University of Arkansas Drug and Alcohol Education and Testing Program

The University of Arkansas Athletic Department recognizes the use of illegal drugs and alcohol poses a serious threat to the physical and psychological well-being of student-athletes. Student-athletes should be fully aware of the individual harm that alcohol and drugs including dietary supplements, may cause, and the negative impact on their performance both athletically and academically.

The National Collegiate Athletic Association ("NCAA") requires all student-athletes under its jurisdiction to be placed under its drug testing policies and program. This NCAA program includes year-round drug testing on-campus as well as at NCAA Championship Events. The University of Arkansas has established a comprehensive drug education and screening program to ensure both the health and safety of our student-athletes and compliance with the NCAA drug use regulations. The purpose of this program's operation is based on the following guidelines:

1. **Education:** Education will be provided to the student-athletes to ensure awareness of the physiological, psychological, and legal ramifications of drug misuse.
2. **Prevention:** This program has been developed with the intent of preventing student-athletes from drug experimentation, misuse, and chemical dependency. Testing is a necessary and effective drug use prevention tool for student-athletes who are committed to success on and off the field.
3. **Rehabilitation:** Measures will be used to assist in the treatment and rehabilitation of student-athletes who test positive for drug use so that they may safely and fully participate in academics and athletics while reducing personal, family, and social disruption.

The University of Arkansas Athletic Department's Drug and Alcohol Education and 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 their 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" ("Program") and a Consent and Notification Form ("Form") on which the student-athlete, through their signature, shall acknowledge receipt, understanding, and agreement to comply fully with the Program. 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. Selection for drug-testing may be based upon (but not limited to) the following examples:
   - Random Test: All student-athletes may be randomly selected by the drug testing administrator (Associate Athletics Director for Sports Medicine) or the drug testing committee members ("the committee"- Deputy Athletics Director for Integrity & Student-Athlete Success, Assistant Athletics Director for Mental Health and Performance, Assistant Athletics Director for Sports Performance Nutrition, Head Team Physician, Head Athletic Trainer, and Associate Athletics Director for Sports Medicine).
   - Team Testing: A team may be tested throughout the calendar year without notice by the drug test administrator or the committee.
   - Testing for Reasonable Suspicion**:** A test may be given, without prior notice, to a team or an individual based on reasonable suspicion by the drug testing administrator or the committee that a student-athlete has used, possessed, manufactured, distributed, and/or sold any substance on the NCAA banned drug class list.
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 twenty-four (24) hours before the scheduled test.
5. **Collection Methods**: The Athletic Department will be utilizing a medical laboratory agency and/or an allied medical health care professional for collection and screening of samples.
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 Requirements for Positive Drug Tests portion of this program 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.
9. A positive test result at an NCAA, USADA, WADA sanctioned test, will count as a positive University of Arkansas test, in sequence.
10. 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.
11. 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
    - If a student-athlete believes the results of a drug test are incorrect or if they believe the educational guidelines should not be imposed, the student-athlete may file a written appeal to the Committee. The written appeal must be submitted within five (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 Committee will review the information submitted by the student-athlete and may reconsider the educational guidelines if the Committee believes a basis exists for the appeal. The 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 educational guidelines will be deferred pending the outcome of the appeal. Should the appeal findings uphold the positive test results and guidelines, the required educational guidelines shall be enforced immediately.
12. 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.
13. For Non-NCAA Athletics Organization's Positive Drug Test, the Board of Governors shall authorize methods for drug testing any student-athlete who has disclosed in the Student-Athlete Statement a positive drug test administered by a non-NCAA athletics organization that has adopted the World Anti-Doping Agency ("WADA") code. A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the WADA code shall not participate in NCAA intercollegiate competition for the duration of the suspension.

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. **Departmental drug tests may include these, and other substances deemed to be performance enhancing and/or potentially harmful to student-athlete health and wellbeing including but not limited to cannabinoids.**

The NCAA bans the following drug classes:

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

Substances and Methods Subject to Restrictions:

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

Drug Classes	**Examples of Substances in Each Class**	
Stimulants	Amphetamine (Adderall) Caffeine (Guarana) Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Methamphetamine *Exceptions*: *Phenylephrine and Pseudoephedrine are not banned*.	Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Mephedrone (bath salts) Modafinil Octopamine Phenethylamines (PEAs) Phentermine Synephrine (bitter orange)
Anabolic Agents	Androstenedione Boldenone Clenbuterol Clostebol DHCMT (Oral Turinabol) DHEA (7-Keto) Drostanolone Epitrenbolone Etiocholanolone Methandienone	Methasterone Nandrolone (19-nortestosterone) Norandrostenedione Oxandrolone SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S- 23] Stanozolol Stenbolone Testosterone Trenbolone
Drug Classes Continued	**Examples of Substances in Each Class**	

Alcohol and Beta Blockers (Banned for rifle only)	Alcohol Atenolol Metoprolol Nadolol	Pindolol Propranolol Timolol
Diuretics and Masking Agents	Bumetanide Spironolactone (Canrenone) Chlorothiazide Furosemide *Exceptions: Finasteride is not banned.*	Hydrochlorothiazide Probenecid Triamterene Trichlormethiazide
Narcotics	Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl, and its derivatives Hydrocodone Hydromorphone Methadone	Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Pethidine
Peptide Hormones, growth factors, related substances and mimetics	Growth hormone (hGH) Human Chorionic Gonadotropin (hCG) Erythropoietin (EPO) *Exceptions: Insulin, Synthroid and Forteo are not banned.*	IGF-1 (colostrum; deer antler velvet) Ibutamoren (MK-677)
Hormone and Metabolic Modulators	Anti-Estrogen (Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPAR-d [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]	
Beta-2 Agonists	Bambuterol Formoterol Higenamine	Norcoclaurine Salbutamol Salmeterol

Any substance that is chemically/pharmacologically related to one of the above drug classes or substances, even if it is not listed as an example, is also banned. Additional examples of banned drugs can be found at www.ncaa.org/drugtesting. For more information on banned substances, please refer to The National Center for Drug Free Sport website (www.drugfreesport.com), the Dietary Supplement Resource Exchange Center website (www.drugfreesport.com/rec), and the NCAA website (www.ncaa.org)

Nutritional/Dietary Supplements

The Athletic Department may provide dietary supplements per NCAA Legislation, 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, protein supplements, vitamins, and minerals omega 3 fatty acids.

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, and it is important for the student-athlete to understand that many nutritional/dietary supplements contain NCAA banned substances. Impure supplements may be unsafe and possibly lead to a positive drug test. The use of any supplement that does not meet the NCAA standards and is not provided by the Athletics Department's Sports Nutrition and/or Athletic Training Staff is at the student-athlete's own risk.

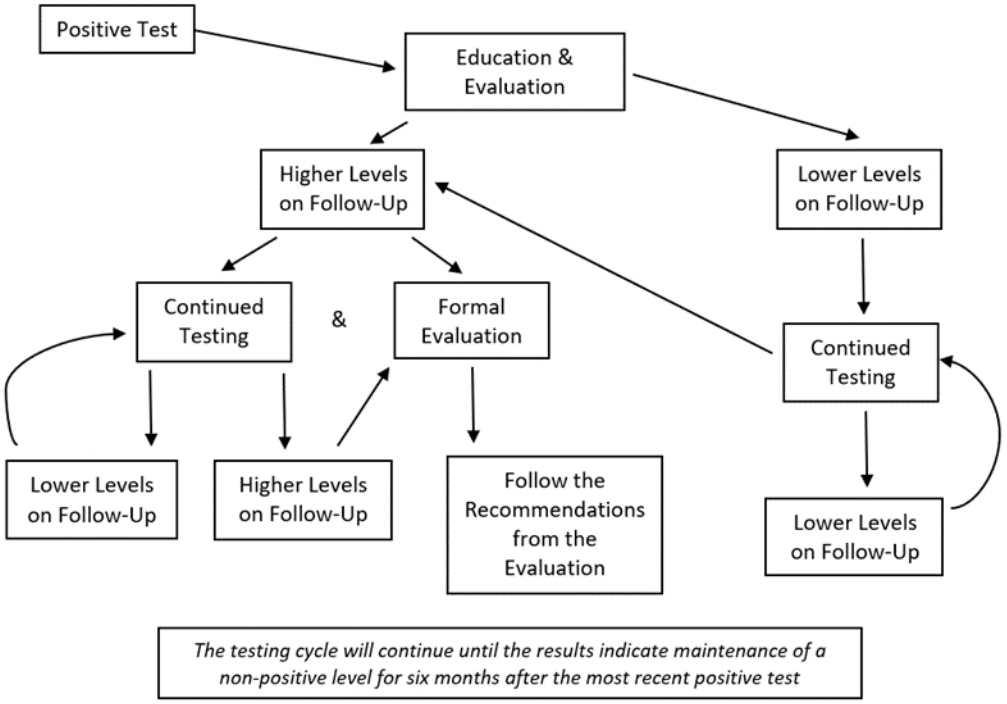
Requirements for Positive Drug Tests
(For ALL Drugs – Performance Enhancing; Non-Performance Enhancing Drugs; or "Street Drugs")

The Athletic Department expects all student-athletes to comply with this program. If any student-athlete fails to abide by the Program, the following guidelines will apply. Positive test results are summarized below:

Initial Positive Testing & Education Guidelines

The initial positive test guidelines are implemented following a first positive result or breach of protocol from split-sampling collection method:

- A letter from the Drug Testing Administrator to notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results by an initial phone call and follow up letter:
  a. Athletic Director or their designee
  b. Sport Administrator or their designee
  c. Head Coach or their designee
  d. Head Sports Medicine Professional or their designee
  e. Head Mental Health Professional or their designee
  f. Head Team Physician or their designee
  g. Head Compliance Professional or their designee
  h. Parent and/or Legal Guardian
  i. Other identified individuals with a legitimate need to know
- Flowchart:



- Mandatory drug education counseling will be arranged by a member of the mental health team. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the lead mental health professional in the department. Failure to complete required counseling may result in disciplinary actions.
- The student-athlete will be follow-up tested at any time for as long as is deemed appropriate by the Director of Athletics or their designee.

- During follow up testing, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as an additional positive test result.
- A positive test for another banned substance OR increased levels of the previously positive banned substance will result in the student-athlete being more formally evaluated for a substance use disorder.
- Subject to the approval of the Athletic Director or their designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Program.
- The Head Team Physician or their designee has the right to suspend practice or competition for the student-athlete if they deem it is necessary for the health and safety of the student-athlete.

<u>Secondary Testing & Education Guidelines</u>

Once the Initial Testing & Education Guidelines have been exhausted with continued positive test results and/or evidence that use has not slowed or stopped, or the recommendation from the formal evaluation indicate a need, the Secondary Testing & Education Guidelines will be implemented.
The Secondary Testing & Education Guidelines include but are not limited to:

- A notice of the situational factors at hand being sent to the Athletic Director, Head Coach, Sport Administrator, and parent/guardian of the student-athlete.
- A meeting with the Care Team – consisting of the Drug Testing Administrator or their designee, the Athletic Director or their designee, the Head Team Physician or their designee, the Head Mental Health Professional or their designee, the student-athlete, a representative of the student-athlete's choosing, and a representative of the team's choosing.
    - At this meeting, further treatment and participation options will be discussed with the group mentioned above with the outcome being a formal Behavioral Care Plan signed by all in attendance with consequences clearly spelled out and responsible parties designated.
    - The Behavioral Care Plan will spell out all consequences of a failure to comply scenario as well as consequences should the student-athlete show improvement in this area. The consequences may include time loss in participation of sport.