Rensselaer Polytechnic Institute Student Athlete Drug-Testing Program

Beginning in Fall 2019, Rensselaer will be implementing a drug testing program for all Student Athletes. The rational for the program is to ensure fair and safe competition for the athletes participating in Rensselaer’s NCAA varsity programs. While the NCAA currently provides periodic random drug testing of our programs during the season at select championship events, these occurrences are sporadic at best. This program will also provide a platform for those in need of assistance, providing them the opportunity and resources to make the personal changes necessary to have a successful experience at Rensselaer not only on the field, but in the classroom. Signed consent and notification forms by every student-athlete on an NCAA varsity squad list shall be considered affirmation of the student-athlete’s agreement to the terms and conditions contained in this policy. Amendment and/or revision of this policy may occur at any time.

Tested-for Substances

In addition to any selective drug testing administered by the NCAA, Rensselaer will be conducting its own drug screening program. These programs are separate and distinct. Rensselaer’s drug screening process may include analysis of, but is not limited to, the NCAA list of banned-drug classes. For an ongoing updated listing of the banned-drug list, view the NCAA’s web site at www.ncaa.org. Banned substances that Rensselaer may screen for include, without limitation, the following:

- Amphetamine/Methamphetamine (Uppers)
- Cocaine
- Phencyclidine (PCP)
- THC (The active ingredient in Marijuana)
- MDMA (Ecstasy)
- Opiates
- Anabolic Steroids

Rensselaer requires that all student-athletes keep the athletic training staff and/or team physician aware of any prescribed drugs and dietary supplements that they may be taking. Rensselaer reserves the right to test for substances not contained on the NCAA banned-drug list and may test at cut off levels that differ from the NCAA program.

This list of tested-for substances does not in any way change the Institute’s Alcohol and Other Drug Policy for Students, which applies to all Rensselaer students, including but not limited to student athletes.

Athlete Responsibility

1. In order to be eligible to practice or compete in any of Rensselaer’s NCAA varsity programs, a student-athlete must consent, in writing, to participation in Rensselaer’s drug testing program.
2. If selected for testing, the student-athlete is required to comply fully with the testing procedures including attendance at the collection site and willingness to provide a sample.
3. An unexcused absence from a test or refusal to provide a sample will be treated as a failed drug test for a performance-enhancing drug, and a student-athlete who continues to refuse to participate in drug testing will lose all remaining eligibility to participate in intercollegiate sports at Rensselaer.

Testing Procedures

1. All testing will be unannounced and may occur at any time throughout the calendar year.
2. Notification of selection for drug testing will be given NO MORE THAN 24 hours prior to administration of the test.
3. Notification of testing will be made by a member of the Rensselaer Sports Medicine staff by way of direct contact or phone call.

4. All student athletes listed on an official team squad list are eligible to be selected for testing (a) at random, (b) due to reasonable suspicion, (c) as a member of a particular sport or team selected for testing, (d) as a follow up to a previously failed test, or (e) as part of post season/championship screening.

   • **Reasonable Suspicion Testing** - A student athlete or group of student athletes may be subject to testing at any time when the Director of Athletics or his/her designee determines there is reasonable suspicion to believe some or all of the participant(s) may be using prohibited drugs. Such reasonable suspicion may be based on objective information as determined by the Director of Athletics or by an Associate/Assistant Athletic Director, Coach, Athletic Trainer, or Team Physician, and deemed by the Director of Athletics or his/her designee as a reasonable basis for administering a drug test. Reasonable suspicion may include, without limitation, 1) observed or reported possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or 3) observed or reported 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.

5. Testing will consist of a urine sample provided by the student athlete and collected by an independent contractor selected and approved by the National Center for Drug Free Sport (aka Drug Free Sport International).

6. Testing will be performed in accordance with the policies and procedures of the National Center for Drug Free Sport to ensure the integrity and accuracy of the collecting, processing, packaging, and testing of the sample.

7. When provided, the specimen will be processed and divided into an A and B sample. The A sample will be tested, the B saved for further testing in the event of an appeal.

**Consequences of a Failed Test**

A positive drug test shall be considered conclusive proof of the student-athlete’s use and possession of the banned substance. The student-athlete will be suspended from practice and competition immediately, and for a period of not less than seven (7) days upon notification of a positive drug test. Where the student-athlete tests positive for a substances that is prohibited by the [Rensselaer Policy on Alcohol and Other Drugs for Students (AOD Policy)](https://www.rpi.edu/office/athletics/policies/drug-policy) the case will be referred to the Dean of Students Office for disciplinary action under the AOD Policy, and the student will be suspended from practice and competition through the completion of that disciplinary process. Disciplinary Action under the AOD Policy may result in the student-athlete being suspended or expelled from the Institute, and thus no longer eligible for NCAA varsity practice or competition. A failed drug test by a student-athlete on a NCAA Division I squad list may also result in loss of any athletic scholarship. However, under this program, the following minimum consequences shall apply to student athletes who fail drug testing, even if the AOD Policy does not result in such consequences:
a. Consequences of Positive Test for Performance-Enhancing Drug Not Prohibited under Rensselaer AOD Policy:

The penalty for a first positive test for a performance-enhancing drug (PED) that is not prohibited as to all students under Rensselaer’s AOD Policy is that the student athlete shall be withheld from practice and competition for 365 days from the date of the test, and loses one full year of eligibility from all sports. A second positive test for a PED results in loss of all remaining eligibility.

b. Consequences of Positive Test for Marijuana/THC

Irrespective of any other sanctions that may be imposed on the student-athlete through the judicial process under the Rensselaer AOD Policy, upon a first positive test for marijuana/THC:

- The student-athlete will be referred to the Rensselaer Student Health Center for assessment and further treatment and requirements to be based on this evaluation.
- The student-athlete will be suspended for 10% of the team’s overall maximum number of contests allowable for each sport as listed in NCAA Bylaw 17 (excluding exhibition contests or foreign tours). The suspended events will be the next consecutive events in the schedule.
  - If the positive test occurs outside of the traditional competitive season, the penalty will commence at the start of the next regularly scheduled competitive season. If a team completes its competition schedule while a student-athlete is under suspension, the student-athlete’s suspension will be carried over into next season’s competition.
- A NCAA Division I student-athlete may be subject to loss of any athletic scholarship provided by the institution.
- Additional follow up drug testing will occur;
- For a second positive test for marijuana/THC, the Rensselaer AOD Policy sanction of a one-year suspension shall apply, and the student-athlete shall lose eligibility for the period of suspension.

c. Consequences of Positive Test for any other Prohibited Substance Covered by the AOD Policy:

The Rensselaer AOD Policy minimum sanctions shall apply to a positive drug test for any other Prohibited Substance under AOD Policy. For a first offense, this will mean a minimum one-year suspension from the Institute. The student-athlete shall lose eligibility for the period of suspension. A subsequent offense can result in expulsion from the Institute.

d. Tampered test sample

Tampering with or adulterating a urine specimen in an attempt to alter its natural characteristics and/or form or providing a specimen that is not your own is a serious infraction, and will result in any student-athlete involved in such behavior to be declared ineligible for participation in regular-season and postseason competition for a period of two calendar years from the date the student-athlete was involved in the tampering behavior.

Notification of a Failed Drug Test

When a student-athlete is found to have failed a drug test, the student-athlete and the Director of Athletics and Executive Director of the Rensselaer Health Center will be notified. The Institute reserves the right to inform others...
within the Institute and the testing facility as required to effectively manage the program and, where applicable, to implement procedures under the Institute’s AOD Policy.

**Request for a Re-Test and Appeal of Final Result**

Any student-athlete found to have failed an initial drug test will have the ability to request a re-test, requesting that Specimen B be tested. The request for a re-test must be made, in writing, within 72 hours following receipt of notice of the initial laboratory finding. This appeal must be made to the Director of Athletics, who in turn will formally request that the laboratory test Specimen B. If Specimen B results are negative, the drug test will be considered negative.

If Specimen B results are positive, or if the student does not request a re-test within the required time frame, the test will be considered final, and will be reported to the Director of Athletics, Executive Director of the Rensselaer Health Center, Athletic Compliance Specialist, the student’s parents or guardians, his or her Head Coach, the Head Athletic Trainer and the student’s class Dean. The failed drug test will be regarded as use and possession of the applicable drug under the AOD Policy, and the consequences of the AOD Policy will be applied.

Appeals regarding this Drug Testing Policy for situations other than requesting a re-test (e.g., tampering, unexcused absence from testing) may also be made in writing to the Director of Athletics within 72 hours of the result or adverse action, and the Director of Athletics may convene an informal hearing on the matter in their discretion where appropriate. Where the AOD Policy applies, the Institute judicial appeal process applicable to that policy will also apply.

**Medical Exceptions**

The NCAA and Rensselaer recognize that some banned substance are used for legitimate medical purposes. Accordingly, the NCAA and Rensselaer allow exceptions to be made for those participants with a documented medical history demonstrating the need for regular use of such a drug. NCAA exceptions procedures can be found at [http://www.ncaa.org/sport-science-institute/medical-exceptions-procedures](http://www.ncaa.org/sport-science-institute/medical-exceptions-procedures). Rensselaer will follow the NCAA procedures and policies regarding medical exceptions. Any student athlete who seeks a medical exception must contact the Athletic Training Staff and provide required documentation.

**One-Time Safe Harbor for Self-Referral**

Any student-athlete who has experimented with non-performance-enhancing drugs, or feels that they have a problem with such non-performance-enhancing drugs may seek assistance through the Head Athletic Trainer, the Executive Director of the Rensselaer Health Center, or the Rensselaer Counseling Center. In such a situation, the student-athlete shall be treated/counseled in a manner appropriate to their situation, which may include a requirement for treatment outside of the Institute. Provided that the self-referral meets the Safe Harbor requirements outlined below, the self-referral will not be treated as a positive test for non-performance-enhancing drugs, and will not result in sanctions for use or possession of non-performance-enhancing drugs under this policy or the Rensselaer AOD Policy. However, the self-referring student-athlete will be immediately ineligible to participate in practice or competition in NCAA varsity athletics pending an evaluation by the Rensselaer Counseling Center and/or Student Health Services confirming that the student can safely participate in their varsity sport. Requirements and conditions for this Safe Harbor program shall be as follows:

- A student-athlete may enter into the Safe Harbor program only one time during his/her collegiate career at Rensselaer, and only if the student-athlete has not had a previous positive drug test for any banned substance.
• This Safe Harbor Program does NOT apply to performance-enhancing drugs.

• A student-athlete is not eligible for the Safe Harbor Program after notification of impending drug test or after receiving notice of a positive Rensselaer or NCAA drug test, or 30 days prior to post season competition. The student-athlete’s Safe Harbor self-referral MUST occur PRIOR to notification of testing.

• A student-athlete who qualifies and follows the procedures for entry into this Safe Harbor program and continues to fully comply with counseling/treatment plans and protocols will not be subject to testing for non-performance-enhancing drugs under this athletic drug testing program for a minimum period of 30 days from the date of self-referral with a possible extension up to a maximum of 90 days at the discretion of the Executive Director of Rensselaer Health Center, but WILL be subject to a) NCAA drug testing for any banned drugs, and b) Rensselaer testing for performance-enhancing drugs. In addition, the student may be required as part of a treatment program to undergo confidential testing as part of treatment, which will not be considered a drug test under this program.

• Any time after such 30- to 90-day period, or any time upon the student-athlete failing to continue to follow a required counseling/treatment plan, the student-athlete may be subject to testing for any banned substance. A positive test as a result of such testing will be subject to the terms and sanctions in this Drug Testing Policy and the Rensselaer AOD Policy.
Rensselaer Polytechnic Institute Student Athlete Drug Testing Program Student Consent Form

I, ____________________________, hereby acknowledge that I have received a copy of, read and been given the opportunity to ask questions regarding the Rensselaer Polytechnic Institute Student Athlete Drug Testing Program (“Drug Testing Program” or “Program”) implemented at Rensselaer Polytechnic Institute (“Rensselaer”). I understand the policies, procedures, and my responsibilities as described in the Program, and that the terms of the Program may be changed by Rensselaer at any time as Rensselaer deems appropriate.

As a condition to my participation in intercollegiate athletic at Rensselaer Polytechnic Institute, I consent to participate in the Drug Testing Program. I understand that my participation in this program includes the collection and testing of my urine at various times during academic year for drugs and/or other banned substances. My consent continues throughout my enrollment at Rensselaer, even if the terms of the Program are changed, unless and until I revoke my consent in a writing sent to the Rensselaer Director of Athletics, in which case I will no longer be eligible to participate in intercollegiate athletics at Rensselaer.

I further consent to the release of the results of any drug test to those staff members within Rensselaer who have a role in the Drug Testing Program or otherwise have a reason to know the results, including but not limited to the Director of Athletics or his/her designee, Executive Director of the Rensselaer Health Center, Athletic Compliance Specialist, Head Coach, the Head Athletic Trainer, Team Physician, Dean of Students office personnel, and my class dean, and/or my parent(s) or guardian(s). For this purpose, I waive any rights to privacy or privilege I may have in such information. I also acknowledge and consent that a copy of this consent form may be sent to my parent(s) or guardian(s) along with a copy of the Drug Testing Program.

I fully understand that the Rensselaer Polytechnic Institute Student Athlete Testing Program is separate and distinct from the NCAA drug-testing program and its sanctions; however, I also understand that sanctions may be imposed by Rensselaer Polytechnic Institute under its Drug Testing Program upon a positive result under the NCAA drug-testing program. I also understand and agree that the results of any drug tests can and will be used by Rensselaer to institute disciplinary action against me under the Rensselaer Alcohol and Other Drugs Policy for Students.

Notwithstanding anything to the contrary in the policy, I fully understand that I may be suspended from competition and/or practice by the team physician or athletic trainer if credible evidence suggests that such competition and/or practice poses a health and safety risk to me, my teammates, and/or my competitors.

Rensselaer Polytechnic Institute, its officers, employees, and agents are hereby released from legal responsibility and/or liability for the release of any information and/or record as authorized by this consent form. I fully and forever release and discharge the aforementioned parties from any claims, demands, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from my participation in Rensselaer Polytechnic Institute’s Drug Testing Program including those claims, demands, rights of action, or causes of action arising out of any positive result under such Drug/Alcohol Education & Testing Program.

__________________________________________  ______________________
Student-Athlete Signature                          Date

__________________________________________  ______________________
Printed Name of Student Athlete                    Date of Birth

__________________________________________  ______________________
Student ID Number                                  Sport (S)

__________________________________________  ______________________
Parent/Guardian Signature (if under 18)           Date
Policy Statement on the Use of Supplements

It is to be noted that the Rensselaer Polytechnic Institute Athletics department does not condone the use of dietary supplements. The NCAA stance on dietary supplements is that student-athletes should be advised that the most effective and safest way to enhance performance is to avoid dietary/nutritional supplement products and rely on a combination of a healthy diet, appropriate conditioning, rest and recovery, and avoiding substance abuse.

Student-athletes should always bring all supplement products to the designated athletics staff (strength and conditioning coaches and/or athletic trainers) before using, and then checking all supplements through Drug Free Sport Axis, staffed by the National Center for Drug Free Sport, the NCAA third party drug testing administrator. DFS Axis is the only authoritative resource for questions related to whether listed ingredients on nutritional supplement product labels or in medications contain NCAA banned substances.

Products labeled as dietary supplements sold over the counter, in print advertisements and through the internet are under-regulated by the U.S. FDA. Dietary supplements are at risk of contamination or may include ingredients that are banned under Rensselaer Athletics drug testing policy. Student-athletes have tested positive and lost their eligibility using dietary supplements. Any product containing dietary supplement ingredients is taken at the student-athlete’s own risk.

To access DFS Axis, call toll free 1-877-202-0769 or go to www.drugfreesport.com/axis, select NCAA, and insert password ncaa1 or ncaa3 (depending on your divisional affiliation). Right on the home page you can select “Ask about Dietary Supplements” or go to the “Prescription/Over-the-Counter Drug Search.” It’s as easy as 1, 2, or 3.

By signing the policy Consent Form, the student-athlete:

1. Acknowledges that he/she understands that they are to disclose all dietary supplements used to the head athletic trainer;
2. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of dietary supplements;
3. Fully accepts that they have been made aware of the Rensselaer Polytechnic Institute and the National Collegiate Athletic Association (NCAA) policies with regard to the use of dietary supplements;
4. Accepts any and all liability if they have in the past used, continue to use, and/or use at any time in the future, dietary supplements in any form; and releases the Rensselaer Polytechnic Institute, its agents, and all personnel of any and all responsibility and liability related to such use.
I, __________________________ am taking or intend to take the following dietary supplements. I acknowledge the risk of losing my eligibility to participate in intercollegiate athletics if I test positive for an NCAA or Rensselaer Polytechnic Institute banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are neither motivated nor qualified to accurately certify that these products contain no banned substances. “Healthy” or “naturally occurring” are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

Before taking or using any dietary supplement, I am responsible for ensuring the product does not contain any banned substance. By making this disclosure, I am requesting that these products and their ingredients be reviewed by Rensselaer Polytechnic Institute’s sports medicine staff for the purposes of determining whether they are medically safe to use and do not contain banned substances. I understand that I should not take or use these products until their usage has been reviewed by Rensselaer Polytechnic Institute’s sports medicine staff.

### Brand Name:

### Listed Ingredients:

(Athletic Trainer to review, circle banned substances, and notify student-athlete.)

1. 

2. 

3. 

4. 

### Signatures:

Student-Athlete Signature  Date  

Athletic Trainer Signature  Date
Rensselaer Polytechnic Institute Safe Harbor Policy and Procedures
Acknowledgement Form

I ___________________________ understand that, according to the Rensselaer Polytechnic Institute Student Athlete Drug Testing Program, I may self-refer into the Safe Harbor Program once during my intercollegiate athletic career for voluntary evaluation and counseling.

I further understand that I am not eligible for the Safe Harbor Program after being informed of an impending test, after having received notification of a positive institutional test or NCAA drug test, or thirty (30) days prior to NCAA or Conference post-season competition.

Rensselaer Polytechnic Institute will work with me to provide a treatment plan, which may include confidential substance testing. I will be furnished with a copy of the treatment plan and guidelines after an initial meeting with a substance abuse counselor to evaluate the extent of any substance use.

I understand that any substance test or other medical tests or evaluations performed as part of a treatment plan will not result in any administrative sanction, but that I may be suspended from play or practice if warranted for health or safety reasons. I will be permitted to remain in the Safe Harbor Program for a reasonable period, not to exceed ninety (90) days, as determined by the treatment plan.

If I fail to comply with the treatment plan, I will be removed from the Safe Harbor Program and will be subject to immediate follow-up testing. Upon entering and remaining in compliance with the Safe Harbor Program, I will not be included in Rensselaer’s regular athletic testing program for a minimum period of 30 days (and a maximum period of 90 days), but may be selected for drug testing by the NCAA. Upon successful completion of the Safe Harbor program, I will be subject to additional testing by Rensselaer as part of the athletic drug testing program, including follow-up testing directed specifically at me.

The Director of Athletics, Executive Director of Rensselaer Health Center, Team Physician, and the Head Athletic Trainer will be informed of my participation in the Safe Harbor Program. Other Institute employees may be informed to the extent necessary for the implementation of this policy or administration of Institute programs or activities.

Signature: ___________________________ Date: ________________

(Student-Athlete)
Rensselaer Polytechnic Institute Department of Athletics  
Drug Testing Reasonable Suspicion Reporting Form

I, __________________________ (Staff Member), under the reasonable suspicion clause that is outlined in the Rensselaer Polytechnic Institute Drug Education and Drug Testing Policy, report the following objective sign(s), symptom(s), or behavior(s) that I reasonably believe warrant __________________________ (Student-Athlete) be referred to the Director of Athletics or his/her designee for possible drug testing. The following sign(s), symptom(s), or behavior(s) were observed by me over the past ________ hours and/or ________ days.

Please check below all that apply:

The Student-Athlete has shown:

____ Irritability
____ Loss of temper
____ Poor motivation
____ Failure to follow direction
____ Verbal outburst (e.g. to faculty, staff, teammates)

____ physical outburst (e.g. throwing equipment)
____ emotional outburst (e.g. crying)
____ weight gain
____ weight loss
____ sloppy hygiene and/or appearance

The Student-Athlete has been:

____ Late for practice
____ Late for class
____ Not attending class
____ Receiving poor grades

____ staying up too late
____ missing appointments
____ missing/skipping meals

The Student-Athlete has demonstrated the following:

____ Dilated pupils
____ Constricted pupils
____ Red eyes
____ Smell of alcohol on the breath
____ Smell of marijuana
____ Staggering or difficulty walking
____ Recurrent bouts with a cold or the flu

____ over stimulated or “hyper”
____ excessive talking
____ withdrawn and/or less communicative
____ periods of memory loss
____ slurred speech
____ recurrent motor vehicle accidents or violations
____ recurrent violations of Student Code of Conduct
Other specific objective findings include:

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Signatures:

Name of Staff: ________________________________

Signature of Staff: ____________________________ Date: ________________

Reviewed By:

Director of Athletics/Designee: ____________________________ Date: ________________

Name of Counselor Consulted: ____________________________ Date: ________________

☐ Reasonable Suspicion Upheld

☐ Reasonable Suspicion Denied