NCAA legislation and policy in condemning the use of non-prescribed, non-therapeutic/performance enhancing drugs (PED's). It is the responsibility of the Department, through the Drug Test Administrator and Compliance, to communicate the Department's policies regarding alcohol and drug use to the student-athletes. In addition, Athletic Department staff members shall not encourage or advise any student-athlete to take any non-therapeutic/performance enhancing drugs or assist any student-athlete in obtaining any non-therapeutic/performance enhancing drugs. All staff members must play an active role in advising student-athletes against the use of non-therapeutic/performance enhancing drugs. Any staff member found to be in violation of this policy shall be subject to immediate disciplinary action including, but not limited to termination for cause.
- The Athletic Department will take proactive steps as part of the student-athlete development program to achieve the objectives of minimizing and eliminating the use of alcohol and illegal drugs. These programs will be addressed annually.
- The Athletic Department further recognizes that the use of any non-therapeutic performance enhancing substance constitutes cheating and is antithetical to the values of the University.

- The Department of Athletics' Drug and Alcohol Education and Testing policy is separate and distinct from the NCAA's program. You may also provide a urine sample in a drug test during your preseason physical coordinated by athletic trainers. This baseline test is associated with the preseason physical and is designed to provide an initial screening and assessment of incoming student-athletes. A positive test in the preseason physical does not translate into a student-athlete being subjected to Phase I sanctions. However, the student-athlete may be referred to drug and alcohol education or counseling.
- The refusal to provide a specimen according to protocol will result in an automatic positive test.
- If ever tested positive for an NCAA sanctioned test, that positive will count as a positive University of Arkansas test, in sequence. The penalty shall be reflective of NCAA policy. (Example: One (1) UA positive test result + One (1) NCAA positive test result = next UA positive test result at Phase III penalty.) Please see the penalties breakdown by Phase later in this section.
- If a student-athlete tests positive due to prescribed medication use, which is deemed medically necessary for a diagnosed condition, the NCAA Drug-Testing Exceptions Procedures will be followed.
- An individual has the right to appeal a positive test result. Appeals can be performed at any stage throughout the process, and all appeals must be made to the Appeals Committee. See the appeals process guidelines and list of Committee members later in this section.
- Based on NCAA Bylaw 13.1.1.3.6, the institution at which the student-athlete tested positive for use of a banned substance must report the test to the institution to which the student-athlete is transferring.

## Drug Testing Program

Drug testing of student-athletes shall follow the policies and procedures adopted by the Athletic Department, including any revisions to those policies and procedures. The drug-testing policies and procedures adopted by the Athletic Department shall not be deemed, operate or construed to create any type of contractual relationship between the University and any student-athlete. The opportunity to participate in intercollegiate athletics at the University is a privilege and not a right. Among other conditions of participation in intercollegiate athletics, student-athletes shall comply with the University's policies against the use of alcohol and illegal substances, including, but not limited to complying with the Athletic Department's drug testing program. Accordingly, as a pre-condition of participating in intercollegiate athletics at the University, student-athletes agree to sign a "Consent and Notification Form" supplied by the University. By signing the Consent and Notification Form, a student-athlete shall be deemed to have agreed to the terms and conditions contained in the form and to comply fully with the Athletic Department's drug testing policies and procedures. The University may rely upon the signed Consent and Notification Forms as binding legal commitments of each student-athlete.

The University of Arkansas Athletic Department's Drug Testing Program shall be as follows:

1. **Who can be tested:** All scholarship and non-scholarship student-athletes on the institution's squad list, spirit squad, and any former student-athlete who has exhausted his/her eligibility but is still receiving financial aid.
2. **Consent:** Each student-athlete will receive a written copy of the Department of Athletics "Drug and Alcohol Education and Drug Testing Program" ("Policy") and a Consent and Notification Form ("Form") on which the student-athlete, through his/her signature, shall

acknowledge his or her receipt, understanding and agreement to comply fully with the Policy. The student-athlete's signature on the Form shall also serve as consent to take a urinalysis as required at the sole discretion of the University, the Southeastern Conference or the NCAA and as consent to the release of the test results to a limited and pre-defined number of individuals. *Signing of the Form is a precondition for participation in intercollegiate athletics at the University.*

3. **Methods of Selection for Testing:** Drug testing will be conducted randomly and multiple times throughout the calendar year, including summer. *Each student-athlete and any other individual subject to this policy shall be subject to drug testing at times and places as determined in the sole discretion of the University, the SEC or the NCAA, and at a minimum, no less than one time each calendar year.* Selection for drug-testing may be based upon (but is not limited to) the following examples:
  - Random Test: All student-athletes may be randomly selected by the drug test administrator or personnel designated by the Athletics Director.
  - Team Testing: A team may be tested throughout the calendar year without notice.
  - Testing for Reasonable Suspicion: A test may be given, without prior notice, to a team or an individual on the basis of reasonable suspicion.
4. **Notification:** The Department of Athletics reserves the right to conduct drug testing without prior notice. If notification is given, it will take place no more than 24 hours before the scheduled test.
5. **Collection Methods:** The Athletic Department will be utilizing the National Center for Drug Free Sport, Inc. Sport Drug Testing Collection Procedure. You will receive a copy of this procedure in a team meeting and it is available in the Compliance Office.
6. **Confidentiality:** Every effort will be made to insure the confidentiality of the test results. Disclosure of testing results will be provided to those persons identified in the penalty phases of this Policy and as identified in the notification Form.
7. **Specimen Manipulation:** If a student-athlete is suspected of manipulation, adulteration, or dilution another specimen sample will be requested under the guidance of a certified collector immediately. Any confirmed sighting of manipulation or dilution of a student-athlete's specimen will automatically be considered a positive test.
8. **Attendance:** Failure to attend a drug test or not providing a specimen according to protocol will automatically count as a positive test.

### **Prohibited Substances**

The student-athlete is prohibited from use, possession, manufacture, distribution, and/or sale of any substance on the NCAA banned drug class list. This list is comprised of substances that are reported to be performance enhancing and/or potentially harmful to the student-athlete. Please note, that this is not an exhaustive list of substances. For more information on banned substances, please refer to The National Center for Drug Free Sport website ([www.drugfreesport.com](http://www.drugfreesport.com)), the Dietary Supplement Resource Exchange Center website ([www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)), and the NCAA website ([www.ncaa.org](http://www.ncaa.org)).

The following drugs and procedures are subject to restrictions:

- Blood Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation
- Caffeine if concentrations in urine exceed 15 micrograms/ml

## 2020-2021 NCAA Banned-Drug Classes

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. There is no complete list of banned substances. Student-athletes should not rely on this list to rule out any label ingredient. The NCAA bans the following classes of drugs as well as any substance chemically related to these classes:

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-androstenetrione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; 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); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7,17-dione), 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](http://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.

## Dietary Supplements

The Athletic Department shall provide dietary supplements in accordance with NCAA Bylaw 16.5.2 which states: "An institution may provide permissible nutritional supplements to a student athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals."

It is important for the student-athlete to understand that many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration ("FDA") does not

strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may be unsafe and possibly lead to a positive NCAA drug test. The use of any supplement that does not meet the NCAA standards and not provided by the University Athletic Training Staff or Strength and Conditioning staff is at the student-athlete's own risk. Student-athletes have tested positive and lost their eligibility using dietary supplements, so before consuming any nutritional/dietary supplement product, review the product with the athletics department staff!

***It is your responsibility to check with the appropriate athletics training staff member before using any substance.***

### **Penalties and Requirements for Positive Drug Tests (Other than Performance Enhancing Drugs)**

The Athletic Department expects all student-athletes to comply with this policy. In the event that any student-athlete fails to abide by the Policy, the following sanctions will apply. Positive test penalties are summarized in four segments, as follows.

#### Phase I Guidelines

The following procedure occurs for a first positive result or breach of protocol from split-sampling collection method:

- A meeting will take place with the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Director of Clinical and Sport Psychology
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Director of Clinical and Sport Psychology. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing within 60 days of notification of the positive result and at any time for as long as is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 60 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 60 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.

- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase II Guidelines

After a second positive test result or breach of protocol from split-sampling collection method occurs, the following procedure will apply:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Director of Clinical and Sport Psychology
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete will be suspended from competition for 10% of scheduled contests (excluding scrimmages and exhibitions) of the season. Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season, if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Director of Clinical and Sport Psychology. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing within 30 days. The student-athlete can be re-tested at any time following reinstatement for as long as is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase III Guidelines

If a third positive test result or breach of protocol from split-sampling collection method occurs, the following will occur:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Director of Clinical and Sport Psychology
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete shall be suspended immediately from all regular and postseason competition (excluding scrimmages and exhibitions) for 25% of the season upon notification of the positive drug test result. Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Director of Clinical and Sport Psychology. Failure to complete required counseling may result in additional disciplinary actions.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- The student-athlete will be added to all subsequent random tests following reinstatement for the remainder of his/her athletic career.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase IV Guidelines

A fourth positive test result or breach of protocol from split-sampling collection method will result in the following:

- The student-athlete is immediately dismissed from the University of Arkansas athletic program. The student-athlete shall be deemed athletically ineligible on a permanent basis at the University. The student-athlete will not be eligible for renewal of his or her athletic scholarship, and his or her existing scholarship may be subject to cancellation.
- The parents of the student-athlete will be notified of the dismissal.
- A student-athlete who has been dismissed may seek assistance from established University counseling and medical resources. Such services will no longer be initiated or supervised by the University of Arkansas Athletic Department since the student-athlete's affiliation with the athletic program will have ended.

**Positive Result Due to Anabolic Agents, Growth Hormones, Related Compounds, or Masking Agent**

A student-athlete who tests positive for either a masking agent or an anabolic agent, growth hormone, and related compounds shall incur the following penalties for each respective offense.

Phase I Guidelines

The first positive test result or breach of protocol from split-sampling collection method will result in the following:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Director of Clinical and Sport Psychology
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete will be suspended from competition immediately for a minimum of 10% of all regular and postseason contests (excluding scrimmages and exhibitions). Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- The student-athlete test result must be negative before reinstatement shall occur.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Director of Clinical and Sport Psychology. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing and at any time following reinstatement for as long as it is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.



- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase II Guidelines

If a second positive test result or breach of protocol from split-sampling collection method, the following procedure will apply:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Director of Clinical and Sport Psychology
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete shall be suspended upon notification for a minimum of one (1) calendar year from the date that the student-athlete has been notified of a positive result. Suspension length will be carried over to the subsequent season if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- The student-athlete test result must be negative before reinstatement shall occur.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Director of Clinical and Sport Psychology. Failure to complete required counseling may result in additional disciplinary actions.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- The student-athlete will be added to all subsequent random tests following reinstatement for the remainder of his/her athletic career.

- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase III Guidelines

A third positive test result or breach of protocol from split-sampling collection method will result in the following:

- The student-athlete is immediately dismissed from the University of Arkansas athletic program. The student-athlete shall be deemed athletically ineligible on a permanent basis at the University. The student-athlete will not be eligible for renewal of his or her athletic scholarship, and his or her existing scholarship may be subject to cancellation.
- The parents of the student-athlete will be notified of the dismissal.
- A student-athlete who has been dismissed may seek assistance from established University counseling and medical resources. Such services will no longer be initiated or supervised by the University of Arkansas Athletic Department since the student-athlete's affiliation with the athletic program will have ended.

### Appeal Process

If a student-athlete believes the results of a drug test are incorrect or if he or she believes the sanctions should not be imposed, the student-athlete may file a written appeal to the Appeals Committee which will be made up of the Athletic Director, Head Team Physician, and the Athletics Department Faculty Athletics Representative. The written appeal must be submitted within 5 business days after the student-athlete has been notified of the results of the drug test. The appeal must include any information, which might change the factual findings of the test result or the sanctions. The Appeals Committee will review the information submitted by the student-athlete and may reconsider the sanctions if the Committee believes a basis exists for the appeal. The Appeals Committee shall make the final decision regarding the appeal within five (5) business days and will notify the student-athlete in writing of its decision. During the appeals process all sanctions will be deferred pending the outcome of the appeal. Should the appeal findings uphold the positive test results and sanctions, the required sanctions shall be enforced immediately.