



Goal of Program:

The Embry-Riddle Aeronautical University athletic department's drug testing program goal is to deter student-athletes from drug use and to promote healthy living. The program also reflects the Athletics Department intentions to honor the University Administration policy. The Embry-Riddle Aeronautical University (ERAU) Athletics Department does not condone the use of illegal drugs or underage alcohol consumption. The University will comply with all guidelines and policy set forth in the Embry-Riddle Aeronautical University Student Handbook.

The Athletic Department believes that use of controlled substances, performance enhancing drugs, and the abuse of alcohol, threaten the integrity of intercollegiate athletics and represent a danger to the health, safety, and well-being of the student-athletes.

ERAU's Drug Education and Testing Program ("Program") will include, but is not limited to, testing for any substance on the current NCAA Banned Substance list, alcohol, and smoking and chewing tobacco products. Additionally, ERAU Athletics may amend the policy at any time. The Program is separate and distinct from NCAA Drug-Testing Program.

Program Implementation:

All student-athletes will review ERAU's athletic drug testing program through Privit (ERAU Sports Medicine web based paperwork system) prior to their team physicals. Through Privit, student-athletes will:

- Provide written consent (parent/guardian if applicable) to urinalysis testing both random and on reasonable suspicion basis;
- Review ERAU Athletics Drug Education and Testing Program and informational material related to the program and available resources for education and testing;
- Provide written consent permitting testing information, including results, to be reviewed by the Athletic Director, Associate Athletic Director/Health and Sport Performance (HSP), Team Physician, Head Coach, Dean of Students and ERAU Campus Safety.

Drug Testing Consent Forms must be completed prior to the first practice/competition. Failure to comply with these requirements will be rendered ineligible for competition with the ERAU Athletics Department until completion.

Medications and Dietary Supplements:

It is the student-athlete's responsibility to check all over-the-counter medications, prescription medications, nutritional/dietary supplements (this includes multi-vitamins, single form vitamins, protein powders, pre/post workout, weight loss, etc.) on the Resource Exchange Center (REC) through Drug Free Sports to ensure it is safe and will not lead to a failed drug test.

1. Go to website: www.dfsaxis.com
2. Click "login"
3. Select "NCAA Division II"
4. Enter password "ncaa2"
5. Select either "Dietary Supplement Inquiry" or "Prescription and Over-The-Counter Medication Database"
6. Enter your information for the answer.
7. If a prescription medication is "banned" please see a member of the Sports Medicine Staff to obtain a "Medical Exemption Form"

The ERAU Sports Medicine Staff discourages the use of over-the-counter dietary supplements. The U.S. Food & Drug Administration does not strictly regulate the supplement industry, therefore purity and safety of dietary supplements are not guaranteed. Impure substances can lead to a positive drug test. Athletes who choose to use dietary supplements do so at their own risk and should consult with a member of the Sports Medicine Staff before doing so.

Student-Athlete Selection:

All intercollegiate student athletes are subject to announced and unannounced drug screenings throughout the academic year either on random or reasonable suspicion basis. Reasonable suspicion can be defined, but not limited to, one of the following:

- Previous arrest or conviction for the use of an illegal substance.
- Information presented to a coach or staff member that a student-athlete has been using a substance or PED.
- Seen carrying or using a substance on the banned list.
- Changes in appearance, behavior, or conduct that may be symptomatic of drug use.
- Previous positive drug test.
- Evidence of violation of rules, apparently inexplicable risk of serious harm or injury to person or property, unsatisfactory attendance patterns coupled with specific contemporaneous physical behavior, or performance indicator of probable drug or alcohol use.

ERAU Athletics Department shall have the right to test any student athlete who is listed on the official team roster, or is participating in athletic related activities with the team. This includes student-athletes who may be academically ineligible, who are not receiving athletic related aid, who are injured, and through the end of the academic school year for seniors that have completed their season. Random selection of test candidates will be completed by Drug Free Sports. All substances on the NCAA banned substance list are subject to be measured during the screenings. All intercollegiate student athletes participating in championship or post-season events may be screened prior to or following participation in the event.

Student-Athlete Notification:

Student-athletes chosen for drug testing will be notified no earlier than 24 hours prior to the scheduled test date. Notification of the test date, time, and location will occur by direct in-person contact with a member of the ERAU Sports Medicine Staff. Student athletes will read and sign the Drug Education and Testing Program Notification Form prior to being tested.

The student-athlete will be considered positive for any of the following actions: actively avoids being notified of testing date/time, fails to show up for a drug test, fails to show at a scheduled time, fails to provide a valid sample, and / or attempts to manipulate the results of a drug test.

Urine Specimen Collection:

The drug screening will consist of the collection of urine samples from each student-athlete under the direct observation of a same gender collector. The collector will provide on-site specimen validity measurements for specific gravity. Drug Free Sport will then utilize a SAMHSA (Substance Abuse and Mental Health Service Administration) and/or WADA (World Anti-Doping Agency) certified laboratory to test for any substances identified as banned in the NCAA banned substance list.

The sports drug-testing collection contractor will arrive at the designated location prior to the first scheduled collection time on the test date. No phones, outside food or drinks, or bags will be allowed in the testing area. A member of the Athletics Department will remain at the collection site throughout the drug-testing event. The student athlete will provide photo identification, sign into the station, and follow the collection contractor's instructions in providing the testing sample. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. If the specimen is incomplete and the athlete must leave the collection for a reason approved by the collector, the specimen must be discarded, and the process restarted. A member of the Sports Medicine Staff will supervise the testing area and student athlete until a valid sample is received. Multiple dilute test samples could result in reasonable suspicion for future testing.

Once a specimen has been provided that meets the on-site specific gravity parameters, the collector and student-athlete will sign and certify that the procedures were followed as described by the protocol. After the collection has been completed, the specimen will be forwarded to Drug Free Sports testing facility.

Notification of Test Results:

The results of all drug tests will be sent to the Associate Athletic Director/HSP through a password secure website. Typical turnaround time for tests for drugs of abuse is 24-48 hours from receipt at the SAMHS-accredited laboratory. Results for performance-enhancing drug tests are available within 14 business days of receipt at the WADA-accredited laboratory. Student athletes who test positive for a banned substance will be notified by the Associate Athletic Director/HSP in a direct, in-person meeting. The Athletic Director, Head Coach, assigned team Athletic Trainer and Dean of Students office will be informed of the drug test results to determine resulting consequences, and implications of future positive results.

Only student athletes receiving positive test results will be notified of drug testing results. A copy of the "Notification of Drug Testing Selection" and positive drug test results will be kept in the student-athletes confidential medical file. All parties involved in the positive drug test notification, including but not limited to those notified above, will be reminded to maintain a high level confidentiality.

Positive Test Results:

ERAU Athletics Department will honor any University positive drug test when determining the total number of positive results. For example, if student athlete "A" tests positive on an Embry-Riddle Aeronautical University drug test, and subsequently tests positive on an ERAU Athletics Department drug test, this will be deemed a second positive drug test. Failure to report for a drug test will be deemed a positive test result.

First Positive Test Result:

1. The student athlete will meet with the Athletics Director or his designative representative, Associate Athletic Director/HSP, and team Head Coach. The Dean of Students office and Compliance Director will be notified of positive test result.
2. The student athlete will be referred to the ERAU Counseling Center for substance abuse screening. The severity of the substance use will determine whether counseling services are provided on campus, or if the student is referred to an addictions specialist in the community. Student athlete's attendance with counseling recommendations is mandatory and will be monitored closely by the Associate Athletic Director/HSP. Any additional cost incurred by outside counseling will be the responsibility of the student.
3. Write a letter to future students "If I knew then what I know now," include reflection on what you have learned about your own personal choices. Only college level work with proper content, grammar, spelling, structure and organization will be accepted. The letter may NOT serve to justify your actions or evaluate the actions of others. Letter specifics: 1.5-2 pages, 12 point Times New Roman font, and 1 inch margins.
4. The student athlete will be suspended from **20%** of competition according to their entire respective in-season sport schedule. For 2 sport athletes with a positive drug test, the suspension will carry over to their next competitive season/sport until the allotted suspension percentage is served. Indoor and Outdoor track are combined into 1 season to determine suspension total. All suspension percentage numbers will be rounded up to nearest whole competition.
5. Suspension can only be fulfilled when the student athlete is actively eligible to participate in competition. For example, suspension cannot be served during a red-shirt year, or if the student athlete is academically ineligible.
6. The student-athlete will be financially responsible for all follow-up testing/counseling related to the positive drug-test. This responsibility will last the length of the active case until penalties have been served and negative drug test results.
7. The suspension will begin with the next scheduled competition following notification of positive result. If there is an appeal, the suspension will begin following the appeal ruling. All penalties delivered by the Embry-Riddle Aeronautical University supersede those of the ERAU Athletics Department. The number of competitions missed, in accordance with the list above, will run consecutively and occur during the championship season. ERAU Athletics Department reserves the right to retest the student athlete at any time during or after the suspension period.
8. Re-Entry Testing: the suspended student athlete will be required to undergo re-entry drug and/or alcohol testing prior to regaining eligibility. Student-athletes must have a negative drug test prior to returning to competition. Follow-up testing: student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing at a minimum of 2 week intervals. Testing date and time will be announced less than 24 hours prior to testing and will be required at a frequency determined by the Athletic Director or his/her designee in consultation with the counselor or specialist involved in the student-athlete's case.
9. The team Head Coach has the right to apply additional penalties as they deem fit.
10. The student-athlete must continue to meet requirements for BEST program.
11. Failure to comply with each sanction of a first positive test will result in 1 additionally missed competition per infraction. Examples include but are not limited to: missed counseling sessions, failure to communicate with appropriate staff during sanction period, late turning in paper.
12. The Athletic Director, Associate Athletic Director/HSP, Team Physician, and/or Counselor reserve the right to suspend the student-athlete immediately and indefinitely if the safety, health and well-being of student-athlete are deemed in jeopardy as a result of intake of banned substance.

Second Positive Test Result:

1. The student-athlete will be referred back to his/her Counselor for further treatment and/or medical follow-up.
2. The Director of Athletics will declare the student-athlete ineligible from any further participation in ERAU Athletics for at least one calendar year. The start of this suspension will be the date of the 2nd positive test. If the student athlete has not completed their 1st positive game suspension, the 1-year suspension will start the day after the 1st suspension has been fulfilled.
3. The Director of Compliance will be notified.
4. The Dean of Student office will be notified of second positive test result, and suspension from ERAU Athletics.

Third Positive Test Result:

1. If a suspended student athlete is allowed to return to an athletic team after their 1-year suspension any further positive test will terminate the student athlete's eligibility for life from ERAU athletics.

Appeals:

Student athletes who test positive for a banned substance by the laboratory retained by the institution may, within 48 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete's request for additional testing of the sample, the Director of Athletics/designee will formally request the laboratory retained by Embry-Riddle University to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.

Student-athletes who test positive under the terms of this policy will be entitled to an appeal hearing with the Director of Athletics, Senior Women's Administrator, Associate Athletic Director/HSP, and Faculty Athletic Representative, prior to the imposition of any sanction. Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend or holiday, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics or his/her designee.

The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case. The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or the other parties involved may request an extension of time to the Director of Athletics/designee, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the Director of Athletics or his/her designee regarding the sanction to be imposed shall be final.

Safe Harbor Program:

ERAU Athletics Department encourages voluntary admission of illegal drug use and abuse of alcohol and legal drugs. A student-athlete eligible for ERAU Athletics Department Safe Harbor Program ("SHP") may refer himself or herself to the SHP for voluntary evaluation, testing, and counseling. To enter the SHP, the student-athlete must notify the Associate Athletic Director/Health and Sport Performance and complete the SHP notification form. However, there are circumstances in which a student athlete is not eligible for the SHP. They include, but are not limited to the following: received a previous positive ERAU Athletics Department or Embry-Riddle Aeronautical University drug test, after drug test notification has been initiated by the Sports Medicine Department, 30 days prior to National or Conference postseason competition, and/or previously entered him/herself into the SHP at any time during their athletic eligibility at ERAU. ***The flight department will be notified of any active flight student that enters the SHP.*** The NCAA does not take into consideration ERAU's SHP. If selected for NCAA testing and found positive while in the ERAU SHP all NCAA penalties will be enforced.

ERAU Athletics Department will work with the student to prepare a SHP treatment plan, which may include confidential drug testing. The student athlete will be tested for banned substances upon entry into the SHP, and such a positive initial test will not result in any Athletics Department sanction except those listed in this section (the team physician may suspend the student from play or practice if medically indicated). The student athlete will be referred to the ERAU Counseling Center for substance abuse screening. The severity of the substance use will determine whether counseling services are provided on campus, or if the student is referred to an addictions specialist in the community. You will be required to complete a research paper on the substance you have entered the SHP from addressing the negative health effects. The student athlete will also be required to pay for and complete a drug education online class. The procedures for this class will be provided during your meeting with the Associate Athletic Director/HSP. A student Athlete will be permitted to remain in the SHP for a reasonable period of time, not to exceed 30 days, as determined by the treatment plan. The student athlete will be tested before exiting the program and will be considered reasonable suspicion for future test.

Failure to comply with the SHP treatment plan or evidence of new substance use (as determined by follow-up testing) after entering the SHP, will result in a positive drug test and be subject to appropriate sanctions as detailed by the Embry-Riddle Aeronautical University Student Handbook and ERAU Athletics Drug Education and Testing Program. The student athlete will also be removed from the SHP.

The Athletics Director, student athletes Head Coach, and the Team Physician may be informed of the student's participation in the SHP. The athletic trainer assigned to that sport may be notified if medically appropriate. Other University employees may be informed only the extent necessary for the implementation of this policy.

Medical Exemptions Policy:

The NCAA banned substance list used by the Embry-Riddle Athletics Drug Education and Testing Program was created to protect student-athlete health and safety and to ensure a level playing field. Even though the banned list contains substances designed for performance enhancement and/or substances that put a student-athletes well-being at risk, there are substances on the list that are used justifiably to treat medical conditions.

Accordingly, the medical exceptions policy is created for student-athletes who have a well-documented history demonstrating the use of such drugs. Examples of such drug classes include: stimulants, beta blockers, diuretics, anti-estrogens, anabolic agents, and peptide hormones. **Use of anabolic agents and peptide hormones must be approved prior to participation in intercollegiate athletics at ERAU. Failure to notify the athletic training staff may result in denied Medical Exemption and cause further sanctions.**

In order for a student-athlete to be granted a Medical Exemption for the use of a banned substance, the following documentation must be provided from the treating/prescribing physician: Description of the evaluation process including testing and procedures.

1. Statement of testing and diagnosis, including diagnosis confirmation date.
2. Statement that a non-banned alternative was considered (if drug prescribed is a stimulant).
3. Statement regarding follow-up and monitoring visits.
4. The current prescription information.

It is the student-athlete's responsibility to notify the athletic training staff and to submit the most recent documentation related to their respective diagnosis as soon as possible. This includes a copy of a current prescription. In the event a student-athlete is administered a banned substance or drugged against their will, the above listed documentation must also be completed. A police or campus safety report may also be requested by the Associate Athletic Director/Health and Sport Performance.

The submitted documentation will be kept in the student-athletes chart and utilized in the event of a positive drug test. In the event a positive drug test does occur, the student-athlete may apply for a medical exemption by notifying the Associate Athletic Director/Health and Sport Performance in writing with the supporting medical documentation within 48 hours of the positive test result notification. If this notification is not presented within 48 hours, the sanctions of the positive test result will commence until the appropriate documentation is provided and reviewed by the Director of Athletics. If a medical exemption is not granted, the student-athlete will have the opportunity to appeal this decision following the protocol established in the "Appeal Process" section of the Embry-Riddle Athletics Drug Education and Testing Program.

Examples of common conditions in which treatment plans may constitute a medical exemption include:

1. *Attention Deficit/Hyperactivity Disorder (ADHD)*
ADHD is a common condition that is often diagnosed as a child, but may be diagnosed later in life. Two common medications used to treat ADHD are methylphenidate (Ritalin) and amphetamine (Adderall), both of which are included in the banned substance list. As a result, as student-athlete must undergo a standard assessment before being granted a medical exemption.
2. *Male-pattern Baldness*
There are several medications used to treat Androgenic alopecia that are not banned substances. However, there is a medication called Finasteride (Propecia) that is sometimes used and included in the banned substance list as a masking agent for steroid detection. The appropriate documentation must be provided to receive a medical exemption for use of this medication.
3. *Hypogonadism*
This condition is classified as a testosterone deficiency. The treatment for the condition may include testosterone medication, which is an anabolic agent and banned substance. As stated above, use of this medication will require prior approval before participation is allowed.

These are common examples, and not the only exceptions. It is highly recommended that you consult with your physician regarding the banned substance list before taking any prescription medication.

Important Links:

[NCAA Banned Drug Classes](#)

[NCAA Health & Safety](#)

[ERAU Athletics Testing Policy & Consent Form](#)

[Drug Free Sport Resource Exchange Center](#)

[Medical Exemption Form](#)

Reasonable Suspicion Notification Form
Notification of Appeals Form
Positive Test Form
Safe Harbor Program Agreement Form
Student-Athlete Test Notification Form