1 INTRODUCTION:

1.1 THE IMPROPER USE OF DRUGS HAS BECOME A MATTER OF DEEP CONCERN WITHIN OUR SOCIETY. MANY LIVES ARE BEING DAMAGED, AND IN SOME CASES DESTROYED, BY DRUG USE. EAST CAROLINA UNIVERSITY IS DETERMINED TO HELP ALL STUDENTS AND EMPLOYEES AVOID SUCH HAZARDS, THROUGH ITS ESTABLISHED POLICIES ON DRUG ABUSE THAT APPLY TO ALL MEMBERS OF THE ACADEMIC COMMUNITY. HOWEVER, THIS PROGRAM IS SPECIALLY DESIGNED FOR THE MEMBERS OF OUR INTERCOLLEGIATE ATHLETIC TEAMS, CHEERLEADING TEAMS, AND DANCE TEAM. IT IS BASED ON THE PREMISE THAT DRUGS AND ATHLETICS DO NOT MIX. FIRST, MANY DRUGS, WHEN USED IN CONJUNCTION WITH ATHLETIC ACTIVITIES OR PHYSICAL CONDITIONING PROGRAMS, CAN POSE SERIOUS RISKS TO THE HEALTH OF THE ATHLETE AND MAY ENDANGER OTHER PERSONS IN CONTACT WITH THE DRUG USER. SYMPTOMS OF ILLNESS, TEMPORARY OR PERMANENT INJURY, AND EVEN DEATH CAN BE CAUSED BY SUCH DRUG USE. SECOND, THE USE OF CERTAIN DRUGS TEMPORARILY MAY IMPROVE SOME TYPES OF ATHLETIC PERFORMANCE, AND THEREBY CREATE AN UNFAIR COMPETITIVE ADVANTAGE FOR THE PERSON USING THEM. SUCH USES OF DRUGS VIOLATE THE BASIC PRINCIPLES OF SPORTSMANSHIP. THIRD, INTERCOLLEGIATE ATHLETES FREQUENTLY BECOME HIGHLY PUBLICIZED ROLE MODELS AND THEIR ABUSE OF DRUGS CAN NEGATIVELY INFLUENCE OTHER YOUNG PEOPLE, AS WELL AS DAMAGE THE REPUTATION OF THE INSTITUTION.

1.2 EAST CAROLINA UNIVERSITY MAY AMEND THIS REGULATION AT ANY TIME, AND THE PROGRAM IS SEPARATE AND DISTINCT FROM THE NCAA DRUG TESTING PROGRAM.

1.3 FOR THE PURPOSES OF THIS REGULATION, A STUDENT-ATHLETE IS DEFINED AS ANYONE CURRENTLY LISTED AS ACTIVE ON A TEAM’S ROSTER, OR RECEIVING ATHLETIC FINANCIAL AID AS A MEDICAL NON-COUNTER OR POST-PARTICIPATION RECIPIENT.
2 BASIC PROGRAM GOALS:

2.1 IT IS THE INTENT OF THIS DRUG EDUCATION SCREENING AND COUNSELING PROGRAM TO (1) DETER THE USE OF DRUGS AND ALCOHOL; (2) TO ASSIST IN IDENTIFYING THE ATHLETE WHO IS A SUBSTANCE USER/ABUSER THROUGH A SCREENING PROGRAM BASED ON PERIODIC TESTING TO REVEAL USE OF DRUGS; (3) TO PROMOTE AN EDUCATION PROGRAM THAT INFORMS STUDENT-ATHLETES ABOUT DRUGS AND DRUG ABUSE; (4) TO ASSIST IN THE REHABILITATION OF STUDENT-ATHLETES FOUND TO BE MISUSING DRUGS; AND (5) IN APPROPRIATE CASES, TO REMOVE FROM OUR ATHLETIC PROGRAMS ANY STUDENT-ATHLETE WHO IS FOUND TO HAVE VIOLATED THE REQUIREMENTS OF THIS REGULATION.

2.2 ALL STUDENT-ATHLETE PARTICIPANTS IN EAST CAROLINA UNIVERSITY INTERCOLLEGIATE ATHLETIC PROGRAMS, DANCE, AND CHEERLEADING TEAMS MUST COMPLY WITH THE TERMS OF THIS PROGRAM ON DRUG EDUCATION, SCREENING, AND COUNSELING. ACCORDINGLY, ALL STUDENT-ATHLETES MUST READ THESE REQUIREMENTS CAREFULLY, AND PROVIDE WRITTEN ACKNOWLEDGMENT ON THE ATTACHED DRUG TESTING CONSENT FORM. A STUDENT WHO FAILS TO SIGN THE STATEMENT WILL NOT BE PERMITTED TO PARTICIPATE IN UNIVERSITY INTERCOLLEGIATE ATHLETIC PROGRAMS.

3 EDUCATIONAL PROGRAM:

3.1 AN IMPORTANT PART OF THIS PROGRAM IS AN ONGOING EDUCATIONAL EFFORT DESIGNED TO HELP STUDENT-ATHLETES AVOID ANY INVOLVEMENT IN PROHIBITED DRUGS. EACH MEMBER OF EVERY ATHLETIC TEAM SHALL PARTICIPATE IN PRESCRIBED DRUG EDUCATION ACTIVITIES, IN ADDITION TO THE ALCOHOL AND OTHER DRUG PREVENTION ACTIVITIES THAT ALL ECU STUDENTS RECEIVE AS PART OF THEIR STUDENT EXPERIENCE. UNIVERSITY STAFF MEMBERS WILL ENCOURAGE ALL STUDENT-ATHLETES TO ASK QUESTIONS ABOUT THIS DRUG EDUCATION SCREENING AND COUNSELING PROGRAM. STAFF MEMBERS WILL HONOR AN ATHLETE'S REQUEST THAT HIS OR HER QUESTIONS BE ANSWERED IN PRIVATE. TEAM MEETINGS WILL BE HELD TO EMPHASIZE THE PROGRAM'S OBJECTIVES AND TO REITERATE THE ACTIONS THAT ATHLETES MUST TAKE TO COMPLY WITH THE REGULATION.
4 PROHIBITED DRUGS:

4.1 SOME OF THE DRUGS ABOUT WHICH WE ARE CONCERNED ARE ILLEGAL (THAT IS, THE LAW PROHIBITS THEIR SALE, PURCHASE, OR POSSESSION). OTHERS MAY BE OBTAINED BY MEDICAL PRESCRIPTION. SOME MAY BE PURCHASED LAWFULLY “OVER THE COUNTER” IN RETAIL STORES. BUT ALL SUCH DRUGS ARE INCOMPATIBLE WITH THE INTEGRITY OF OUR ATHLETIC PROGRAMS.

4.2 A STUDENT, DURING THE PERIOD OF HIS OR HER ELIGIBILITY TO PARTICIPATE IN INTERCOLLEGIATE ATHLETICS, MAY NOT USE THE DRUGS SPECIFIED IN APPENDIX A. IF AN OTHERWISE PROHIBITED DRUG IS BEING USED PURSUANT TO A LAWFULLY ISSUED PRESCRIPTION UNDER THE SUPERVISION AND AUTHORITY OF A LICENSED PHYSICIAN OR OTHER MEDICAL PROFESSIONAL AUTHORIZED TO PROVIDE MEDICAL PRESCRIPTION UNDER THE LAWS OF THE STATE OF NORTH CAROLINA, THE PATIENT MAY CONTINUE TO PARTICIPATE IN ATHLETICS IF THE ATHLETE MEETS THE REQUIREMENTS AS SET FORTH BY THE NCAA CONCERNING MEDICAL EXCEPTIONS TO IMPERMISSIBLE DRUG USE1.

5 SAFE HARBOR PROVISION:

5.1 ANY STUDENT-ATHLETE MAY SEEK ASSISTANCE FOR A SUBSTANCE ABUSE PROBLEM AT ANY TIME BY CONTACTING HIS OR HER COACH, A DEPARTMENTAL STAFF MEMBER, SPORTS MEDICINE, LIFE SKILLS, OR STUDENT DEVELOPMENT EMPLOYEE; OR A REPRESENTATIVE OF THE DIVISION OF STUDENT AFFAIRS. SEEKING SUCH ASSISTANCE SHALL NOT SUBJECT THE STUDENT-ATHLETE TO SANCTIONS UNDER THIS REGULATION AND THE STUDENT-ATHLETE SHALL NOT BE TESTED AS PART OF THE REGULATION UNTIL COUNSELING HAS BEEN COMPLETED. THE REQUEST FOR ASSISTANCE MUST BE MADE PRIOR TO NOTIFICATION OF AN IMPENDING TEST.

1 These requirements are available at www.ncaa.org/health-safety.
6 SCREENING PROGRAM:

6.1 IT IS A CONDITION OF PARTICIPATION THAT A STUDENT-ATHLETE ANNUALLY AGREE TO SUBMIT TO ANY TESTS PRESCRIBED BY EAST CAROLINA UNIVERSITY TO REVEAL THE USE OF ANY OF THE DRUGS LISTED IN APPENDIX A. THE BASIC TEST TO BE USED FOR DRUG SCREENING IS A DIRECT OBSERVATION URINALYSIS. HOWEVER, OTHER TYPES OF TESTS FROM TIME TO TIME MAY BE UTILIZED TO DETERMINE THE PRESENCE OF DRUGS LISTED IN APPENDIX A. THE TESTING WILL BE DONE IN ACCORDANCE WITH THE PROCEDURES OUTLINED IN APPENDIX D.

6.1.1 When tests will be administered:

6.1.1.1 Unannounced random testing:

6.1.1.1.1 All enrolled student-athletes are subject to periodic unannounced random testing, regardless of their competitive season. Specifically, on various occasions during the calendar year, a percentage of the members of each team will be selected, at random, to be tested. The selection of individuals will be made through a random drawing of names from the team roster by the Associate Director of Athletics for Student Services or his designee.

6.1.1.2 Testing in response to individualized suspicion:

6.1.1.2.1 A student-athlete may be subject to testing at any time when, in the judgment of the Director of Athletics, in consultation with other campus officials, as appropriate, there is reasonable cause to suspect the student is engaged in the use of any of the drugs prohibited by this Regulation. Such individualized reasonable suspicion may be based on information from any source deemed reliable by the Director of Athletics, including, but not limited to: (1) observed possession or use of substances that reasonably appear to be drugs of the type prohibited; (2) citation for any possible drug or alcohol offense in violation of the ECU Code of Conduct; (3) arrest or conviction for a criminal offense related to the possession, use or trafficking in drugs of the type prohibited; or (4) observed abnormal appearance, conduct or behavior, including unusual patterns of absence from training, competition, classes or other academic requirements reasonably interpretable as being caused by the use of drugs of the type prohibited.
6.1.3 Post-season/Championship Screening

6.1.3.1 Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty (30) days prior to the post-season competition. If a student-athlete tests positive, he or she may not be allowed to compete at the post-season event and will be subject to the sanctions herein. If regular season games remain after the test results are received, game suspension penalties will be in accordance with Section F of this Regulation. Post-season games will be utilized to meet suspension requirements.

6.1.4 Re-entry Testing

6.1.4.1 A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as the result of a drug and/or alcohol violation will be required to undergo re-entry testing after the substance abuse counselor involved in the student-athlete’s case indicates that re-entry into the intercollegiate sports program is appropriate.

6.1.5 Pre-Season Screening

6.1.5.1 Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to the first competition. Pre-season screening would include summer school sessions.

6.1.6 Notification and reporting for collections

6.1.6.1 The preferred notification method for student-athletes selected for testing will be written notification (see Appendix B) by a member of the ECU Athletic Training staff no more than 24 hours prior to the test. If written notification is unable to be obtained, other acceptable methods of notification include direct contact or phone call by the athletic trainer or member of the coaching staff. Email, voicemail, or text message are not acceptable notification methods.
6.1.2 Consequences of failure to participate in or cooperate with the testing:

6.1.2.1 The following actions by a student-athlete will be treated as a positive test result and the student-athlete will be suspended from Athletics participation until a sample is produced:

6.1.2.1.1 Failure to execute the relevant required individual notification form (Appendix B or C); or

6.1.2.1.2 Failure to appear at the designated time and place for testing without verified excuse acceptable to the Director of Athletics; or

6.1.2.1.3 Refusal to provide a sample or manipulates his or her sample to alter the integrity and/or validity of the sample, the manipulation shall be treated as a positive test.

6.1.2.2 A student who fails after three attempts to produce a required urine specimen will be offered an opportunity for saliva testing by use of an oral swab. Refusal to comply with oral swab collection will be treated as a positive test result and the student-athlete will be suspended from Athletics participation until a sample is produced. Eligibility to participate in intercollegiate athletics may be canceled if an athlete fails to produce a specimen. The procedures prescribed in Section G apply to such a cancellation.

7 CONSEQUENCES OF IMPERMISSIBLE DRUG USE:

7.1 WHEN PROHIBITED DRUG USE HAS BEEN VERIFIED THROUGH POSITIVE TEST RESULTS, THE FOLLOWING PROCEDURES AND CONSEQUENCES WILL APPLY. IN ALL CASES, THE TEAM PHYSICIAN WILL NOTIFY THE DIRECTOR OF ATHLETICS OR HIS/HER DESIGNEE OF THE POSITIVE DRUG TEST. THE DIRECTOR OF ATHLETICS OR DESIGNEE WILL NOTIFY THE STUDENT-ATHLETE’S HEAD COACH AND SPORT ADMINISTRATOR, WHO WILL IN TURN NOTIFY THE STUDENT-ATHLETE.

7.2 THE MINIMUM CONSEQUENCES SPECIFIED BELOW WILL APPLY FOLLOWING (A) ANY POSITIVE RESULT ON A DRUG TEST ADMINISTERED PURSUANT TO THIS REGULATION, (B) ANY POSITIVE RESULT ON AN NCAA-ADMINISTERED DRUG TEST, OR (C) THE OCCURRENCE OF AN EVENT THAT IS CONSIDERED THE EQUIVALENT OF A POSITIVE TEST UNDER PARAGRAPH 6.1.2 OF THIS REGULATION.
7.2.1 First occasion:

7.2.1.1 Confidential meeting to evaluate the nature and extent of drug involvement

The student will be required to meet privately with the head coach and sport administrator to ascertain the facts about the nature, extent, and history of the problem. In eliciting information from the student, responses are to be oral, are not to be given under oath, and are to be revealed only to University officials, persons authorized by the student, and the parents or guardians of the student in accordance with the Family Educational Rights and Privacy Act of 1974. A student-athlete will be required to telephone his or her parents or guardians and inform them of the positive test in the presence of the head coach and sport administrator. If the parents or guardians cannot be reached by telephone, the head coach or his designee will take necessary steps to insure that the parents or guardians are informed. No other persons or agencies will be given information except in response to a valid subpoena or court order.

7.2.1.2 The student-athlete will be placed on Athletic Department probation for a period of one year. If at any time during probation the student-athlete is found responsible by the Office of Student Rights and Responsibilities for any violation of the ECU Student Code of Conduct, the student may be suspended for a period of time as determined by the Director of Athletics.

7.2.1.3 Counseling and rehabilitation

The student-athlete will be required to meet with the team physician to discuss the impermissible substance that caused the positive test. The student-athlete will also be required to meet with the substance abuse counselor at the ECU Center for Counseling and Student Development and sign appropriate consents for release of information to the Team Physician. The nature and extent of counseling will be determined by the substance abuse counselor.

The student-athlete may choose to receive counseling from an off-campus counselor or rehabilitation facility. In such cases, any financial costs associated with such treatment will be the sole responsibility of the student-athlete. The student-athlete will be required to sign the appropriate consents for release of information from the off-campus counseling provider to the team physician.

Failure to attend a scheduled counseling session may result in additional penalties as determined by the Director of Athletics.
7.2.1.4 Follow-up testing may occur at any time during probation and counseling and will occur at each scheduled test for the remainder of the student-athlete's eligibility. Any test which returns a positive result during the probationary period will be evaluated by the team physician. If the team physician determines that interval substance abuse has occurred, the Director of Athletics will be notified and this test will be considered an additional positive result.

7.2.1.5 Written notice

7.2.1.5.1 The Director of Athletics provides written notice of the positive drug screen and any applicable sanctions to the student-athlete and his/her parents or guardians as well as the head coach. This notice also includes information regarding how the student-athlete may appeal.

7.2.2 Second occasion:

7.2.2.1 In addition to the procedure and sanctions imposed in paragraph 7.2.1 above, the student-athlete will be immediately suspended from competition for 20% of the total scheduled contests of that sport. This suspension must be served immediately following notification of the Director of Athletics or his/her designee by the team physician of the positive test. Post-season games will be included to satisfy the suspended games total. During the suspension, the student-athlete may continue to participate in team related activities if deemed safe by the team physician and with the approval of the Director of Athletics. Student-athletes who are on rosters for multiple sports will serve their suspension during the season of the sport in which they are participating in at the time of the positive test. If the student-athlete is participating in multiple sports simultaneously, the suspension will be served for the sport in the championship segment. If there are insufficient competitions remaining to complete the suspension during the season in which the positive test occurred, the remaining percentage will carry over to the sport season immediately following. In cases where the percentage of maximum allowable contests does not equal a whole number, the number of games missed due to suspension will be rounded down.

7.2.2.2 The Director of Athletics provides written notice of the positive drug screen and any applicable sanctions to the student-athlete and his/her parents or guardians as well as the head coach. This notice also includes information regarding how the student-athlete may appeal.

7.2.2.3 The student-athlete will be required to meet with the Director of Athletics.

7.2.2.4 The substance causing the second positive test does not need to be the same substance that caused the first positive test.
7.2.3 Third Occasion:

7.2.3.1 Cancellation of eligibility

7.2.3.1.1 On the occasion of a third positive screen, a student’s athletic eligibility will be canceled permanently, the student will not be eligible for renewal of any athletic scholarship, and an existing scholarship may be subject to cancellation. Any such cancellation may be imposed only in accordance with the procedures specified in Paragraph 8, below.

7.2.3.2 Notification of parents

7.2.3.2.1 The parents will be notified of any such cancellation of eligibility.

7.2.3.3 Counseling and rehabilitation

7.2.3.3.1 A student whose eligibility has been canceled may seek assistance from established University counseling and medical resources otherwise available to students incident to their enrollment at East Carolina University. Such services will not be initiated or supervised by the Athletic Department, since the student’s affiliation with the athletic programs of the institution will have ended. Any costs associated with counseling will be the sole responsibility of the student-athlete.

7.2.3.4 The substance causing the third positive test does not need to be the substance that caused either of the two preceding positive tests.

7.3 A head coach has the authority to impose additional or stricter sanctions to those listed above. Any variation in penalties should be communicated clearly and acknowledged by signature of all team members prior to the beginning of each season.

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2 When a sanction under this Regulation involves the loss of grant in aid, a student-athlete may appeal that decision to the Faculty Senate Student Academic Appellate Committee, in accordance with the terms of his/her grant in aid agreement
8 PROCEDURES FOR IMPOSING SERIOUS SANCTIONS:

8.1 SECTIONS 6 AND 7 OF THIS REGULATION PROVIDE NOTICE OF CIRCUMSTANCES UNDER WHICH SUSPENSION OR CANCELLATION OF ELIGIBILITY TO PARTICIPATE IN INTERCOLLEGIATE ATHLETIC ACTIVITIES MAY BE IMPOSED. SANCTIONS SUCH AS SUSPENSION EXCEEDING ONE WEEK AND CANCELLATION OF ELIGIBILITY MAY BE IMPOSED ONLY IN ACCORDANCE WITH THE PROCEDURES HERE PRESCRIBED. NONETHELESS, THE DEPARTMENT OF ATHLETICS HAS THE RIGHT, AT ANY TIME, TO TERMINATE THE STUDENT-ATHLETE’S PRIVILEGE TO PARTICIPATE ON A TEAM FOR REASONS OTHER THAN A VIOLATION OF THIS REGULATION, INCLUDING, BUT NOT LIMITED TO, VIOLATIONS OF OTHER UNIVERSITY, DEPARTMENTAL, OR TEAM POLICIES. A VIOLATION OF THIS REGULATION, IN CONJUNCTION WITH A VIOLATION OF OTHER UNIVERSITY, DEPARTMENTAL, OR TEAM POLICIES, MAY RESULT IN TERMINATION OF A STUDENT-ATHLETE’S PRIVILEGE TO PARTICIPATE ON A TEAM. ALL SUCH TERMINATIONS ARE NOT SUBJECT TO THE PROCEDURES SET FORTH IN THIS REGULATION. IN CASES WHERE A STUDENT-ATHLETE IS REMOVED FROM A TEAM’S ROSTER PRIOR TO COMPLETING SANCTIONS AND THEN ADDED BACK TO THE ROSTER AT A LATER DATE, THOSE SANCTIONS MUST BE COMPLETED PRIOR TO RETURN TO COMPETITION. A STUDENT-ATHLETE MAY NOT BE REMOVED FROM A ROSTER IN ORDER TO AVOID COMPLETING SANCTIONS.

8.1.1 Written notice:

8.1.1.1 Before any suspension exceeding one week or cancellation is imposed, the student-athlete will be given written notice by the Director of Athletics of the intention to suspend or cancel eligibility, of the reasons for the proposed action, and of the right of the affected student to request a hearing on the proposed sanction before it is imposed. If the proposed sanction is based on a preliminary determination of improper drug use that may threaten the health of the athlete or of other participants in athletics or other members of the institutional community, all athletic participation (training, practice, and competition) shall be discontinued immediately, pending a medical determination as to the fitness of the athlete to resume participation in athletic activities. This determination, designed to protect the health of the student-athletes or other members of the community, shall be made as promptly as possible. Information supplied by the student to medical personnel incident to making such a determination shall not be admissible in any institutional disciplinary process. Otherwise, the student-athlete may participate in team activities other than competitions until the appeal has been heard and a determination has been made to grant or deny the appeal, contingent on approval of the head coach and Director of Athletics.
8.1.2 Request for hearing or waiver of hearing:

8.1.2.1 A student-athlete may obtain a hearing by addressing a request in writing to the Director of Athletics within five (5) working days after receiving the written notice referred to in paragraph 1, above. A request for an appeal must be based on insufficiency of evidence or mitigating circumstances. Failure of the student-athlete to request an appeal on these bases in writing within five (5) working days following his or her receipt of the written notice will be considered a waiver of the appeal. In the alternative following receipt of written notice, the student may signify in writing his or her intention not to request a hearing, and the proposed sanctions may be imposed immediately, without recourse to any institutional grievance or appeals process.

9 REDUCTION IN VIOLATIONS:

9.1 If a student-athlete does not test positive for a period of twenty-four (24) months from the date of his/her last positive test for a banned substance, and complies with all corrective measures imposed, the student-athlete may have the number of violations reduced by one (i.e. from 2 down to 1, from 1 down to 0).

10 CONFIDENTIALITY OF INFORMATION CONCERNING DRUG USE:

10.1 Any information concerning a student's alleged or confirmed improper use of drugs, solicited or received pursuant to implementation of this program, shall be restricted to institutional personnel and to parents or guardians of student-athletes. No other release of such information will be made without the student's written consent, unless in response to appropriate judicial process. The institution cannot guarantee that law enforcement or prosecutorial authorities will not gain access to information in the possession of the institution; however, the institution will not voluntarily disclose such information, in the absence of a court order or in accordance with FERPA.

3 Notwithstanding this or any other provision of this Regulation, the University reserves the right to disclose information in accordance with a health and safety emergency as defined in 34 CFR §§ 99.31(a)(10) and 99.36.
11 IMPOER PROVISION OF DRUGS BY INSTITUTIONAL PERSONNEL:

11.1 NO OFFICER, EMPLOYEE, OR AGENT OF EAST CAROLINA UNIVERSITY MAY SUPPLY TO ANY STUDENT-ATHLETE ANY DRUG THAT MAY ENDANGER AN ATHLETE OR AFFECT ATHLETIC ABILITY OR PERFORMANCE, OR OTHERWISE ENCOURAGE OR INDUCE ANY STUDENT IMPROPERLY TO USE DRUGS, EXCEPT AS SPECIFIC DRUGS MAY BE PRESCRIBED BY QUALIFIED MEDICAL PERSONNEL FOR THE TREATMENT OF INDIVIDUAL STUDENTS. ANY PERSON WHO HAS INFORMATION ABOUT A POSSIBLE VIOLATION OF THIS PROHIBITION SHOULD REPORT SUCH INFORMATION PROMPTLY TO ANY ATHLETICS ADMINISTRATOR, WHO SHALL ENSURE THAT THE DIRECTOR OF ATHLETICS, THE CHANCELLOR, OR ANY VICE CHANCELLOR WITH SUPERVISORY RESPONSIBILITY FOR THE OFFICER, EMPLOYEE, OR AGENT IS INFORMED SO THAT AN APPROPRIATE INVESTIGATION CAN BE CONDUCTED AND, IF NECESSARY, DISCIPLINARY ACTION CAN BE TAKEN IN ACCORDANCE WITH ESTABLISHED POLICY.
Appendix A
2017-18 Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance

The NCAA bans the following classes of drugs:

1. Stimulants.
2. Anabolic Agents.
3. Alcohol and Beta Blockers (banned for rifle only).
4. Diuretics and Other Masking Agents.
5. Illicit Drugs.
7. Anti-Estrogens.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

2. Gene Doping
3. Local Anesthetics (under some conditions).
4. Manipulation of Urine Samples.
5. Beta-2 Agonists permitted only by prescription and inhalation (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements WARNING:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

Check with your athletics department staff prior to using a supplement.
Some Examples of NCAA Banned Substances in Each Drug Class.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.
Do not rely on this list to rule out any label ingredient.

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine;
methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamime (DMAA);
“bath salts” (mephedrone); Octopamine; DMBA; phenethylamines (PEAs); etc.
exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):
Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone;
testosterone; etiocholanolone; methasterone; methandienone; nandrolone;
norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol,
LGD-4033); etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid;
spirolactone (canrenone); triamterene; trichlormethiazide; etc.

Illicit Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2,
JWH-018, JWH-073)

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO);
IGF-1 (colostrum); etc.

Anti-Estrogens:

anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex;
cloimid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above 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.
SUPPLEMENTS

The NCAA has strict rules on which supplements are permissible and which are not. Those that are permissible include:

- Non-muscle building supplements taken for the purpose of providing additional calories and electrolytes, providing the supplements do not contain any NCAA banned substances. Permissible supplements are identified according to the following classes:
  - Carbohydrate/electrolyte drinks (such as Gatorade)
  - Energy bars
  - Carbohydrate boosters
  - Vitamins
  - Minerals
  - Protein

Student-athletes should not use nutritional supplements other than those allowed by the NCAA or prescribed by a licensed physician for a medical condition. Student-athletes are reminded that taking nutritional supplements, even those purchased over-the-counter, may result in a positive drug test that affects eligibility status.

For questions regarding whether a nutritional supplement contains banned substances, see a member of the ECU Athletic Training Staff or submit a supplement inquiry as described below.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS, 877-202-0769 or [www.drugfreesport.com/axis](http://www.drugfreesport.com/axis) password ncaa1. Go to the link Dietary Supplement Inquiry and complete the form. You will need to know the name of the supplement and the manufacturer. Even if you have had a supplement previously reviewed by Drug Free Sport AXIS, you should resubmit the information each time the supplement is purchased as the manufacturers may change the formula without notice. It is the sole responsibility of the student-athlete to determine whether a supplement constitutes a banned substance; the Drug Free Sport AXIS website is provided as a courtesy.
APPENDIX B

NOTIFICATION OF SCHEDULED SCREENING DRUG TESTING

TO: _____________________________  Student-Athlete

FROM: _____________________________  Director of Athletics

DATE: _____________________________

RE: _____________________________ Scheduled Drug Test Screening

Your name has been selected for screening drug testing as a member of the _____________________________Team.
You are to report to _____________________________ on _____________________________ at _____________________________. If you cannot report at this time, YOU MUST call the Athletic Training office, (252) 737-4560, to re-schedule for another time on that same date.

It is mandatory that you report for this scheduled drug test on the specified date listed above.
At the time of the test, you will be required to provide a urine specimen (or may undergo another type of test, such as saliva testing via oral swab, which is a standard alternative collection method), consistent with the policies and procedures established by the East Carolina University Drug Education, Screening, Counseling and Testing Program.

I understand that failure to appear at the assigned time will be treated as a positive test result and I will be suspended from Athletics participation until I provide a sample.

Printed Name: _____________________________
Signature: _____________________________
Date and Time: _____________________________

Witness: _____________________________
(Designated University Official Delivering the Notice)
Date and Time: _____________________________

Scheduled Screening Drug Test:
Name: _____________________________  Date: _____________________________
Time: _____________________________  Place: _____________________________

*ATHLETE MUST PRESENT PICTURE ID*

Revised 07/28/17
APPENDIX C

EAST CAROLINA UNIVERSITY - DEPARTMENT OF ATHLETICS
DRUG TESTING REASONABLE SUSPICION REPORTING FORM

I, ________________________________, under the reasonable suspicion clause that is outlined in the Staff Member East Carolina University Drug Education and Drug Testing Regulation, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant referral of ________________________________(Student-Athlete) to the Director of Athletics or designee for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past ______ hour(s), day(s), or week(s):

Please check all below that apply:
The student-athlete has shown:

<table>
<thead>
<tr>
<th>Irritability</th>
<th>Physical outburst (i.e. throwing equipment)</th>
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<tbody>
<tr>
<td>Loss of temper</td>
<td>Emotional outburst (crying)</td>
</tr>
<tr>
<td>Poor motivation</td>
<td>Weight gain</td>
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<tr>
<td>Failure to follow directions</td>
<td>Weight loss</td>
</tr>
<tr>
<td>Verbal outburst (i.e. faculty, staff, teammates)</td>
<td>Sloppy hygiene and/or appearance</td>
</tr>
</tbody>
</table>

The student-athlete has been:

<table>
<thead>
<tr>
<th>Late for practice</th>
<th>Missing appointments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late for class</td>
<td>Missing/missing meals</td>
</tr>
<tr>
<td>Not attending class</td>
<td>Cited by OSRR or CLC office for drug or alcohol violation</td>
</tr>
<tr>
<td>Receiving poor grades</td>
<td>Staying up too late</td>
</tr>
</tbody>
</table>

The student-athlete has demonstrated the following:

<table>
<thead>
<tr>
<th>Dilated pupils</th>
<th>Smell of alcohol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constricted pupils</td>
<td>Smell of marijuana</td>
</tr>
<tr>
<td>Red eyes</td>
<td>Staggering or difficulty walking</td>
</tr>
<tr>
<td>Receiving poor grades</td>
<td>Staying up too late</td>
</tr>
<tr>
<td>Constantly running and/or red nose</td>
<td>Recurrent motor vehicle accidents or violations</td>
</tr>
<tr>
<td>Recurrent bouts with a cold or flu</td>
<td></td>
</tr>
</tbody>
</table>
Other specific objective findings include:


Signatures:

________________________________________
Name of Staff Member

________________________________________  ___________
Signature of Staff Member                      Date

Reviewed by:

________________________________________  ___________
Director of Athletics or designee              Date

________________________________________    ___________
Name of Counselor Consulted                    Date of Consultation

☐ Reasonable Suspicion Upheld

☐ Reasonable Suspicion Denied
APPENDIX D

PROCEDURE FOR DRUG TESTING:

a. The athlete shall be provided with written notice prepared by the Associate Director of Athletics for Student Services or his designee listing the student as one who was duly selected at random to appear for a drug test or as an individual who is being tested based on individualized suspicion prior to the start of the test.

b. The notification also shall include the time and location of the test and shall be signed by the student and submitted to the Associate Director of Athletics for Student Services or his designee by the student-athlete to be tested. Upon receipt of the notice, the student-athlete will report to the testing site immediately.

c. Collection procedure: Urine specimens (or other, standard alternative collection methods, such as saliva testing via oral swab, if acceptable urine sample cannot be obtained) will be collected by direct observation under the guidelines set by the third party contracting Sample Collection Team.

d. Notification to the student-athlete: Negative tests and confirmed positives will be returned to the team physician and/or Associate Athletics Director for Student Services.

e. Consequences of a positive test result: Impermissible drug use will be handled in accordance with paragraph 7 of the Drug Education Screening Counseling and Testing Program Regulation.
DRUG TESTING CONSENT FORM

The Board of Governors of The University of North Carolina has mandated that East Carolina University adopt mandatory testing of student-athletes for banned substances. ECU has, therefore, adopted this Statement of Regulation to comply with the Board of Governors' directive.

I have read and received a copy of ECU's *Drug Education Screening Counseling and Testing Program Regulation*. I have been given an opportunity to ask any questions I may have had about the Regulation. I understand the Regulation and my responsibilities under it. I agree to abide by its provisions and have decided voluntarily to participate in the intercollegiate athletics programs to which this Regulation applies. I further understand that my participation in intercollegiate athletics is contingent on my adherence to this Regulation. I consent to tests for banned substances administered pursuant to this Regulation and I consent to notification of my parents or guardians under the circumstances outlined in this Regulation.

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>(Sport)</td>
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</tr>
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</tr>
<tr>
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<tr>
<th>YEAR 2</th>
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<tr>
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