

Virginia Intermont College
Athletic Department
Substance Abuse Testing Policies and Procedures

The Virginia Intermont College Athletics Department is committed to the physical and mental health and well being of its student-athletes. The College recognizes that the use of certain drugs, legal or illegal, is not in the best interest of the student-athlete or Virginia Intermont College Athletics. In an effort to combat the use of illicit drugs, Virginia Intermont College has implemented a comprehensive substance abuse education and testing program to promote health and responsible lifestyles for student-athletes including student managers and student athletic trainers. Virginia Intermont reserves the right to alter, amend, or modify this Substance Abuse Testing Policy at any time without prior notice. This Substance Abuse Testing Policy (including any sanction phase) is separate and distinct from the NCAA Drug Testing program and its sanctions.

Philosophy and Purpose:

The purpose of drug testing at Virginia Intermont College is to provide for the health and safety of the athletes who participate in intercollegiate athletics. The Athletic Department views drug use as an unacceptable behavior choice and detrimental to our efforts to fulfill the mission of the College. The drug testing program will seek to identify student-athletes in need of assistance with a drug use problem and provide them with appropriate intervention, education, and supportive counseling. It is the purpose of this policy:

1. To ensure the health and well being of the Virginia Intermont College student-athlete and athletic staff through education, counseling, support groups and through assistance to individuals with substance abuse related problems.
2. To ensure safe, fair, and equitable competition for student-athletes.
3. To maintain appropriate standards of conduct and encourage appropriate moral and ethical behavior.
4. To promote the role of Virginia Intermont College student-athletes as representatives of the College and positive role models for the youth in the community.
5. To protect and promote the integrity and reputation of the student-athlete, athletic staff and Virginia Intermont College.

Participation:

Participation within Virginia Intermont College Athletics is a privilege, not a right. To become and remain a participant with within Virginia Intermont College Athletics, a student-athlete must comply with the terms of this program that encompasses drug education, screening, and counseling. By signing Virginia Intermont's **Drug Testing Acknowledgement and Consent** form, the student-athlete agrees to submit to any and all test ordered by Virginia Intermont Athletic Department in order to detect unauthorized drug use. This form must be signed by both the athlete and witness prior to participation in ANY athletic participation.

What is Being Tested For / Banned Substances;

The Virginia Intermont College Athletics Department utilizes the most current NCAA List of Banned Drug Classes (*NCAA Bylaw 31.2.3.1*) for its substance abuse testing program. It should be noted that these substances may be tested for at a lower cut-off value than what is listed by the NCAA. This list may be obtained through:

- a. A member of the Virginia Intermont College Sports Medicine Department;
- b. The Virginia Intermont College Athletics Secretary; or
- c. The NCAA Sports Sciences internet site (www.ncaa.org/sports_sciences/drugtesting).

No substance belonging to the prohibited class(es) may be used, regardless of whether specifically listed as an example.

Selection / Frequency:

All Virginia Intermont College student-athletes, student-managers, and student athletic trainers are subject to drug testing. Selection for drug testing will occur through randomization (using computer software), reasonable suspicion, athletic team testing, and follow-up testing throughout a student-athlete's association with Virginia Intermont College Athletics. The Director of Athletics, and/or his/her designee

will determine the date, time, and site for testing. **All student-athletes, student managers, and student athletic trainers are eligible for each test.** Therefore, it is possible that someone may be tested more than once per year.

Types of Testing:

Testing takes a variety of forms:

1. Random individual test- Individual names are selected at random and each receives a day and time to be tested.
2. Reasonable Suspicion testing when College officials have a good faith reason to believe that a student-athlete may have violated this policy.
3. Coach may request an individual or team test at random with or without notice when there is reasonable suspicion.

Reasonable suspicion may include, without limitation:

- a. observed possession or use of substances appearing to be prohibited drugs
- b. arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances
- c. observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances.

Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. If suspected, the Director of Athletics or his/her designee will notify the student-athlete and the student-athlete must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced. **Note: The possession and/or use of illegal substances may be determined by means other than urinalysis. When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis (e.g., using on-site saliva testing products to determine alcohol consumption).**

Self Referral:

1. Any student-athlete may refer himself/herself for evaluation or counseling by contracting a member of the coaching staff, Virginia Intermont College Sports Medicine Department, and/or an athletics department administrator. The student-athlete may remain in the self referral program for no more than forty (40) calendar days.
 - ❖ *A student-athlete may not initiate self-referral after he/she has been informed of their participation in an impending drug test.*
2. This self referral will be held strictly confidential and no team and/or administrative sanctions will be imposed upon the student-athlete who has made a personal decision to seek professional assistance.
3. A treatment plan will be put into place and the student-athlete will not be sanctioned for entry.
4. Once a student-athlete self refers, a baseline drug test will immediately be completed (without penalty) with periodic testing to be completed throughout the self referral program.
5. A student-athlete testing positive (during random and/or reasonable suspicion testing) after ample time for the substance being abused to be eliminated from the body will be subject to the applicable sanctions.

Notification Process:

1. Upon selection, student-athletes will be notified by a member of the Virginia Intermont College Sports Medicine Department, the student-athlete's coach, and/or a member of the Virginia Intermont College athletics administration.
 - a. Personnel will call all available phone numbers, attend student-athlete's classes, attend student-athlete's practices, etc. in an effort to notify the student-athlete.
 - b. Personnel WILL NOT leave a phone message on the student-athlete's voice mail or with anyone answering the phone besides the student-athlete.

2. Upon notification, the student-athlete will be asked to read and sign a Virginia Intermont College Substance Abuse Testing Notification Form, notifying him/her of the date, time, and site of the testing, as well as any other special instructions pertinent to the test.
 - a. The student-athlete will be instructed to report to the test site with a picture ID at the time of testing.
 - b. The student-athlete will not be allowed to practice or otherwise participate in team activities until he/she has reported to the testing site and supplied a viable sample.
3. It is the Virginia Intermont College Test Site Coordinator's responsibility to notify the Director of Athletics and/or his/her designee of those individuals that do not report for their test within the scheduled time periods.
4. If a student-athlete does not report at the scheduled time for his/her test, he/she will be sanctioned appropriately for his/her action. A "no show" will be interpreted as a positive test result, and the student-athlete will enter the Virginia Intermont College Substance Abuse Program at the appropriate level.

Collection Procedures:

Substance abuse testing will be done by urinalysis, and every possible step will be taken to ensure and maintain the confidentiality of the test results and to ensure the identity and integrity of the sample throughout the collection and testing process.

1. Only those persons authorized by the Virginia Intermont College Director of Athletics and/or his/her designee and/or the Virginia Intermont College Test Site Coordinator will be allowed in the specimen collection and processing area.
2. The Virginia Intermont College Director of Athletics and/or his/her designee and/or the Virginia Intermont College Test Site Coordinator may release a sick or injured student-athlete from the collection area or may release a student-athlete to return to meet academic obligations only after appropriate arrangements for having the student-athlete tested have been made and documented on the Virginia Intermont College Substance Abuse Testing Notification Form.
3. Upon entering the collection station, the student-athlete will show his/her picture ID and will be identified by the Virginia Intermont College Test Site Coordinator and/or his/her designee. The student-athlete will record the time of arrival and print his/her name on the Virginia Intermont Substance Abuse Testing Roster Form.
4. When ready to urinate, the student-athlete will be asked to remove any unnecessary outer clothing, and to leave his/her briefcase, book bag, and/or other personal belongings that he/she may be carrying outside of the collection station.
5. The student-athlete will select a sealed container from a supply of such, will unwrap the container in the presence of a member of the substance abuse testing crew, and will record his/her initials on the beaker's lid.
6. A crew member will accompany the student-athlete to the restroom, and will monitor the furnishing of the specimen in order to assure the integrity of the specimen.
 - a. If a student-athlete has difficulty voiding, he/she may drink fluids and/or eat foods approved by the Virginia Intermont College Site Coordinator. Such fluids and food items must be caffeine- and alcohol-free and free of any other banned substances.
 - b. If the specimen is incomplete, the student-athlete must remain in the collection station with the sample until the sample is complete. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
 - c. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the Virginia Intermont College Site Coordinator, the specimen must be discarded. Upon return to the collection station, the student-athlete will be required to begin the collection procedure again.
 - d. Student-athletes will be allowed two (2) hours from their arrival to the drug testing site to furnish a sample.
7. Once the specimen has been provided, the student-athlete is responsible for keeping the collection beaker closed and controlled.
8. The collector, in the presence of the student-athlete, will immediately assure that the collection beaker is securely closed.

9. The student-athlete, in the presence of the collector, will then apply tamper-evident label/seals to the beaker, write his/her identification number on the tamper-evident label/seal (usually the student-athlete's student identification number, or last six digits of the social security number), and initial the tamper-evident label/seal.
10. The student-athlete, the collector, and a witness (if present) will sign the Student-Athlete Notification Form, certifying that the procedures were followed as described in the protocol.
11. The collector will then verify that the collected sample falls within the temperature criteria (90-100 degrees) to be a viable sample.
 - a. If the sample is NOT within the normal temperature range, the student-athlete will be required to furnish a second sample.
 - b. The second sample will be furnished with direct observation by the collector.
 - c. Both the original sample and the second sample will be tested by the lab.
12. The student-athlete will then sign-out on the Testing Roster, collect his/her belongings, and immediately vacate the collection area.
13. The specimens become the property of the Virginia Intermont College Athletics Department and/or Occupational Health Services at Bristol Regional Medical Center.
14. Failure to sign the Virginia Intermont College Substance Abuse Testing Notification Form, Virginia Intermont Substance Abuse Testing Roster Form, arrive at the collection station at the designated time without justification, or provide a urine specimen according to the aforementioned protocol is cause for the same action(s) as evidence of use of a banned substance. The Virginia Intermont College Substance Abuse Testing Site Coordinator will inform the student-athlete of these implications (in the presence of witnesses) and will record such on the Substance Abuse Testing Notification Form.

Notification of Results:

1. Occupational Health Services at Bristol Regional Medical Center will use the specimen provided for its initial analysis.
2. Upon verification of the specimen, the Director of Occupational Health Services/ Medical Review Officer will notify the Director of Athletics and/or his/her designee of the initial test results.
3. Upon confirmation of a positive test result, the Director of Athletics and/or his/her designee will verbally notify the student-athlete, the student-athlete's head coach(es), the Head Athletic Trainer and/or his/her designee, a representative of the drug counseling program, and the team physician (if necessary).
4. The student-athlete will also be notified in writing within 48 hours, with copies being sent to those individuals who have a legitimate need to know including the Head Athletic Trainer and/or his/her designee, the student-athlete's head coach(es), a representative of the drug counseling program, and the team physician (if necessary). A copy of this notification will also be sent to the student-athlete's parents/guardians in accordance with the Virginia Intermont College Student Handbook.
5. Upon confirmation of the positive test result, the student-athlete will reimburse the Virginia Intermont College Department of Athletics for the cost of the testing process with a charge of \$30 being applied to his/her student account.

First Positive Test:

1. The student-athlete will be required to have a confidential meeting with the head coach and the Head Athletic Trainer and/or his/her designee within three (3) days of the positive test notification.
 - ❖ The student-athlete has the option to request that one person of his/her choosing accompany him/her to this meeting.
2. The student athlete will be suspended from 30% of the number of games in his/her active season. This percentage will be based upon the total number of regular season games, but will include suspension from post-season competition or the next successive season if applicable. In the event that this percentage results in a partial game suspension, the number will be rounded up to equal the entire game. *Example: If 30% of the season is equal to 3.4 games, the student-athlete will serve a four (4) game suspension.*
3. The student-athlete will be referred to a drug or alcohol counseling program for evaluation, education, and mandatory counseling sessions.

- a. The student-athlete will be required to sign a waiver to release information regarding his/her attendance of the mandatory counseling services.
- b. The substance abuse counselor will determine the appropriate duration of the counseling required.
4. The student-athlete will be subject to follow-up testing. Testing frequency will be determined by the Director of Athletics and/or his/her designee. The student-athlete will be required to reimburse the Virginia Intermont College Department of Athletics for each positive test at a cost of \$30 per test.
5. The student-athlete will be required to complete twenty (20) hours of campus or community service within thirty (30) calendar days, at the discretion of the Director of Athletics, the Dean of Students, and/or the Head Coach. This may include, but is not limited to, grounds detail, drug awareness, campus beautification, etc.
6. The student-athlete may be required to complete a medical evaluation prior to return to athletic participation if a drug posing immediate potential health risk is still suspected to be present in his/her system (e.g., cocaine, stimulants). This will be determined by the Team Physician and/or the Head Athletic Trainer.
7. An unexcused absence from, and/or failure or refusal to participate in the conditions set forth and those provided by the substance abuse counseling program will be treated as a second positive test result.
8. The student-athlete's head coach has the option to impose additional sanctions, including, but not limited to, indefinite suspension, revoking team privileges, travel, and/or termination of some or all athletic financial aid. It should be noted that any student-athlete participating in more than one sport may also be sanctioned by his/her head coach(es) for this positive test even if they are not in-season at the time the positive test occurs.

Second Positive Test

1. The student-athlete will be required to have a confidential meeting with the Director of Athletics and/or his/her designee, the head coach, and the Head Athletic Trainer and/or his/her designee within two (2) days of the positive test notification.
 - ❖ The student-athlete has the option to request that one person of his/her choosing accompany him/her to this meeting.
2. The student-athlete will be subject to permanent dismissal from the Virginia Intermont College Athletics Program.
 - ❖ All existing athletic financial aid will be terminated at the conclusion of the semester in which the second positive test occurred.
 - ❖ Further sanctions by Virginia Intermont College may be imposed, including, but not limited to, suspension or expulsion.

Zero Tolerance:

Any student-athlete who engages in the sale or distribution of illegal drugs will immediately be dismissed from the Virginia Intermont Athletics Program.

- ❖ Any existing athletics financial aid will be terminated.
- ❖ Further sanctions by the College may be imposed, including, but not limited to, suspension or expulsion.

Confidentiality:

All members of the Virginia Intermont College Athletics Department are expected to respect a student-athlete's right to privacy. It is essential that anything seen, heard, read, and/or otherwise obtained remain confidential by all parties involved. It is illegal for any personnel to gain access to patient information, through any and all means, unless the information is needed in order to treat the patient, or because their job would require such access.

All Virginia Intermont College Athletics Department personnel are expected to adhere to the Confidentiality Policy at all times. Violation of the policy may incur disciplinary action at the discretion of the Director of Athletics.

Appeals:

The student-athlete has the right to appeal any positive test results if he/she feels that they have a valid reason. The following Appeals Process applies to the validity of the testing process and to the administering of any sanctions.

- ❖ In the event that a second test is requested of and granted by the appeals committee, a second positive finding will result in a charge of \$150.00 being applied to student-athlete's student account to cover the cost of the second test.

Appeals Process:

The student-athlete has the right to appeal any sanctions imposed on him/her. If the student-athlete would like to file an appeal, the following procedure may be initiated:

1. The written appeal must be presented to the Drug Screening Appeals Committee within five (5) calendar days after learning of the sanctions.
2. The **Drug Screening Appeals Committee** will consist of the following individuals:
 - a. **Director of Athletics:** or a designated representative
 - b. **Head Coach:** not involved with the respective student-athlete's sport
 - c. **Head Athletic Trainer:** or a designated representative
 - d. **Team Physician:** or a designated representative
 - e. **Faculty Athletic Representative:** or a designated representative
 - f. **Dean of Student Life:** or a designated representative

The Drug Screening Appeals Committee will meet within three (3) calendar days upon written notification of the student-athlete's appeal. This meeting will be held in strict confidence amongst the committee members with the decision to accept, deny, or reduce the imposed sanctions based upon the student-athlete's written reasons for appeal. The student-athlete will be notified of the committee's final decision within one (1) day of the meeting.

Alcohol Arrests Sanctions:

Sanctions will be cumulative throughout the student-athlete's career in Virginia Intermont College Athletics. The following key points are ways in which a student-athlete can test positive under this program:

1. Any **legal arrest** for any alcohol related incident such as: DUI, public intoxication, or any other charge that is alcohol related will result in a suspension of 10% of games. This percentage will be based upon the total number of regular season games, but will include suspension from post-season competition or the next successive season if applicable. In the event that this percentage results in a partial game suspension, the number will be rounded up to equal the entire game. (For example: If a schedule has a 30 game regular season schedule the athlete will serve a 3 game suspension.)
 - a. It is the **student-athlete's responsibility** to notify the head coach and athletic department of their arrest within the **first 48 hours** of the incident.
 - b. This arrest policy is in effect the entire time the athlete is a member of the Virginia Intermont College Department of Athletics. (*This includes school holidays and summer months.*)
 - c. If a student-athlete is found to be arrested and has not notified the athletic department, the suspension will become a 30% and a first strike on the athlete's record with the drug and alcohol policy.
2. Any **legal conviction** of a student-athlete for DUI will result in a first positive test and will follow the sanctions set forth by the Virginia Intermont College Drug and Alcohol Policy for a first offense with time served. The following disciplinary sanctions will be followed:
 - a. The student-athlete will be required to have a confidential meeting with the head coach and the Head Athletic Trainer and/or his/her designee within three (3) days.
 - ❖ The student-athlete has the option to request that one person of his/her choosing accompany him/her to this meeting.
 - b. The student-athlete will be suspended from 30% of the number of games in his/her active season. This percentage will be based upon the total number of regular season games, but will include suspension from post-season competition or the next successive season if applicable. In the event that this percentage results in a partial

game suspension, the number will be rounded up to equal entire game. The athlete will be given credit for the 10% suspension that he/she has served from the sanctions of an alcohol related arrest. (Example: If 30% of the season is equal to 3.4 games, the student-athlete will serve a four (4) game suspension.)

- c. The student-athlete will be referred to a drug or alcohol counseling program for evaluation, education, and mandatory counseling sessions.
 - d. The student-athlete will be required to complete twenty (20) hours of campus or community service within thirty (30) calendar days, at the discretion of the Director of Athletics, the Director of Community Service, and/or the Head Coach which may include, but is not limited to grounds detail, drug awareness, campus beautification, etc.
 - e. An unexcused absence from, and/or failure or refusal to participate in the conditions set forth and those provided by the substance abuse counseling program will be treated as a second positive test result.
 - f. The student-athlete's head coach has the option to impose additional sanctions, including, but not limited to, indefinite suspension, revoking team privileges, travel, and/or termination of some or all athletic financial aid. It should be noted that any student-athlete participating in more than one sport may also be sanctioned by his/her head coach(es) for this positive test even if they are not in-season at the time the positive test occurs.
3. Any **on-campus alcohol violation** will be handled by the Virginia Intermont Office of the Dean of Student Development and these sanctions will be followed by the Virginia Intermont College Department of Athletics. However, all head coaches have the right to mandate any other disciplinary action they feel is necessary.

VIRGINIA INTERMONT COLLEGE DEPARTMENT OF ATHLETICS
Banned Drug Classes

(A) Stimulants:

Amiphenazole	Doxapram	Pemoline
Amphetamine	Ephedrine	Pentetrazol
Bemigrade	Ethamivan	Phendimetrazine
Benzphetamine	Ethylamphetamine	Phenmetrazine
Bromantan	Fencamfamine	Phentermine
Caffeine	Meclofenoxate	Picrotioxine
Chlorphentermine	Methamphetamine	Pipradol
Cocaine	Methylene-	Prolintane
Cropropamide	Dioxymethamphetamine	Strychnine
Crothetamide	(MDMA or ecstasy)	And related compounds
Diethylpropion	Methylphenidate	
Dimethylamphetamine	Nikethamide	

(B) Anabolic Agents:

Anabolic steroids	Dromostanolone	Oxandrolone
Androstenediol	Dorethandrolone	Oxymesterone
Androstenedione	Flyoxymesterone	Oxymetholone
Boldenone	Mesterolone	Stanozolol
Clostebol	Methandienone	Testosterone and related
Dehydrochlormethyl-	Methenolone	Compounds
Testosterone	Methyltestosterone	
Dehydroepiandrosterone	Nandrilone	Other anabolic agents:
(DHEA)	Norandrostenediol	Clenbuterol
Dihydrotestosterone	Norandrostenedione	

(C) Diuretics:

Acetazolamide	Flumethiazide	Quinethazone
Bendroflumethiazide	Furosemide	Spirolactone
Benzthiazide	Hydrochlorothiazide	Triamterene
Bumetanide	Hydroflumethiazide	Trichlormethiazide
Chlorothiazide	Methyclothiazide	And related compounds
Chlorthalidone	Metolazone	
Ethacrynic acid	Polythiazide	

(D) Street Drugs:

Heroin	THC-
Marijuana	(tetrahydrocannabinol)

(E) Peptide Hormones and Analogues:

Chorionic gonadotrophin (HCG-human chorionic gonadotrophin)
Corticotrophin (ACTH)
Growth hormone (HGH), somatotrophin)

All the respective releasing factors of the above mentioned substances are also banned:
Erythropoietin (EPO)
Sermorelin

(F) Narcotics:

Codeine	Morphine	Percocet
Hydrocodone	Oxycodone	Vicodin
Lortab	Oxycontin	Xanax

VIRGINIA INTERMONT COLLEGE DEPARTMENT OF ATHLETICS

Substance Abuse Policies

Policy Statement on the Use of Illicit (“Street”) Drugs:

It is the policy of Virginia Intermont College to provide for a drug free workplace and learning environment for students and employees. The unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance on property owned or leased by Virginia Intermont College or in conjunction with a college-sponsored activity is prohibited. Violations will result in disciplinary action, possible civil prosecution, and referral to an appropriate detoxification and counseling group.

It is to be noted that Virginia Intermont College does not condone the use of illicit “street” drugs in any form, including, but not limited to: marijuana, cocaine, “crack”, barbiturates, LSD, amphetamines, PCP, heroin, hashish, mescaline, DMT, mushrooms, and inhalants. Research has shown that use of illicit “street” drugs in any form is addictive, and can lead to: cardiac arrhythmia’s, impaired physical abilities, impaired judgment, mood alterations, hallucinations, circulatory problems, and possibly death. Virginia Intermont College, its agents, servants, trustees, and employees disclaim liability and will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/or future use of illicit (“street”) drugs in any form.

By signing Virginia Intermont College’s **Drug Testing Acknowledgement and Consent Form**, the student-athlete:

1. Acknowledges the aforementioned policies and statements with regards to the use and/or abuse of illicit (“street”) drugs, and fully accepts the detrimental and possibly permanent defects caused by the use of illicit (“street”) drugs.
2. Fully accepts that they have been made aware of the National Association of Intercollegiate Athletics (NAIA) and Virginia Intermont College policies with regards to the use of illicit (“street”) drugs.
3. Accepts any and all liability if they have in the past used and/or abused, continue to use and/or abuse, or use and/or abuse at anytime in the future, illicit (“street”) drugs in any form
4. Releases Virginia Intermont College and all personnel of any and all responsibility and liability.

Policy Statement on the Use of Alcohol:

It is the policy of Virginia Intermont College to provide for a drug and alcohol free workplace and learning environment for students and employees. All student-athletes must abide by the Commonwealth of Virginia criminal laws regarding alcohol use and possession. The illegal or irresponsible use of alcohol is against the College’s drug and alcohol policy. The consumption of alcohol by student-athletes, or being under the influence of alcohol, is prohibited at any Virginia Intermont College athletics department sanctioned activity, including, but not limited to, practices and competitions, strength and conditioning sessions, meetings and film sessions, traveling to or from a site of practice or competition, and participating in Virginia Intermont College sanctioned camps / clinic activities, among others. If a student-athlete is involved in an alcohol related violation that does not carry legal implications, sanctions will be at the discretion of the head coach, director of athletics and/or other Virginia Intermont College administrator. If a student-athlete is involved in an alcohol violation that does carry legal implications, sanctions will be consistent with a violation of the Virginia Intermont College Athletics Department’s Substance Abuse Policy.

It is to be noted that Virginia Intermont College does not condone the use and/or abuse of alcohol in any form, nor does it condone operating a motor vehicle while under the influence of alcohol. Research has

shown that alcohol acts a central nervous system depressant and a diuretic. Research has also shown that alcohol can lead to dehydration, decreased motor awareness, and kidney and liver dysfunction. Virginia Intermont College, its agents, servants, trustees, and employees disclaim liability and will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/or future use and/or abuse of alcohol in any form.

By signing Virginia Intermont College's **Drug Testing Acknowledgement and Consent Form**, the student-athlete:

1. Acknowledges the aforementioned policies and statements with regards to the use of alcohol products and fully accepts the detrimental and possibly permanent defects cause by the use and/or abuse of alcohol in any form.
2. Fully accepts that they have been made aware of the National Association of Intercollegiate Athletics (NAIA), and Virginia Intermont College policies with regards to the use of alcohol.
3. Accepts any and all liability if they have in the past used and/or abused, continue to use and/or abuse, and/or use or abuse at anytime in the future, alcohol in any form.
4. Releases Virginia Intermont College and all personnel of any and all responsibility and liability.

Virginia Intermont College Alcohol Policy and Sanctions:

- o No student of Virginia Intermont College may possess or consume alcoholic beverages in private living quarters.
- o Enforcement of the alcohol policy will include requiring person(s) to provide proof of age, and having underage person(s) or others in possession of alcohol dispose of the alcohol as directed.
- o Non-residents may be required to leave the residence hall if:
 - o The are in possession of alcohol; and/or
 - o They are disruptive or are acting inappropriately.
- o Each incident will be documented for possible disciplinary action and/or referral of students to Virginia Intermont College Health Services.
- o The Department of Public Safety may be called to assist and arrest, when necessary.
- o All student-athletes must abide by the Commonwealth of Virginia criminal laws regarding alcohol use and possession. The use of alcohol is against the College's drug and alcohol policy.
- o The consumption of alcohol by student-athletes, or being under the influence of alcohol, is prohibited at and Virginia Intermont College athletics department sanctioned activity. A sanctioned activity includes, but is not limited to, traveling to or from a site of practice or competition, during a contest, and summer camps or clinics.
- o The purchase and/or consumption of alcohol by any person under the legal drinking age is a violation of Virginia Intermont College's drug and alcohol policy and a violation of the Commonwealth of Virginia law.
- o If a student-athlete is involved in an alcohol related violation that does not carry legal implications, sanctions will be at the discretion of the head coach, Director of Athletics and/or other College administrators.
- o If a student-athlete is involved in an alcohol violation that does carry legal implications, sanctions will be consistent with a violation of the athletics or College drug and alcohol policy.

Policy Statement on the Use of Anabolic/Androgenic Steroids:

It is to be noted that Virginia Intermont College does not accept or condone the use of anabolic/androgenic steroids. The student-athlete will be made aware of Virginia Intermont College's policies with regards to steroid use, as well as the detrimental and possibly permanent defects cause by the use of steroids. Furthermore, it is to be acknowledged that steroid use can cause injury as well as aggravation or delayed healing of a present injury. Virginia Intermont College, its agents, servants, trustees, and employees

disclaim liability and will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/or future use of anabolic/androgenic steroids by student-athletes.

By signing Virginia Intermont College's **Drug Testing Acknowledgement and Consent Form**, the student-athlete:

1. Acknowledges the aforementioned policies and statements with regards to the use of anabolic/androgenic steroids and fully accepts the detrimental and possibly permanent defects caused by the use of anabolic/androgenic steroids in any form.
2. Fully accepts that they have been made aware of the National Association of Intercollegiate Athletics (NAIA), and Virginia Intermont College policies with regards to the use of anabolic/androgenic steroids.
3. Accepts any and all liability if they have in the past used, continue to use, or use at anytime in the future, anabolic/androgenic steroids.
4. Releases Virginia Intermont College and all personnel of any and all responsibility and liability.

Policy Statement on the Use of Supplements / Ergogenic Aids:

Virginia Intermont College does not condone the use of supplements, ergogenic aids, creatine powder, amino acids, etc. Supplements and other ergogenic aids do not undergo the same quality control as do prescription and over-the-counter medications. These are considered food supplements and do not require the same strict control as medications. The claims, which are made, have not been based on scientific evidence in most cases, and many of these substances have had no research performed to substantiate their claims. The potential adverse and/or harmful effects of these substances have not been studied, but serious adverse effects have been reported in some instances. These substances are sometimes mislabeled, and there have been instances of substances not listed on the label being contained in the product. **These substances may cause you to fail a drug test.** It is truly a "BUYER BEWARE" market. It is important for you to remember that **YOU WILL BE HELD RESPONSIBLE FOR EACH AND EVERY SUBSTANCE THAT ENTERS YOUR BODY!!**

Virginia Intermont College, its agents, servants, trustees, and employees disclaim liability and will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/or future use of ergogenic aids and/or nutritional supplements in any form by student-athletes.

By signing Virginia Intermont College's **Drug Testing Acknowledgement and Consent Form**, the student-athlete:

1. Acknowledges that he/she understands that they are to list all supplements on the Chain of Custody Forms at the time of any drug test.
2. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of supplements/ ergogenic aids.
3. Fully accepts that they have been made aware of the National Association of Intercollegiate Athletics (NAIA), and Virginia Intermont College policies with regards to the use of supplements/ ergogenic aids.
4. Accepts any and all liability if they have in the past used, continue to use, or use at anytime in the future, supplements / ergogenic aids in any form.
5. Releases Virginia Intermont College and all personnel of any and all responsibility and liability.

Policy Statement on the Use of Diuretics:

Diuretics or "water pills" have been used in the past by some student-athletes to lose weight so that an assigned weight might be reached. The use of diuretics or "water pills" for weight loss is not considered medically safe, and is therefore not permissible under Virginia Intermont College Drug Testing Guidelines.

Virginia Intermont College, its agents, servants, trustees, and employees disclaim liability and will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/ or future use of diuretics in any form.

By signing Virginia Intermont College's **Drug Testing Acknowledgement and Consent Form**, the student-athlete:

1. Acknowledges the aforementioned policies and statements with regards to the use and/or abuse of diuretics, and fully accepts the detrimental and possibly permanent defects caused by the use of diuretics.
2. Fully accepts that they have been made aware of the National Association of Intercollegiate Athletics (NAIA), and Virginia Intermont College policies with regards to diuretics.
3. Accepts any and all liability if they have in the past used and/or abused, continue to use and/or abuse, or use and/or abuse at anytime in the future, diuretics in any form.
4. Releases Virginia Intermont College and all personnel of any and all responsibility and liability.

Policy Statement on the Use of Tobacco Products:

It is to be noted that Virginia Intermont College does not condone the use of tobacco in any form, including smoking and smokeless (i.e. "dipping", "chewing", etc.). Research has shown that the use of tobacco can lead to lung cancer, oral cancer, leukoplakia, emphysema, heart disease, heart attacks, etc. Virginia Intermont College, its agents, servants, trustees, and employees disclaim liability and will not be held liable for any detrimental and possibly permanent defects caused by past, present, and/or future use of tobacco products of any kind.

Virginia Intermont College prohibits the use of tobacco products in and around all practice, competition, strength and conditioning sessions, meeting, film, locker room, and travel areas. The Virginia Intermont College Athletics Department reserves the privilege to exercise any of the following options on a student-athlete found using and/or in possession of any tobacco products:

1. Verbal warning;
2. Suspension from activity for that day;
3. Suspension from a number of events;
4. Suspension for an entire season;
5. Reduction or elimination of scholarship; or
6. Released from membership on the team.

By signing Virginia Intermont College's **Drug Testing Acknowledgement and Consent Form**, the student-athlete:

1. Acknowledges the aforementioned policies and statements with regards to the use of tobacco products and fully accepts the detrimental and possibly permanent defects caused by the use of tobacco products in any form.
2. Fully accepts that they have been made aware of the National Association of Intercollegiate Athletics (NAIA), and Virginia Intermont College policies with regards to the use of tobacco products.
3. Accepts any and all liability if they have in the past used, continue to use, or use at anytime in the future, tobacco in any form.
4. Releases Virginia Intermont College and all personnel of any and all responsibility and liability.

Drug Education/ Screening Program

Medical Examination & Authorization Waiver

I, the undersigned hereby acknowledge that I have read and agree to the Virginia Intermont College Department of Athletics *Substance Abuse Testing Policies and Procedures* and the Virginia Intermont College Department of Athletics *Banned Drug Classes list*.

I hereby consent to provide a urine specimen for the testing of banned substances throughout my athletic career at Virginia Intermont College in accordance with the Virginia Intermont College Athletic Department Drug Education/Screening Program. I understand that this urine specimen becomes the property of Virginia Intermont College.

I understand that this screening will occur at such time or times as deemed appropriate by the Team Physician, the Director of Athletics, my Head Coach, and/or the Head Athletic Trainer.

I understand that any urine specimen will be sent to a licensed medical laboratory technician for actual testing and that the specimens will be coded to provide confidentiality.

I hereby authorize the release of such urine screening results to the Director of Athletics, Team Physician, Head Athletic Trainer, Head Coach, and other College officials as deemed appropriate. I understand that these results will also be made available to my parents and myself.

I understand that I am free to withdraw this consent for urinalysis screening. However, I also understand that should I refuse to submit to testing at the time requested, I will not be permitted to participate in any intercollegiate sports program until such time as the Department of Athletics and Virginia Intermont College deems appropriate.

I hereby release Virginia Intermont College and its officers, employees, and agents from legal responsibility or liability for release of such information and records as authorized by this form.

Student-Athlete: _____ Date: ____/____/_____
(Signature)

Student ID #: _____ Sport(s): _____

Witness: _____ Date: ____/____/_____
(Signature)

If student-athlete is under the age of 18:

Parent/Legal Guardian: _____ Date: ____/____/_____
(Signature)