Drugs and Alcohol

Students at Princeton University are expected to be acquainted with and to abide by both the State of New Jersey and University regulations regarding the consumption of alcohol and drugs. They are also expected to be aware of the social, physiological and psychological consequences of excessive drinking in order to make responsible and informed decisions about the serving and consumption of alcohol. The University provides regular educational programs on alcohol and drug abuse as well as counseling services.

The University alcoholic beverage policy is designed to be consistent with the laws of the State of New Jersey, which, in general, prohibit the consumption and serving of alcoholic beverages to persons under 21 years of age. The policy also reflects the need for mutual respect and personal responsibility within a diverse community. Students are responsible for their behavior, whether or not they are under the influence of alcohol. Under no circumstances will the consumption of alcohol constitute a mitigating circumstance when it contributes to the violation of University regulations.

It is the primary responsibility of those in the presence of a severely intoxicated person to contact appropriate University or local medical and safety personnel (DPS officers, deans, McCosh Health Center staff, Princeton Medical Center staff or local police or members of the rescue squad). Intoxication will not be grounds for disciplinary action. Contacting the Department of Public Safety for assistance in transporting a student in need of medical attention will not, in itself, lead to disciplinary action. Disciplinary action will occur only if other circumstances indicating a violation of University policy are observed. In such an instance, the fact that students initiated a call for assistance will be considered a mitigating circumstance.

At no time is it permissible to consume alcoholic beverages during athletics trips. Team hazing and other initiation activities involving the use of drugs and alcohol are violations of University policy. Violations of these policies are grounds for disciplinary action by the University and Department of Athletics for individuals, teams and/or coaching staff members.

Tobacco Products

The use of any and all tobacco products by student-athletes, coaches, officials and game personnel during practice, competition, or any team or department activities is prohibited by NCAA rules.

NCAA Drug Testing

The NCAA conducts random selection drug testing annually on campus, at NCAA Championship competition, and during the summer at any location. All NCAA sport participants are eligible for year-round drug testing and if participating, testing conducted at NCAA championship events. All student-athletes are required to sign a drug testing consent form in order to be eligible to participate in a varsity intercollegiate sport.

The NCAA-affiliated Center for Drug Free Sport performs a urine analysis for the presence of a selection of banned drugs. The penalty for a positive test for a performance-enhancing drug (PED) is strict and automatic: student-athletes lose one full year of eligibility for the first offense (25 percent of their total eligibility) and are withheld from competition for 365 days from the date of the test. A
second positive test for a PED results in the loss of all remaining eligibility.

The penalty for a positive test for a substance in the street drug class is withholding from competition for 50% of the season in all sports in which the student-athlete participates. A second positive test for a street drug results in the loss of a year of eligibility and withholding from participation for 365 days from the test.

A student-athlete who is involved in a case of clearly observed tampering with an NCAA drug test, as documented per NCAA drug-testing protocol by a drug-testing crew member, shall be declared ineligible for further participation in postseason and regular-season competition during the time period ending two calendar years (i.e., 730 days) after the student-athlete was involved in tampering with a drug test.

If a student-athlete who is selected for NCAA drug testing does not show up for testing or refuses to provide a sample, he or she will be penalized as if there were a positive drug test result for a PED.

Banned drugs include stimulants, anabolic agents, diuretics/masking agents, illicit drugs, Peptide Hormones and Analogues, anti-estrogens, and Beta-2 Agonists. Do remember that dietary supplements are not well-regulated and may contain substances that cause a positive drug test result—even if they are not on the product label. Examples of substances under each class can be found at www.ncaa.org/drugtesting. There is no complete list of banned substances, nor is there one of NCAA-approved supplement products. As such, a student-athlete should be sure to discuss any drug (even one prescribed) or supplement with a member of the Athletic Medicine Staff before taking it.

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for treatment with the banned medication. Any questions concerning exceptions or the drug testing program in general should be directed to a member of the Athletic Medicine staff.

**Nutritional Supplements**

It is the philosophy of the Department of Athletics and the University Health Services Athletic Medicine Department that all student-athletes are able to meet 100% of their nutritional needs through a well-balanced, nutritious, food-based eating plan that addresses performance, hydration, recovery and good health. Nutritional supplements are heavily marketed to athletes for their ability to build muscle mass, speed recovery and improve overall performance in spite of inadequate scientific evidence to make such claims. As a result, they are often misused.

Physicians sometimes prescribe dietary supplements due to diagnosed deficiencies and student-athletes should follow that advice in those circumstances. It is required though when student-athletes are taking ANY supplements (e.g., iron for iron deficiency anemia), that athletic medicine staff members be informed (e.g., Director of Athletic Medicine, Athletic Trainer, and/or Sport Dietitian). The primary concern is that many student-athletes use supplements despite the lack of long term studies to support their efficacy or safety without medical advice. It is also possible that supplements could contain NCAA banned substances that are often unlabeled so it is important to check each one before taking it.

Although all manufacturers are required by the Food and Drug Administration to analyze the identity, purity, and strength of all of their products’ ingredients, they are not required to demonstrate the safety and efficacy of their products. As long as a special supplement label indicates the active ingredients and the entire ingredients list is provided, claims for enhanced performance can be made, valid or not. Additionally, contamination of dietary supplements with banned or non-
permissible substances remains an issue. Ingredients may be mislabeled, may provide a different level of potency than stated, or may contain substances not listed. All of these can result in harmful health effects or positive drug test result for banned substances.

Student-athletes are ultimately responsible for anything they ingest. While every effort will be made to assist student-athletes in making the best choice possible, all nutritional/dietary supplements carry some risk of containing an NCAA banned substance. It should be known that “positive drug-test appeals based on the claim that the student-athlete did not know the substances they were taking contained banned drugs are not successful” (NCAA Athletic Medicine Handbook).

Unless prescribed or provided by Athletics or Athletic Medicine personnel, all student-athletes must consult with the sport dietitian for a complete nutrition assessment and supplement evaluation before taking any nutritional supplements. Evaluations of specific products and education regarding nutraceuticals, nutrition supplements and ergogenic aids for student-athletes will be made available by request.

Caution – Banned stimulants, hormones and anabolic agents have all been found in nutrition supplements even when they are not listed as ingredients. No product can be guaranteed 100% even after a thorough review.

All nutrition supplement purchases for teams MUST be pre-approved by the Director of Performance. Athletics Friends funds are institutional funds and all nutrition supplements purchased for student-athletes MUST comply with NCAA regulations governing permissible supplements that institutions may provide. Please refer to the chart below for all pre-approved supplement/sport foods.

All nutrition supplements recommended/promoted/sold/provided to student-athletes by Department of Athletics and Athletic Medicine personnel must be pre-approved by the sport dietitian. Please refer to the chart below for all pre-approved supplement/sport foods. Evaluations of specific products not on the pre-approved list will be made available by the sport dietitian by request.

**NCAA Permissible Nutritional Supplements**
The following chart lists sport foods and vitamin/mineral supplements that are permissible per NCAA rules. Other products must be pre-approved for use by the sport nutritionist and for team purchase by the Director of Performance, as this list will only be reviewed on an annual basis.

<table>
<thead>
<tr>
<th>NCAA Supplement Category</th>
<th>NCAA Rule</th>
<th>Athletic Medicine/Sport Dietitian Criteria</th>
<th>Approved Products for Purchase by Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate &amp; Protein Boosters</td>
<td>Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.</td>
<td>Chocolate Milk (preferred), Core Power, Muscle Milk Collegiate RTD’s, Orgain Vegan All-In-One Protein Shake, Orgain All-In-One Nutrition Shake, CLIF Shot Energy Gels (chocolate and vanilla), CLIF Shot Blocks, Gatorade Chews, Honey Stinger Chews, Honey Stinger Gels, Honey Stinger Waffles</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate and Electrolyte Replacement Drinks</td>
<td>Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.</td>
<td>Sports drinks in a 4-8% solution with electrolytes.</td>
<td>Gatorade, PowerAde, EnervIce, Motive Pure, The Right Stuff, UCAN Hydrate Drink Mix,</td>
</tr>
<tr>
<td>Energy Bars</td>
<td>Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.</td>
<td>Whole food ingredients when possible. 3 or 4:1 ratio of carbohydrate to protein where appropriate.</td>
<td>CLIF Bar, CLIF Builder Bar, CLIF Mojo Bar, Garden of Life Protein Bar, Honey Stinger Protein Bar, Kate’s Real Food Bars, Lara Bar, Luna Bar, Luna Protein Bar, Power Bar Performance Energy, ProBar Base, ProBar Fuel, ProBar Meal, Tanabar</td>
</tr>
<tr>
<td>Protein Supplements (e.g., protein powder)</td>
<td>Do not contain caffeine, green tea, amino acids or any other impermissible ingredient.</td>
<td>* USP Certified preferred. No more than 150% of RDA/DRI for most nutrients.</td>
<td>BiPro Whey Protein Isolate, CytoSports Monster Whey Isolate, Pure Protein Whey Protein, Momentous Absolute Zero</td>
</tr>
<tr>
<td>Vitamins and Minerals</td>
<td>Contain no impermissible ingredients.</td>
<td></td>
<td>Nature Made: Multi-Vitamins tablets for men and women or any other multi-vitamin that is USP certified.</td>
</tr>
</tbody>
</table>

**Eating Concerns**
The Princeton University Department of Athletics and the University Health Services view eating disorders as serious health problem. It is important that there be cooperation among student-athletes, coaches and health-care providers in identifying and providing education, support and treatment for student-athletes suffering or recovering from eating disorders.

An eating disorder can jeopardize the physical and psychological well-being of a student-athlete, as well as affect his/her athletic performance. It is important, therefore, that student-athletes, along with coaches, athletic trainers and team physicians, be knowledgeable about eating disorders and the resources available at Princeton University. Coaches, athletic trainers and team physicians, as well as student-athletes themselves, have an important role in the identification and management of eating disorders.

Criteria for participation of a student-athlete in intercollegiate sports are based on overall physical health, not on the absence of an eating disorder. Eating disorders are treated like any other injury that may jeopardize an athlete’s health and safety. Student-athletes with a suspected or identified eating disorder should be assured that the main concern of Princeton University’s health-care providers and athletics personnel is their health and safety. As is the case with any medical condition that restricts sports activity, approval for training and competition is determined by the Director of Medicine, a UHS ED Team Physician.

Resources are available through the UHS Eating Disorders Treatment Team to help the student-athlete, coach or athletic trainer who becomes aware, or suspects, that a student-athlete may have an eating disorder. When evaluating or treating an intercollegiate athlete, the UHS Eating Disorders
Treatment Team will routinely ask and encourage the student-athlete to allow the coach and their athletic trainer to be aware of and involved in their care. Coaches and athletic trainers can serve an important role in developing a treatment plan, motivating a student-athlete to follow the treatment plan and supporting the student-athlete in his/her recovery.

More information on weight management and eating issues can be found in the Athletic Medicine section of this handbook or the PUAM Handbook.