

Substance Abuse Program

The Athletic Department of Vanderbilt University recognizes that drug and alcohol abuse is a significant problem in modern society. Specifically, the misuse or abuse of prescription drugs, non-medically indicated drugs, street drugs, and alcohol have a negative effect on the performance of student-athletes, both in the classroom and in sports, and will not be permitted at Vanderbilt University. Therefore, the Athletic Department, in conjunction with the Medical Center, has established a drug and alcohol abuse prevention and screening program in order to allow its student-athletes to progress toward their athletic and academic goals in a drug-free environment.

The objectives of the Sports Medicine Center in the Athletic Department are:

- to educate the student-athlete concerning the physical, psychological, and social effects of drug and alcohol abuse;
- to identify through periodic testing those student-athletes who may be involved in drug or alcohol abuse;
- to provide a comprehensive counseling and rehabilitation program.

Drug Education

All student-athletes will be required to attend a general educational session within two weeks of arrival on campus each year. This session will include a discussion of the testing programs at Vanderbilt University and the consequences of positive testing. In addition, a discussion of state and federal laws regarding possession and use of alcohol and drugs, particularly as they relate to university campuses, will be presented.

Subsequent programs during the sports seasons will be presented on a team-by-team basis. These programs will include discussion of the reasons people use drugs, those individuals who are at risk, and some of the physiological and psychological dangers associated with different types of drug abuse.

A session for coaches and trainers will be held on a yearly basis to help them develop skills for identifying suspicious behaviors and signs of drug use or abuse. Examples of these are poor or erratic athletic performance, inappropriate hostility, poor academic performance, and inappropriate social interactions.

Other programs may be presented as the need arises or as special speakers become available.

Drug Testing

Drug testing will be performed on all Vanderbilt student-athletes on a random, mandatory basis. Testing may also be performed “for cause” at the discretion of the Director of

Sports Medicine and in consultation with coaches, trainers, and academic advisors. Several student-athletes will be selected every two weeks using a random lottery system from the rosters of all athletics teams at the University, in or out of season. These student-athletes will be required to provide a urine sample, approximately 100ml, under the strict supervision of personnel selected by the Director of Sports Medicine. The student-athlete may have a witness accompany him or her to the testing to certify identification and to monitor the proceedings. Each specimen will be divided into two samples, which will be sealed under the observation of the student-athlete and witness. The student-athlete will be assigned a personal code number from a list provided which will be recorded on the student-athlete's signature form and on the test bottles.

One part of the sample will be analyzed for presence of drugs banned by NCAA Proposition #30 and may include

- psychomotor and central nervous system stimulants
- psychomimetic amines
- anabolic steroids
- diuretics
- street drugs
- other drugs at the discretion of the Director of Sports Medicine

All positive tests will be reported to the Director of Sports Medicine who will contact the student-athlete involved and notify the Director of Athletics and the Head Coach. The second specimen will then be tested using gas chromatography and mass spectroscopy techniques for confirmation.

Refusal to participate in the drug testing procedures will be treated as a positive test.

Consequences of Positive Testing

The primary purpose of the consequences specified below is rehabilitation of the student-athlete. However, any positive test may constitute a violation of the University's Student Conduct Code and that student-athlete may be subject to disciplinary action under the University's Judicial System.

First Offense

1. The athlete's parent(s) or guardian(s) are notified by the Head Coach and Director of Athletics. The Head Coach will provide copies of documentation of this conversation to the Director of Athletics.
2. The Dean or Associate Dean of Residential and Judicial Affairs will be notified of a positive drug test by the Director of Athletics or his/her designee.

3. The athlete must attend mandatory evaluation and counseling sessions under the supervision of a substance abuse counselor at the Student Health Center. The counselor will report attendance to the Dean of Residential and Judicial Affairs and Director of Sports Medicine.
4. The athlete is tested weekly during counseling and randomly thereafter for the remainder of the academic year.
5. The Head Coach will take appropriate team disciplinary action.

Second Offense

1. The athlete's parent(s) or guardian(s) are notified.
2. The athlete receives mandatory assessment and counseling by the Student Health Center. (Consultation with VITA or other specialized substance abuse units is obtained, as indicated by the counseling services.)
3. Follow-up drug testing is done on a case-by-case basis.
4. The student-athlete is suspended from any participation in intercollegiate athletics for a minimum of one (1) calendar year. Reinstatement to full athletic participation is contingent upon completion of the recommended rehabilitation program.

Third Offense

1. The athlete's parent(s) or guardian(s) are notified.
2. The athlete is **permanently** suspended from all athletic participation and loses all athletic financial aid at the completion of that academic semester.

Policy Statement Regarding Performance Supplements

Only those nutritional performance supplements that are reviewed, evaluated, and approved by the Vanderbilt Sports Medicine staff will be considered for monitored distribution to selected student-athletes. Furthermore, student-athletes identified as recipients of a specific nutritional performance supplement must attend an educational seminar prior to receiving that supplement. Specific educational seminars will be arranged by the Vanderbilt Sports Medicine staff and the Vanderbilt Strength and Conditioning staff.

Student-athletes are discouraged from purchasing, accepting, or obtaining for self-use any nutritional performance supplement that has not been reviewed, evaluated, and approved by the Vanderbilt Sports Medicine staff. Student-athletes are also discouraged from self-administering quantities of nutritional performance supplements that are in excess of the quantity distributed by the Strength and Conditioning staff.

Since many types of supplementation are readily available (e.g., exercise, fitness, and body building magazines), student-athletes are encouraged to present all questions and concerns to one of the Athletic Trainers or Strength and Conditioning Coaches for review.