



# Drug Testing Info Sheet

## What You Need to Know and Do At The Beginning of Each Season

NAIA member schools are subject to drug testing to ensure fair play and the health and safety of student-athletes. This program includes urine collection and analysis for banned substances that are performance-enhancing or potentially harmful.

### Key Points to Remember

- **Testing Scope:** The NAIA tests for substances such as anabolic agents, hormone and metabolic modulators, diuretics, masking agents, peptide hormones, growth factors, and related mimetics. The NAIA does not test for illegal street drugs.
- **Testing:** Testing is conducted during NAIA national championships.
- **Responsibility:** Student-athletes are responsible for avoiding banned substances.

### Consent Form Requirements

- **Annual Signing:** All eligible student-athletes must sign a Consent Form each academic year, agreeing to drug testing as per the NAIA Banned Substance List.
- **Institutional Responsibility:** The institution must administer the Consent Form and ensure it is on record.

### Certification at Championships

- **Certification Form:** Institutions participating in NAIA National Championship competitions must submit an Official Certification of Student-Athlete Consent Form at check-in affirming that all student-athletes on the official roster have a completed Consent Form on file with the institution.
- **Roster Submission:** Along with the signed Certification Form, a copy of the institution's official roster must be submitted.

### Actions for Coaches and Administrators

1. **Educate Athletes:** Ensure student-athletes understand the banned substances list and the importance of avoiding these substances.
2. **Administer Consent Forms:** Collect and file Consent Forms from all eligible student-athletes annually.
3. **Stay Updated:** Talk with your student-athletes about any prescriptions or supplements they may be taking. Regularly check for updates to the NAIA Banned Substance List and communicate these changes to your athletes. Utilize [Drug Free Sport Axis](#) for nutrition, health

and wellness resources, scientifically proven dietary information, the most up-to-date research on supplements, over-the-counter and prescriptions drugs.

For the current NAIA list of banned-substance classes and more detailed information, visit [NAIA Banned Substances](#).

## What You Need to Know About Drug Testing If You Make It to Postseason

### Selection Process for Drug Testing

- **Individual/Team Championships (e.g., Wrestling, Swimming and Diving)**
  - Selection may be based on random selection, record-setting performance, competitive ranking, or position of finish as approved by the NAIA National Office.
  - Drug testing can occur at any phase of the NAIA championship (e.g., first round, second round, quarterfinals, semi-finals, or finals).
  - Participating schools and student-athletes are not given advance notice of drug testing.
- **Team Championships (e.g., Football, Softball)**
  - Student-athletes may be selected on the basis of playing time, position, and/or an NAIA National Office-approved random selection.
- **Notification**
  - Immediately after the postgame cool-down period, selected student-athletes will be notified by a Doping Control Officer (DCO) or their designee.
  - Student-athletes must read and sign the Student-Athlete Notification Form. Selected student-athletes may participate in post-game activities so long as they report to the collection station within one hour of notification, unless otherwise directed.
- **Collection**
  - Collection will be done on site at select national championships. A separate collection site is provided for each team at NAIA team championship events.
  - A urine sample will be collected from selected student-athletes. The Doping Control Officer (DCO) or designee will directly observe the provision of the specimen.

### School Representative Responsibilities

- A school representative must be present at the collection station to assist with verifying the identities of selected student-athletes.
- The representative must remain at the collection station until all selected student-athletes have completed testing.

### Compliance

- **Refusal to Sign Forms or Provide Specimen**

- Actions such as refusing to sign the forms, failing to arrive at the collection station on time, leaving before providing a specimen, attempting to alter the specimen, or failing to provide a specimen according to protocol will be treated as evidence of use of a banned substance.
- NAIA Bylaws Article VIII, Section B dictates penalties for use of a banned substance. These penalties include immediate suspension from all competition in all sports for 365 days and loss of an additional punitive season of competition.

### **Medical Exemptions**

- The NAIA allows exemptions for student-athletes with a documented medical history demonstrating the need for regular use of a drug that appears on the banned substance list.
- Exemptions may be granted for substances in the following classes: stimulants, anabolic agents, beta blockers, diuretics, peptide hormones, anti-estrogens, and beta-2 agonists.
- A student-athlete who is selected for testing and is taking a prescribed medication that appears on the banned substance list will be required to provide a sample at the championship. The student-athlete's institution will have an opportunity to request an exemption if/when the test return a positive result.

## **What You Need to Know If Your Student-Athletes Are Chosen for Drug Testing**

### **Notification and Reporting Process:**

- **Team Championships:**
  - A designated official will notify the team's drug testing party 30 minutes before the start of competition. After the conclusion of competition, the designated official will provide a Student-Athlete Notification Form with the selected student-athletes.
  - The student-athletes must report to the collection station within one hour unless directed otherwise by the certified collector or designee.
- **Individual Championships:**
  - An official courier will notify the student-athlete, who must report to the collection station within one hour unless directed otherwise.
  - The student-athlete should inform the institutional representative about their selection for drug testing.
    - **Deferred Testing:**
      - If scheduled for another event, the student-athlete can defer testing until after their final event of the session/day, as directed by the courier or collector.
      - The institutional representative must sign the Notification Form to confirm the deferral and present the student-athlete to the collection station no later than one hour after their final event.

### **Collection Station Protocol:**

- A declared witness must accompany the student-athlete and remain throughout the process.
- Only authorized persons are allowed in the collection station.
- If an incomplete specimen is provided, the student-athlete must stay until a complete specimen is provided.

### **Specimen Collection:**

- The Doping Control Officer (DCO) or designee will **directly observe** the provision of the specimen and check its specific gravity.
- The length of the process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving at the testing facility, the entire process usually is completed in less than 20 minutes.
- If adequate, the specimen is processed and sent to the lab; if inadequate, the student-athlete remains until an adequate specimen is provided.
- The student-athlete selects a specimen collection kit and barcodes. The DCO splits the specimen into "A" and "B" vials, seals them, and secures them for shipping.
- The student-athlete, DCO, and any witness will sign the custody and control form.

### **Drug Testing Timing:**

- Drug testing can occur at any phase of the NAIA championship: first round, second round, quarterfinals, semi-finals, or finals.
- No advance notice is given for drug testing.

### **Handling Difficulties in Providing Specimen:**

- The student-athlete cannot leave until an adequate specimen is provided.
- For individual championships, if a partial sample is given and the student-athlete must leave for an approved reason, collection can be temporarily deferred.

### **Team Departure:**

- If the team must leave the championship site, an institutional representative must stay with the student-athlete until testing is completed. If the student-athlete and/or institution incur additional expenses because of the delay (e.g., hotel, transportation back to campus), the institution may request reimbursement from the NAIA.

# NAIA Drug Testing Frequently Asked Questions

## **How should an institution prepare its student-athletes for the possibility of NAIA championship drug testing?**

- Review the NAIA drug-testing video. The video is available on the NAIA's website at [www.NAIA.org/wellness](http://www.NAIA.org/wellness) and explains the drug-testing process.
- Review the NAIA NAC Drug-Testing Policy Manual located at [www.NAIA.org/wellness](http://www.NAIA.org/wellness).

## **When is drug testing conducted at the championship?**

- Drug testing can occur at any phase of an NAIA championship (e.g., first round, second round, quarterfinals, semi-finals or finals).
- Drug testing can occur more than once at any championship (e.g., first round and finals).
- Participating institutions and student-athletes are not given any advance notice that drug testing is being conducted at the championship.

## **When will student-athletes be notified of their selection for drug testing?**

- At team championships (baseball, basketball, beach volleyball, bowling, football, lacrosse, soccer, softball, tennis, volleyball), immediately after the game, a member of the drug-testing crew will provide an institutional representative with a list of student-athletes who have been selected for drug testing.
- At individual championships (cross country, golf, swimming & diving, track & field, wrestling), official drug-testing couriers will notify student-athletes of their selection for drug testing.

## **How are student-athletes tested and how long does it take?**

- Student-athletes are drug tested through urinalysis.
- Student-athletes will be observed by a drug-testing crew member of the same gender.
- The length of the process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving at the testing facility, the entire process usually is completed in less than 20 minutes.

## **What if a student-athlete has trouble providing an adequate specimen? Can the student-athlete leave and come back later? What if the team has to leave and the student-athlete is still in drug testing?**

- The student-athlete cannot be released from drug testing until an adequate specimen is provided. The drug-testing collector may direct a student-athlete whose sample is dilute to exercise in an attempt to improve his/her concentration levels. The site coordinator may be asked to assist in locating exercise facilities.
- If the student-athlete's team must depart the championship prior to a student-athlete completing drug testing, an institutional representative must stay with the student-athlete. If the student-athlete and/or institution incur additional expenses because of the delay (e.g., hotel, transportation back to campus), the institution may request reimbursement from the NAIA.

## **Some events begin late at night which means drug testing will start late as well. What is the NAIA policy on late-night drug testing?**

- The late-night testing policy pertains to team championship events only.
- An institution may defer drug testing until the next morning if their contest begins at 10pm or later local time.
- The decision to defer drug testing applies to the entire team and must be determined by the institution immediately after the game. All selected student-athletes can either test after the game or test the next morning.
- If an institution decides to defer drug testing until the next morning, the test must start before 12pm local time and must take place at the testing facility from the day before.
- An institutional representative must be present at the collection site the next morning to identify selected student-athletes.

## **What drugs does the NAIA ban?**

The NAIA banned drug classes are:

- Stimulants
- Anabolic Agents
- Diuretics and other masking agents
- Peptide Hormones and Analogues
- Anti-Estrogens
- Beta-2 Agonists

\*Note: Student-athletes who have had a previous positive result or had previous multiple dilutes, may be subject to follow-up tests and may be tested with an expanded panel.

## **How can a student-athlete find out whether a medication or supplement is banned?**

- In advance of the championship, student-athletes should consult with their athletic trainer or team physician about any medication or dietary supplements they use.

## **What about dietary supplements?**

- Many nutritional/dietary supplements contain NAIA 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 lead to a positive NAIA drug test. The use of supplements is at the student-athlete's own risk.
- Drug Free Sport, LLC AXIS is available to answer questions regarding NAIA banned substances/dietary supplements at [www.drugfreesport.com/axis](http://www.drugfreesport.com/axis), **password naialive5**

## **Are over-the-counter dietary supplements approved by the NAIA?**

- The NAIA does not approve of any dietary supplement. Furthermore, the use of any dietary supplement can lead to a positive NAIA drug test.

**Does a student-athlete have to disclose the use of medications to the drug-testing crew?**

- No. The drug-testing crews do not ask or accept any information about medications student-athletes are taking.
- The team physician and/or athletic trainer should be aware of all prescribed medications (and supplements) a student-athlete is taking. This information should be kept on file at the institution.
- If a student-athlete tests positive because of a prescribed medication, the institution may request a medical exception for certain banned drug classes as outlined in the NAIA Drug-Testing Policy Manual at [www.NAIA.org/wellness](http://www.NAIA.org/wellness).

**Can student-athletes beat a drug test by consuming large amounts of fluids?**

- No. NAIA protocol requires each student-athlete urine sample be analyzed onsite prior to sending the sample to the lab.
- If the specimen is too diluted, the student-athlete will be required to remain in drug testing until an adequate specimen is collected. This could take several hours. A student-athlete who produces multiple diluted samples is subject to follow-up drug tests.

**What else should an institution do to prepare its student-athletes for drug testing at an NAIA championship?**

- Remind student-athletes they may be selected for drug testing.
- At team championships, participating institutions must provide a list of all student-athletes on the team who are present at the event. This must be submitted to the NAIA championship liaison at the pre-championship meeting.
- At team championships, each institution must designate an administrator to assist with drug testing.