Indiana University

2024-2025 Student-Athlete Drug Education, Testing, and Treatment Policy

PURPOSE AND ADMINISTRATION

The Indiana University Department of Intercollegiate Athletics ("Department") has a responsibility to help student athletes achieve and maintain their optimum health in a drug free atmosphere. It is the purpose of the Student-Athlete Drug Education, Testing, and Treatment Policy ("Policy") to fairly, reliably, and privately establish a drug free atmosphere among our student-athletes through education, identification, assessment, treatment, and rehabilitation of substance abuse including establishing and enforcing consequences to deter substance abuse. Maintenance of a drug free atmosphere is necessary because of the direct and indirect adverse health effects and other potential harm to the user as well as the potential of harm to others caused by acts resulting from impaired judgment of the user. In addition, the use of non-therapeutic drugs is illegal and, prohibited by NCAA and Indiana University rules.

This Policy was adopted by the Indiana University Bloomington Athletics Committee on February 18, 2015, became effective on that date, and applies to all student-athletes participating in intercollegiate athletics at Indiana University Bloomington and/or receiving athletics financial aid. It is administered, interpreted and enforced by the Department and not by any particular sport program within the Department. No team rules or other individual sports program activities may be established or enforced that are less restrictive than this Policy. However, team sanctions may be more stringent than those set for in this Policy.

DRUG EDUCATION PROGRAM

Indiana University strives to educate student-athletes, coaches and staff members about the concerns and consequences related to the abuse of drugs. Because of the key role substance abuse education plays in creating a drug free atmosphere, all Department staff, coaches and student-athletes will be required to participate in education sessions to help prevent the occurrences of substance abuse and increase awareness regarding issues and concerns related to substance abuse.

DRUG TESTING PROGRAM

The testing component of IU's comprehensive drug program was developed on the belief that drug testing, random and otherwise, serves as a deterrent to drug use. In addition to administering a comprehensive drug testing program, the Department strictly upholds and enforces NCAA regulations regarding substance abuse. Under University procedures for drug testing, there are immediate progressive rehabilitative and disciplinary consequences for a student-athlete found abusing drugs. In addition to Indiana University testing, the NCAA and the Big Ten Conference each conduct their own drug testing programs for every men's or women's sport. **Any positive NCAA drug test will also be counted as an IU positive drug test, and the NCAA sanctions will apply in addition to University sanctions. It should be understood that under some circumstances, the NCAA could declare a student-athlete who is found to have utilized a substance on the list of banned drugs 1.) ineligible for further participation in post season and regular season competition for a minimum of one season of competitions in all sports for 365 days from the time of their positive test, and 2.) to have lost one of their four years of eligibility.** This rule may apply even if this is a first positive drug test.

Student-athletes are responsible for every substance they eat, drink, smoke, or otherwise consume whether they know its contents or not. Being unaware that a substance is banned is not an adequate defense for a positive drug test, under the NCAA, Big Ten Conference or Indiana University drug policies. The only drugs student-athletes should take are those that are appropriately prescribed to them by a physician. The student-athlete must notify his/her athletic trainer or team physician when **any** drug is prescribed by a physician or before taking any non-prescribed over the counter medication, vitamins, dietary supplement or the like. The banned drug list is subject to change from time to time leaving the student-athlete open for unknowingly taking a banned drug.

At the beginning of the academic year, all student-athletes will be informed of the purpose and implementation of the Policy. Student-athletes will be required to sign a form acknowledging that they have received a copy of the Policy and understand what is expected from them. Further, they will be required to consent to the administration of urinalysis testing and the release of results to a limited group of individuals directly involved in the implementation of this Policy. Failure to sign a consent form (copy attached) will result in prohibition from all intercollegiate athletics participation at Indiana University.

The Department's Chief Medical Officer (CMO) can schedule drug tests and collections at any time of year without prior notice. Failure to submit to an immediate drug test will be considered a constructive positive test and all corresponding sanctions will apply upon the review of the CMO. The CMO may schedule additional tests, as appropriate, consistent with this Policy. The CMO is solely responsible for setting drug testing levels and all decisions made by the CMO regarding drug testing timing and selections are final subject only to the student-athlete appeals procedures set forth elsewhere in this Policy. Student-athletes may only be subjected to drug testing as expressly contemplated by this Policy and may not be subjected to any other drug testing at the direction of their coaches, athletic trainers or others.

Student-athletes will be subjected to drug tests subject to discipline under the following circumstances:

A. Each student-athlete will be tested at least one time per calendar year as established by the CMO.
B. All student-athletes are subject to random testing as established by the CMO.

C. Student-athletes who have tested positive in a previous test will be subject to increased testing as established by the CMO.

D. Student-athletes in treatment for drug abuse under this Policy will be subject to increased drug testing consistent with this Policy (other than student-athletes placed in the Extraordinary Treatment Program as set forth below) as established by the CMO.

E. A student-athlete reasonably suspected of substance abuse (based for example on irregular behavior, physical or mental impairment, or the like) may be referred by an appropriate Departmental staff person by completing an Evaluation Request Form (copy attached) for a targeted drug test to be performed at the discretion of the CMO.

F. Other than for targeted testing pursuant to "E" above, head coach may only request the CMO to test all student-athletes on the current roster, not any particular individual or group of individuals. Sport Administrators must be notified of this request as well.

G. The CMO may drug test any student-athlete prior to NCAA championship competition. Such student-athletes must be aware that the NCAA may also randomly do urine screenings for drugs at such events.

Student-athletes will be subject to drug tests for the following categories of substances:

1. Opiates (Morphine, Codeine, Demerol, Heroin, etc.)
2. Cocaine
3. Tetrahydrocannabinol (THC or Marijuana) and Synthetic cannabinoids (eg. spice, K2)
4. Drug analogs (Ecstasy, designer drugs)
5. Barbiturates and Benzodiazepines
6. Stimulants/Amphetamines (including Ritalin, Adderall, Ephedra, ginseng, etc.)
7. Natural and manufactured hallucinogens
8. Anabolic Steroids
9. Diuretics
10. Urine manipulators

At any time, other drugs may be added to this list of substances for which drug testing is conducted by the CMO. The NCAA publishes a list of banned drugs annually. It is conceivable that drugs from this list could be added or deleted from time to time. The present list, which is updated on the NCAA website, is at the end of this document. This banned list was last updated in November, 2013.

Any missed scheduled drug test will be treated as a constructive positive drug test. Arriving late of the assigned time can be counted as a constructive positive drug test at the discretion of the CMO. In the event of a no-notification test, no selected student-athlete will be allowed to leave the facility after they have been notified or that will be counted as a constructive positive test. Inability to void at the time of the test will necessitate that the student-athlete being tested remain at the testing area until a sample can be obtained. Additionally, tampering with, diluting or in any way altering ones urine sample, will be viewed as a positive test. Moreover, such activities will also subject the student-athlete to additional sanctions at the discretion of the Athletic Director upon the recommendation of the CMO.

Drug tests will be analyzed at an appropriately certified and accredited lab approved by the CMO, utilizing procedures and cut-off parameters for determining positive test results established by the CMO.

Notification

The CMO, upon verifying and confirming a positive test result, will immediately notify the Associate Athletic Director who oversees this Policy, pertinent sport administrator and head coach, and student-athlete. At the discretion of the CMO, a student-athlete's parents (and/or legal guardians) may also be notified of a first positive drug test subject to discipline. A student-athlete's parents (and/or legal guardian) must be notified of a second or third positive drug test subject to discipline. Other members of the Department whom the CMO or Director of Athletics determines necessary may be notified in appropriate circumstances. The notification to the student-athlete will be in writing and will set forth the consequences and potential consequences for failing to cooperate with, or progress in, treatment.

Consequences of Positive Test Results

Following positive test results, the chart below outlines the consequences for each violation level and substance. Details and requirements of each consequence follow the chart.

Testing Violation	Marijuana	Substances Other Than Marijuana	Performance Enhancing Drugs
First Violation	Mandatory assessment interview, referral to counseling, and increased testing.	Mandatory assessment interview, referral to counseling, and increased testing.	Mandatory assessment interview, referral to counseling, and suspension from competition.
Second Violation	Mandatory re-evaluation, referral to counseling, increased testing, and participation in five (5) Excellence Academy sponsored programs.	Mandatory re-evaluation, referral to counseling, increased testing, mandatory guardian notification, and suspension from competition	Suspension for one calendar year and revocation of athletic scholarship.
Third Violation	Mandatory re-evaluation, referral to counseling, increased testing, mandatory guardian notification	Suspension for one calendar year, mandatory guardian notification, and revocation of athletic scholarship.	N/A
Fourth Violation	Mandatory re-evaluation, referral to counseling, increased testing, referral to the Substance Use Intervention Services Program.	N/A	N/A
Fifth Violation	Mandatory re-evaluation, referral to counseling, increased testing, mandatory guardian notification, and suspension from competition.	N/A	N/A
Sixth Violation	Suspension for one calendar year, mandatory guardian notification, and revocation of athletic scholarship.	N/A	N/A

Mandatory assessment/re-evaluation: The student-athlete will have a mandatory assessment interview with a mental health professional approved by the CMO to determine the type and extent of treatment that would be most appropriate.

Referral to counseling: Based on this assessment, the student-athlete will then be required to participate and complete a drug-counseling program and follow the prescribed treatment as approved by the supervising mental health professional and CMO. The mental health professional will recommend a plan for treatment and/or education. The treatment plan may involve one or more of the following: personal counseling, substance abuse counseling, referral to an intensive outpatient program, or referral to an in-patient treatment facility. Education could include participation in community service or attendance at any appropriate IU and/or departmental endorsed educational programs or services. At the discretion of the attending mental health professional the student-athlete may be drug tested not subject to discipline as part of the assessment and/or treatment.

Excellence Academy programming participation: The student-athlete will be required to attend five Excellence Academy sponsored programs within 12 months from the date of the positive test.

Increased testing: Following a positive test result, the student-athlete will be subject to increased random testing.

Referral to Substance Use Intervention Services: The student-athlete will be referred to the Substance Use Intervention Services intervention program, which could result in a monetary fee for compeletion.

Suspension from competition: The student-athlete will be immediately suspended from competitive season play in accordance with the schedule for each sport as set forth below. The suspension shall be served in consecutive competitions starting with the next scheduled competition and will be in effect for both regular season and post-season competition. In the event multiple student-athletes on the same team are suspended at the same time, the sanctions may not be "staggered" but rather served concurrently. Ticketed, prescheduled exhibition contests may count as part of the sanction but not for more than 50% of the sanction. In no event may non-ticketed scrimmages, or foreign tour competitions or other non-traditional contests count as part of the sanction. For student-athletes competing in multiple competitions on the same day (i.e. a double header), each competition listed on the team's official schedule will count towards the sanction. A competition that has multiple competitors (such as a track or swim meet) is considered to be a single competition regardless of how many different opponents are competing in it or how it is scored. If the positive drug test result occurs during the off-season, the suspension will be served at the start of the next season of competition. Furthermore, if a student-athlete tests positive outside their competitive season and participates in more than one sport, the suspension will be served during the

upcoming competitive season. Suspensions for competitions shall include those where a student is allowed to compete unattached where IU is providing the resources to participate in the competition. In the event that the sanctions cannot be completed by the end of a current season, the sanctions will rollover to the next season.

Baseball	**5 Games**	**Football**	**1 Game**
Softball	**5 Games**	**Women's Soccer**	**2 Games**
Men's Basketball	**3 Games**	**Men's Soccer**	**2 Games**
Women's Basketball	**3 Games**	**Men's & Women's**	
Men's Golf	**1 Competition**	**Swimming and Diving**	**2 Competitions**
Women's Golf	**1 Competition**	**Men's Tennis**	**3 Competitions**
Women's Rowing	**1 Competition**	**Women's Tennis**	**3 Competitions**
Men's Cross Country	**1 Competition**	**Men's Track**	**1 Competition**
Women's Cross County	**1 Competition**	**Women's Track**	**1 Competition**
Women's Field Hockey	**2 Competitions**	**Women's Volleyball**	**3 Competitions**
Women's Water Polo	**2 Competitions**	**Wrestling**	**2 Competitions**

Suspension for one calendar year, revocation of athletic scholarship: The student-athlete will serve a suspension for a period of one calendar year commencing immediately with revocation of athletic scholarship at semester's end, in accordance with all NCAA, conference, and institutional rules and regulations. In order to be reinstated to athletic participation, the student-athlete will be required to undergo re-entry drug testing and must test negative. The student-athlete would then be reinstated with two positive test results and be subject to increased random testing subject to discipline. The reinstatement of the student-athlete's scholarship would be at the discretion of the Athletic Director upon advice of the CMO and Head Coach. Should a student-athlete have another third positive drug test at any time after being reinstated, the student-athlete will be immediately and permanently suspended from all future athletic competition and his or her scholarship will be immediately revoked.

TREATMENT COMPLIANCE

A student-athlete who has been referred to treatment as a result of a positive test must attend the prescribed sessions with mental health professionals and complete any requirements as outlined as part of their treatment. Any student-athlete who does not follow the prescribed treatment, and/or who is not making satisfactory treatment progress, will be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests or other disciplinary action as deemed appropriate by the Director of Athletics or his or her designee upon the recommendation of the CMO.

REDEMPTION PROGRAM

A student-athlete who does not have a positive drug test from the increased follow-up testing for a period of six months from the date of the test which produced the positive test result, will have one positive test result removed. Time in the Safe Harbor and/or Extraordinary Treatment programs will not be included. The student-athlete must have served all sanctions related to the positive test result and successfully completed all treatment requirements as a result of the positive result as determined by the CMO.

POSESSION OF ALCOHOL UNDER THE LEGAL LIMIT OR OTHER LEGAL ALCOHOL VIOLATIONS

A student-athlete found to be responsible for any alcohol related violation which results in action by the Office of Student Conduct will be required to attend an administrative meeting with Deputy Director of Athletics and/or designee, and sport administrator. Mulitple violations could result in suspension from competition, reduction in athletically related aid, and removal from their respective team.

APPEAL OF A POSITIVE TEST RESULT OR RESULTING SANCTION

Any student-athlete may appeal either the finding of a real or constructive positive test or any sanction imposed as a result of a real or constructive positive test to the Drug Policy Appeal Panel ("Panel"). In order to begin the appeal process, a letter of request for an appeal must be made in writing with a statement of reason for appeal to the CMO within seven calendar days of the original notification to the student-athlete of the positive test. Corresponding sanctions shall not be imposed while a student-athlete appeal is pending.

The appeal of a positive test result must be based on one of the following: 1.) evidence of procedural error; 2.) evidence which refutes the positive finding or a medical exception per NCAA guidelines. The appeal of any sanction imposed as a result of positive test must be based on one of the following: 1.) evidence of procedural error; 2.) evidence which refutes the positive finding; 3.) evidence that the sanction imposed is unreasonable, harsh or inappropriate.

The Panel will be appointed by the Director of Athletics. The current Panel consists of: David Daleke, Vice Provost for Graduate Education and Health Sciences; Dr. Kevin Miller, Sports Medicine; Marietta Simpson, Professor of Music; and Dr. Ellen Vaughan, Associate Professor of Education. The composition of the Panel will be reviewed on an annual basis. At the appeal, the student-athlete has the right to present their case, present witnesses on their behalf, and bring an advisor to the hearing. The appeal hearing will be conducted as quickly as possible, but in no event later than the next date of competition. When circumstances prevent a formal meeting, the appeal may be conducted telephonically. The appeal hearing will consist of a review of all available evidence related to

the initial finding as well as any new evidence provided by the student-athlete. As part of the hearing, the Panel may also invite and consider expert testimony or other evidence the Panel considers relevant.

The Panel may: 1.) affirm the initial finding or sanction; 2.) reverse the initial finding or sanction; 3.) recommend retesting or establish an alternative, unappealable sanction. The sanction established by the Panel may not be harsher than the initial sanction. The Panel will convey its decision to the student-athlete and the CMO within two days of the hearing. The CMO will then immediately notify the Director of Athletics and the student-athlete's head coach.

EXTRAORDINARY TREATMENT PROGRAM

In extraordinary circumstances, where traditional treatments prescribed as a result of positive drug tests set forth above are not effective or are deemed very likely not to be effective as determined by the CMO, the CMO may place a student-athlete (with his or her consent) in a rehabilitation program as determined by the CMO during which the student-athlete will not be subject to drug tests subject to discipline under this Policy. While in this program, the student-athlete will not be permitted to participate in any competitions but may practice and otherwise participate in team activities. A student-athlete will be eligible for this program only once while a student-athlete at Indiana University. Per NCAA regulation, participation in this program could likely result in the permanent loss of athletic eligibility during this period. This program will conclude upon: its satisfactory completion by this student-athlete as determined by the CMO; the failure of the student-athlete to satisfactorily participate or progress as determined by the CMO; voluntary withdrawal from the program by the student; or the expiration of six months. To be considered for re-instatement, the student-athlete must have a negative drug test performed prior to returning to athletic participation. Upon the conclusion of the program, the student-athlete will be subject to increased random testing subject to discipline consistent with the number of his or her positive drug tests consistent with this Policy.

SAFE HARBOR PROGRAM

A student-athlete eligible for the Safe Harbor Program may refer himself/ herself for voluntary evaluation, testing and treatment for substance abuse problems by executing the attached Safe Harbor Policy and Procedures Acknowledgement Form and providing it to the CMO. A student-athlete is **not** eligible to enter the Safe Harbor Program:

1. More than two (2) times or more than once per academic year;
2. After he/she has been informed of an impending drug test;
3. Thirty (30) days prior to NCAA or Conference postseason competition.

IU will work with the student-athlete to prepare a Safe Harbor treatment plan. The student-athlete will be tested for banned substances while in the Safe Harbor Program and any positive tests will not be subject to discipline. A student-athlete successfully participating in the Safe Harbor Program may continue to be involved in team activities, including competitions, unless the CMO determines that a suspension from competitions or practice is medically indicated. A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time as determined by the CMO and the treatment plan.

If a student-athlete fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program. While in compliance with the Safe Harbor Program treatment plan the student-athlete will not be included in the list of students eligible for random drug testing by IU. Additionally, students will not earn time towards the Redemption Program, while in the Safe Harbor program. He or she may be selected for drug testing by the NCAA or Big Ten conference testing programs. The student-athlete's participation in the Safe Harbor Program will be kept confidential. The CMO may not advise others in the Department or elsewhere unless doing so is medically indicated in his or her judgment.

CONFIDENTIALITY STATEMENT

IU recognizes the confidential nature of information received in the administration of its drug testing policy, and will make every effort to maintain the confidentiality of such information.

DRUGS AND PROCEDURES SUBJECT TO RESTRICTIONS

(I) **Manipulation of Urine Samples.** The use of substances and methods that alter the integrity and/or validity of urine samples are both detectable and forbidden. Evidence of urine specimen tampering is regarded as a positive drug test and will be treated as such. As noted above, any such tampering of urine samples also subjects the student-athlete to additional sanctions at the discretion of the Athletic Director upon the recommendation of the CMO. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92)

(II) **Positive Drug Test -- Non-NCAA Athletics Organization.** A student-athlete under a drug testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code shall not participate in NCAA intercollegiate competition for the duration of the suspension in accordance with the ineligibility provisions in bylaws 31.2.3.1.2 and 18.4.1.5.3 (Revised 8/1/97, 8/1/05).

(III) **Medical Exceptions.** Exceptions for the therapeutic use of stimulants, substances banned for specific sports, and diuretics are allowable and may be made at the discretion of the CMO for those student-athletes with properly documented medical necessity. Such documentation can come from personal physicians, consultants, or team physicians. A signed note is not

considered proper documentation. Documentation should be submitted at the beginning of the school year or as a particular clinical situation requiring the use of a banned substance presents itself during the course of the year. At the discretion of the CMO, a student-athlete may be allowed to promptly submit exculpatory documentation promptly after a positive drug test.

(IV) Dietary Supplements. Student-athletes are encouraged NOT to take unapproved supplements and doing so is at their own risk. Dietary supplements are not banned per se, but it must be understood that many of these "supplements" contain substances that are banned. Substances such as Ephedra, ephedrine, ginseng, geranium oil, and other stimulants are commonly found in dietary supplements and will show up positive in a drug test. IU does not advocate, condone or finance the use of supplements other than what is supplied by our Sports Medicine and Athletic Performance Staff. Supplements are not approved by the FDA and their contents may contain substances that are banned by IU, Big Ten, NCAA or WADA (Olympic) drug testing policies. The CMO, team physician, Department dietician or team athletic trainer should always be consulted before taking any dietary supplementation, and a Supplement Disclosure Form (copy attached) must be completed and kept on file by the CMO. IU may support an appeal to the Big 10 or NCAA for a dietary supplement containing a banned substance. This will be at the discretion of the Athletic Director upon the recommendation of the CMO.

NCAA INDIVIDUAL ELIGIBILITY - INSTITUTIONAL SANCTIONS

When an ineligible student-athlete participates in an NCAA championship and the student-athlete or the institution knew or had reason to know of the ineligibility, the Committee on Infractions may assess a financial penalty. (Revised: 4/26/01 effective 8/1/01, 1/23/19 effective 8/1/19, 8/31/22 effective 1/1/23)

THE NCAA BANS THE FOLLOWING CLASSES OF DRUGS:

***Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletics department staff prior to using a supplement. Some Examples of NCAA Banned Substances in Each Drug Class:**

Stimulants: Amphetamine (Adderall), Caffeine (Guarana), Cocaine, Dimethylbutylamine (DMBA; AMP), Dimethylhexylamine (DMHA; Octodrine), Ephedrine, Heptaminol, Hordenine, Lisdexamfetamine (Vyvanse), Methamphetamine, Methylhexanamine (DMAA; Forthane), Methylphenidate (Ritalin), Mephedrone (bath salts), Modafinil, Octopamine, Phenethylamines (PEAs), Phentermine, Synephrine (bitter orange). **Exceptions: Phenylephrine and Pseudoephedrine are not banned.**

Anabolic Agents: Androstenedione, Boldenone, Clenbuterol, Clostebol, DHCMT (Oral Turinabol), DHEA, Drostanolone, Epitrenbolone, Etiocholanolone, Methandienone, Methasterone, Nandrolone (19-nortestosterone), Oxandrolone, SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23], Stanozolol, Stenbolone, Testosterone, Trenbolone.

Beta Blockers (banned for rifle only): Atenolol; metoprolol; nadolol; pindolol; propranolol; timolol.

Diuretics and Masking Agents: Bumetanide, Canrenone (Spironolactone), Chlorothiazide, Furosemide, Hydrochlorothiazide, Probenecid, Triameterene, Trichlormethiazide. **Exceptions: Finasteride is not banned.**

Narcotics: Buprenorphine, Dextromoramide, Diamorphine (heroin), Fentanyl and its derivatives, Hydrocodone, Hydromorphone, Meperidine, Methadone, Morphine, Nicomorphine, Oxycodone, Oxymorphone, Pentazocine, Tramadol.

Peptide Hormones, growth factors, related substances and mimetics: BPC-157, Growth hormone (hGH,) Human Chorionic Gonadotropin (hCG), Erythropoietin (EPO), IGF-1 (colostrum; deer antler velvet), Ibutamoren (MK-677). **Exceptions: Insulin, Synthroid and Forteo are not banned.**

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: Albuterol, Formoterol, Higenamine, Salbutamol, Salmeterol, Vilanterol.

Examples of substances under each class can be found at ncaa.org/drugtesting.

Note: Any substance that is chemically/pharmacologically related to one of the above drug classes, even if it is not listed as an example, is also banned.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.

Drugs and Procedures Subject to Restrictions:

a. Blood and Gene Doping.

b. Local Anesthetics (permitted under some conditions).

c. Manipulation of Urine Samples.

d. Beta-2 Agonists permitted only by prescription and inhalation.

e. Tampering of Urine Samples.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff! Dietary supplements are not well regulated and may cause a positive drug test result. Student-athletes have tested positive and lost their eligibility using dietary supplements. Many dietary supplements are contaminated with banned drugs not listed on the label. Any product containing a dietary supplement ingredient is taken at your own risk. It is your responsibility to check with the appropriate athletics staff before using any substance.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting AXIS at 816-474-7321 or axis.drugfreesport.com (access code ncaa1, ncaa2 or ncaa3).It is your responsibility to check with the appropriate athletics staff before using any substance.

Indiana University

2024-2025 Drug Testing Consent Form

Student-Athlete (Please Print)_____ UID #_____

The Department of Intercollegiate Athletics strongly believes that substance abuse can negatively affect both your academic and athletic performance, as well as your physical and mental well-being. Therefore, the Department has instituted a comprehensive program of drug education, testing, counseling, and rehabilitation to deal with the growing problem of substance abuse in intercollegiate athletics.

The intent of the program is not to interfere with your right to privacy, but rather to aid and educate you concerning the problems and dangers associated with drug abuse. Additionally, this program is designed to prevent unauthorized drug use and to identify any student-athlete using drugs. Lastly, the program is intended to answer any questions you may have concerning the usage of drugs.

By signing this form, you affirm that you are aware of the Indiana University's Student-Athlete Drug Education, Testing, and Treatment Policy as outlined in the Indiana University Student-Athlete Handbook provided to you.

A student-athlete can be required to submit to drug testing at any time. The Department's Chief Medical Officer or his or her designated administrator can schedule drug screening at any time and the schedule of drug testing is subject to change without prior notice. Currently, drug testing may be scheduled at any time, even without prior notice. Failure to submit to an immediate drug test will be considered an automatic positive test and all corresponding sanctions will apply.

Student-athletes will be tested under the following circumstances:

A. Each student-athlete will be tested at least one time per calendar year as established by the CMO.
B. All student-athletes are subject to random testing as established by the CMO.
C. Student-athletes who have tested positive in a previous test will be subject to increased testing as established by the CMO.
D. Student-athletes in treatment for drug abuse under this Policy will be subject to increased drug testing consistent with this Policy (other than student-athletes placed in the Extraordinary Treatment Program as set forth below) as established by the CMO.
E. A student-athlete reasonably suspected of substance abuse (based for example on irregular behavior, physical or mental impairment, or the like) may be referred by an appropriate Departmental staff person by completing a Drug Test Request Form (copy attached) for a targeted drug test to be performed at the discretion of the CMO.
F. Other than for targeted testing pursuant to "E" above, head coach may only request the CMO to test all student-athletes on the current roster, not any particular individual or group of individuals.
G. The CMO may drug test any student-athlete prior to NCAA and/or Big Ten championship competition. Such student-athletes must be aware that both NCAA and Big Ten may also randomly do urine screenings for drugs at such events.

Pursuant to the sanctions outlined in the Student-Athlete Drug Education, Testing, and Treatment Policy, A student-athlete testing positive will be subjected to the following depending on the substance used and number of positives:
- A mandatory assessment to determine the type and extent of drug use counseling, possible guardian notification, and subjected to additional drug-testing in accordance with the provisions of the policy.
- Completion of five (5) Excellence Academy programs
- Referral to campus resources
- Suspension for athletically related activities and/or multiple competitions in accordance with the provisions of the policy.
- A one year suspension with revocation of the athletic scholarship at semester's end.

In the event of an appeal of a positive test, the corresponding sanction shall not be imposed while a student-athlete appeal is pending.

You agree to allow Indiana University to test you in accordance with the provisions of the Indiana University's Student-Athlete Drug Education, Testing and Treatment Policy, which was provided to you for your review.

You understand that the results of the University's Student-Athlete Drug Education, Testing and Treatment Policy are part of your education records. These records are protected by the Family Educational Rights and Privacy Act of 1974, and they may not be disclosed without your consent. **By signing this consent form, you provide your consent to disclose the results of your drug tests to the President of the University, Director of Athletics, The Chief Medical Officer, Athletic Trainer, Head Coach, your parents (or legal guardians), and any other authorized representatives of the University as deemed appropriate by the Director of Athletics.**

You agree to disclose the University's drug test results only for purposes related to your eligibility for participation in regular and post-season competition and for your eligibility to receive athletically related financial aid.

You affirm that by signing this consent form, you understand the provisions of the Indiana University's Drug Testing Policy and this corresponding consent form and agree to the terms and conditions set forth in the policy and consent form and do so by your own free will and choice.

_____ _____
Student-Athlete Signature Date

_____ _____
Parent Signature (If less than 18 years of age) Date

Parent Home Telephone # (_____)_____ Parent Work Telephone # (_____)_____

Indiana University

Safe Harbor Policy and Procedures Acknowledgement Form

Student-Athlete (Please Print)_____ UID #_____

I_____ understand that, according to the Indiana University Student-Athlete Drug Education, Testing and Treatment Policy, I may self-refer into the Safe Harbor Program twice during my intercollegiate athletic career for voluntary evaluation and counseling.

I further understand that I am not eligible for the Safe Harbor Program after being informed of an impending test or thirty (30) days prior to NCAA or Conference post-season competition.

Indiana University will work with me to provide a treatment plan which may include confidential impermissible substance testing not subject to discipline. I will be furnished with a copy of the treatment plan and guidelines after an initial meeting with a substance abuse counselor to evaluate the extent of any of my substance use.

I understand that if I test positive for an impermissible substance while in the Safe Harbor Program, the test result will not result in any disciplinary action. I also understand that I may be suspended from play or practice if it is medically warranted. Otherwise, I will be allowed to participate in team activities, including competitions, so long as I am successfully participating in the Safe Harbor Program. I will be permitted to remain in the Safe Harbor Program for a reasonable period as determined by the CMO and the treatment plan.

If I fail to comply with the treatment plan, I will be removed from the Safe Harbor Program. While in the Safe Harbor Program, I will not be included in the regular random testing program, but may be selected for drug testing by the NCAA and/or Big Ten Conference.

My participation in the Safe Harbor Program will be kept confidential unless the Department's Chief Medical Officers determines that notifying a particular person or persons is medically indicated.

Signature: _____ Date: _____
(Student-Athlete)

Signature: _____ Date: _____
(Chief Medical Officer)

Indiana University

Evaluation Request Form

I, _____, pursuant to the Indiana University Drug Education, Testing and Treatment Policy,
Requestor Name

report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant

_____ be referred to the Chief Medical Officer or his/her designee for evaluation, and
Student-Athlete

possible drug testing. The following sign(s) or behavior(s) were observed by me over the past _____ hours and/or _____

days.

Please check below all that apply:

The Student-Athlete has shown:

_____ irritability
_____ loss of temper
_____ poor motivation
_____ failure to follow directions
_____ verbal outburst (e.g. to faculty staff, teammates)
_____ physical outburst (e.g. throwing equipment)
_____ emotional outburst (e.g. crying)
_____ weight gain
_____ weight loss
_____ sloppy hygiene and/or appearance

The Student-Athlete has been:

_____ late for practice
_____ late for class
_____ not attending class
_____ receiving poor grades
_____ staying up too late
_____ missing appointments
_____ missing/skipping meals

The Student-Athlete has demonstrated the following:

_____ dilated pupils
_____ constricted pupils
_____ red eyes
_____ smell of alcohol on the breath
_____ smell of marijuana
_____ staggering or difficulty walking
_____ constantly running or/or red nose
_____ recurrent bouts with a cold or the flu
(provide dates_____)
_____ over stimulated or "hyper"
_____ excessive talking
_____ withdrawn and/or less communicative
_____ periods of memory loss
_____ slurred speech
_____ physical outburst (e.g. throwing equipment)
_____ recurrent motor vehicle accidents and/or violations
(provide dates _____)
_____ recurrent violations of Student Code of Conduct Policy

Other specific objectives findings include:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Signatures:

_____
Name of Coach

_____ _____
Signature of Coach Date

Reviewed By:

_____ _____
Chief Medical Officer Date

_____ _____
Name of Counselor Consulted Date Consulted

☐ Referral Made

☐ Referral Denied

Indiana University

Supplement Disclosure Form

I, _____ am taking or intend to take the following dietary supplements. I acknowledge the
Student-Athlete Name
risk of losing my eligibility to participate in intercollegiate athletics if I test positive for an NCAA or Indiana University banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are neither motivated nor qualified to accurately certify that these products contain no banned substances. "Healthy" or "naturally occurring" are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

Before taking or using any dietary supplement, I am responsible for ensuring the product does not contain any banned substance. By making this disclosure, I am requesting that these products and their ingredients by reviewed by Indiana University's sports medicine staff for the purposes of determining whether they are medically safe to use and do not contain banned substances. I understand that I should not take or use these products until their usage has been reviewed by Indiana University's sports medicine staff.

Brand Name:	**Listed Ingredients:** (Sports Medince staff to review, circle banned substances and notify student-athlete.)
1. _____	_____
	_____
	_____
	_____
2. _____	_____
	_____
	_____
	_____
3. _____	_____
	_____
	_____
	_____
4. _____	_____
	_____
	_____
	_____

Signatures:

_____ _____

Student-Athlete Signature Date Sports Medicein Staff Signature Date