

**Resolution to Revise Policy 1036 and Change the Title to
Student-Athlete Monitoring and Assistance Program (SAMAP)**

Whereas, on June 2, 2003, the Board of Visitors approved Policy 1036: Student-Athlete Substance Abuse Policy out of concern for the serious threat posed by the use and abuse of drugs and alcohol to the growth, development, and overall physical and mental well-being of Virginia Tech's student-athletes; and

Whereas, the policy was slated for a standard review in 2018, and this review resulted in extensive proposed updates revisions to the policy; and

Whereas, to be consistent with Policy 1035, it is proposed that future updates and revisions to Policy 1036 be reviewed and approved by the NCAA Faculty Athletics Representative, the University Athletics Committee, and the President of the university before being brought forward to the Board of Visitors for consideration; and

Whereas, the proposed revisions to Policy 1036 have been shared with the University Athletics Committee for the committee's information;

Now, therefore, be it resolved, that effective immediately the Board of Visitors of Virginia Tech approves the attached revised Policy 1036, which includes among the more significant revisions the requirement that future proposed updates and revisions be reviewed and approved by the NCAA Faculty Athletics Representative, the University Athletics Committee, and the President of the university before being brought forward to the Board of Visitors for consideration;

And, be it further resolved that the official title of Policy 1036 be changed from the Student-Athlete Substance Abuse Policy to the **Student-Athlete Monitoring and Assistance Program**.

RECOMMENDATION:

That the above resolution to revise and rename Policy 1036: Student-Athlete Monitoring and Assistance Program (SAMAP) be approved effective immediately.

November 5, 2018



Virginia Polytechnic Institute and State University

Student-Athlete ~~Substance Abuse Policy~~ Monitoring and Assistance Program (SAMAP)

No. 1036

Policy Effective Date:

~~6/2/2003~~ 11/5/2018

Policy Owner:

Whit Babcock

Policy Author:

(Contact Person)

Angie Littlejohn

Joe Tront

Affected Parties:

Undergraduate

Graduate

Faculty

Staff

~~1.0 Purpose~~

~~2.0 Policy~~

~~3.0 Procedures~~

~~4.0 Sanctions for~~

~~Inappropriate~~

~~Conduct~~

~~45.0 Definitions~~

~~56.0 References~~

~~67.0 Approval and~~

~~Revisions~~

1.0 Purpose

The Virginia Tech Department of Athletics is concerned about the use and abuse of drugs and alcohol. The abuse of chemical substances (including diuretics and masking agents) is not permitted. This includes the misuse of prescription and over the counter drugs, the use of androgenic anabolic steroids, the use of alcohol, the use of drugs that are not medically indicated, and the use of illegal drugs. These pose a serious threat to the growth, development, and overall physical and mental well-being of our student-athletes.

The Department of Athletics is concerned that direct drug side effects (e.g. the drug might cause a heart attack if used during the time of training) may cause serious injury to student-athletes and, in team sports, to their teammates and opponents. It is our philosophy and policy to help student-athletes help themselves with regard to the use of illicit drugs, prescription medication, and inappropriate use of over the counter drugs (e.g. medication should be taken as prescribed and directed). The Department of Athletics is also concerned about overuse or abuse of alcohol. In order to address these concerns, the Student-Athlete Monitoring and Assistance Program Substance Abuse Committee (SAMAPC) has been established. The ~~Committee~~ SAMAPC is appointed by the Director of Athletics. The Office of Student-Athlete Development Life in the Athletic Department is responsible for providing substance abuse education with input from the SAMAPC.

~~2.0~~ 2.0 Policy

The Virginia Tech Department of Athletics does not approve of, excuse, or condone the use and/or abuse of illegal drugs (e.g., marijuana, speed, LSD, barbiturates, cocaine, ecstasy, heroin, PCP, GHB, etc.) by student-athletes. The use of such drugs can (1) be harmful to the individual; (2) affect athletic performance; (3) negatively affect the performance of the team; and (4) put the individual and members of the individual's team in danger. The use of drugs can, among other things, lead to problems in many areas of ~~one's~~ life: poor academic performance; poor athletic performance; relationship problems, etc. Some of the signs of problematic drug use include: lack of motivation (especially prevalent with marijuana), lethargy, not going to class regularly, agitation or nervousness, short temper, difficulty with sleep, loss of appetite, violence, loss of friendships, decline in grades or athletic performance. Another sign of problematic drug use is the need to do the drug on a frequent or regular basis (e.g., using marijuana daily) and/or not being able to ~~do~~ function without it. Such "addiction" may be due to physical reasons, psychological reasons, or both.



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Student-athletes who use drugs often do not fit the stereotype of a “drug abuser” or “addict.” ~~Any~~However, all student-athletes who use drugs, even if not “addicted,” run the risk of have experienced or will experience problems associated within their lives due to drug use. It is important for student-athletes to know the signs of problematic drug use and to realize that the use of any illegal drug or the abuse of any drug is considered a violation of the drug policy.

Updates or modifications to the Policy on Student-Athlete Monitoring and Assistance Program (SAMAP) will be reviewed and approved by the NCAA Faculty Athletics Representative, the University Athletics Committee, and the President.

3.0 Procedures

3.1 Substance Abuse Education

Education is the most valuable tool in the life-long prevention of substance abuse. The Office of Student-Athlete LifeDevelopment, with input from the SAMAPC, is committed to ~~their~~its responsibility in the area of substance abuse education. Examples include but are not limited to:

1. Arranging speakers and seminars for coaches and staff in order for them to be more familiar with areas of drug abuse, such as how to identify an abuser, how to help an abuser, and risks of drug abuse.
2. Programs provided for student-athletes, such as educational and motivational speakers that will provide the necessary information to enable student-athletes to make decisions that will enhance a healthy lifestyle.
3. Disseminating information and materials available from NCAA, Universitycampus, and community resources in the areas of drugs, including alcohol and tobacco, as well as materials related to general health and well-being.
- ~~4.~~—Providing opportunities during preseason meetings for student-athletes to discuss health, legal, and ethical risks of alcohol and other drug use.

4.

3.2 Drug Testing

This program is required of all student-athletes including scholarship and non-scholarship student-athletes. All student-athletes are required to participate in the drug testing program as long as they are associated with the Athletics Department.

3.2.1 NCAA Drug Testing Program

The NCAA requires student-athletes competing in NCAA championships to be drug-free. ~~SEffective~~ since August 1, 1990, a student-athlete who is found to have utilized a drug from the NCAA Banned Drug List is to be declared ineligible for all regular season and postseason competition through the time period ending one calendar year after the positive drug test (Exception: 6-month suspension for THC). Also, effective since August 1, 1990, testing for



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steroid use has been conducted on a year-round basis.

The NCAA drug-testing program involves urine collection on specific occasions (usually, NCAA championships, on-campus previous to football bowl games, or on other occasions for selected football and track athletes). The urine samples undergo laboratory analyses for substances on a list of banned drug classes developed by the NCAA Executive Committee. This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines and cocaine) and anabolic steroids, as well as other drugs.

A consent form, ~~prescribed~~ issued by the NCAA Management Council, is administered individually to student-athletes each academic year ~~at the time that the squad first meets~~. Failure to sign the consent form shall result in the student-athlete's ineligibility for practice or competition. The consent form is kept on file in the Compliance Office for the Director of Athletics. Detailed information on the NCAA Drug Testing Program is on file in the office of the Director of Athletic Training.

3.2.2 Virginia Tech Athletic Department Drug Testing Program

Virginia Tech and the Department of Athletics believe that alcohol and drugs have no place in intercollegiate athletics participation. The Department of Athletics has developed the ~~Substance Abuse~~ Student-Athlete Monitoring and Assistance Program (SAMAP), which is designed to promote the physical and mental health of its student-athletes while protecting their individual rights to privacy. The program is administered by the ~~Substance Abuse~~ Student-Athlete Monitoring and Assistance Program Committee (SAMAPC), which is composed of: ~~representatives from the Cook Counseling Center and Athletic Department personnel.~~

~~-Associate A.D., Sports Medicine (Chair)~~
~~Assistant A.D., Licensed Clinical and Sport Psychologist~~
~~Chief Medical Officer (CMO), Team Physician~~
~~Sr. Associate A.D., Student-Athlete Services and University Affairs~~
~~Sr. Associate A.D., Internal Operations (Ex Officio)~~

The comprehensive program consists of random testing as well as for improper drug use on the basis of reasonable suspicion or in response to a voluntary request from a student-athlete or a request by the coach. In addition, the program emphasizes education, ~~and~~ preventative programs, and counseling.

The policies and procedures for the testing are reviewed and revised yearly by the ~~Substance Abuse Committee~~ SAMAPC and approved by the University Legal Counsel. They ~~policies and procedures~~ are distributed to all coaches and ~~student-athletes~~ each year.

Each student-athlete will be made aware of the consequences involved if he or she violates the rules established by ~~the Committee~~ SAMAPC and abuses chemical substances. All coaches are responsible for knowing the policies and procedures and for educating the student-athletes regarding the disciplinary actions that will be taken if they test positive.

~~Each head coach is responsible for distributing the "drug testing cards" for random testing. (The head coach may appoint another staff member for actual distribution, but the head coach is ultimately responsible.)~~

~~Every~~ each fall, all student-athletes attend a mandatory meeting, ~~in which Sports Medicine staff members~~ which reviews



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current drug testing policies and procedures with the student-athletes and culminates in the signing of the Consent to Testing Form (different from the NCAA form). This form is kept on file in the Compliance Office. According to Athletic Department policy, a student-athlete cannot practice or compete if he or she fails to sign the form.

All coaches involved in recruiting should advise the prospective student-athletes of the drug-testing program during the recruiting process. Coaches are expected to support the efforts of the Department of Athletics to ensure that the athletics program is drug-free and that Virginia Tech student-athletes are informed of the risks involved in drug use. Coaches' regular contact with student-athletes provides an excellent opportunity to counsel and educate. They are assisted in this effort by other departmental and university staff members.

3.2.3 Drug Testing Procedure

Testing will be conducted throughout the year (in season, out of season, and summer school). Testing takes a variety of forms:

1. Random individual test – student-athletes' names are computer generated and each receives a card which requires him or her to be tested with the day and time noted on the card;
2. Team testing – a team may be immediately tested before or after a workout or practice without notice;
3. Testing for reasonable suspicion – can be with or without notice;
4. Coach may request an individual or team test with or without notice when there is reasonable suspicion.

The testing site is in the Bowman Room or other area designated by Sports Medicine~~112 Merryman Center~~. The site is open from 6:00 a.m. to 9:00 a.m. to allow time to report without interfering with classes or other scheduled activities. Each student-athlete must produce a minimum 25 ml of urine for a routine test and 50 ml for a steroid test. All individuals taking prescribed or over the counter medications have the responsibility of notifying the respective crew chief at the testing site.

As mentioned above, ~~t~~The computer generates the names of student-athletes to be tested. The Director of Athletic Training, or designee, completes an appointment card (see Table 1) for each student-athlete and delivers them to the ~~head coach~~sport athletic trainer to be distributed to the student-athletes.



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Table 1

VIRGINIA TECH SUBSTANCE ABUSE COMMITTEE APPOINTMENT CARD
<p>Mr./Ms. _____</p> <p>Has a drug screening test appointment</p> <p>TIME: 6:30 a.m. - 9:00 or _____ following practice.</p> <p>Place: Room 112 Merryman Center (Physicians Office)</p> <p>Date: _____</p> <p>Thank You!</p> <p>Michael W. Goforth, Director of Athletic Training 231-6410 or 557-0625</p> <p>Jimmy Lawrence, Director of Testing 231-5690 or 557-0655</p> <p>Be on time!</p> <p>Failure to keep this appointment will be treated as a positive.</p> <p>Please do not void immediately before coming to take the test.</p> <p>25mL must be passed within the allotted time frame for routine tests.</p> <p>50mL must be passed within the allotted time frame for steroid tests.</p>

Upon receiving the appointment card, the student-athlete will be asked to sign a notification acknowledgement form (see Table 2).

Table 2

VIRGINIA TECH ATHLETICS SUBSTANCE ABUSE COMMITTEE APPOINTMENT ACKNOWLEDGEMENT FORM				
#	NAME	SIGNATURE	NOTIFICATION TIME	NOTIFICATION LOCATION
1				
2				
3				
4				
5				
6				
7				

Failure to show up, being late or not giving a sample will be treated as a positive test result and the individual may



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receive planned treatment, education, or other actions~~sanctions and penalties~~ at the discretion of the Committee~~SAMAPC~~.

To ensure validity, each specimen will be obtained under direct supervision. Security of the specimen (chain of custody) will be implemented from the moment the student-athlete signs in until final completion of analysis of the specimen at the laboratory. Positive results, whether they are positive urine test or no-shows/no-voids, are communicated from the testing agency to the Chair of the Substance Abuse Committee. ~~The Director of Athletic Training will also be copied by the testing company.~~ SAMAPC.

In cases where student-athletes are found to be using drugs or are in non-compliance with collection procedures, a letter will be sent notifying them of the specific problem and informing the student-athlete of a meeting with the Substance Abuse Committee~~SAMAPC~~. Copies of the letter are sent to the head coach and sport administrator. ~~In all cases, the individual must appear before representatives of the Substance Abuse Committee for the purpose of answering questions and presenting additional information. The student-athlete may request the presence of his or her coach.~~ After the meeting between the student-athlete and a representative of the SAMAPC~~the Substance Abuse Committee~~, the student-athlete will be placed in Phase 1, 2, 3, or 4 of the program~~and notified of such by letter~~. In cases such as no-shows or no-voids, the SAMAPC~~Substance Abuse Committee~~ may or may not place the student-athlete in any of the four phases of sanctions. In any case, the Committee~~SAMAPC~~ will require more frequent future testing. Sanction procedures (Phases 1 through 4) are described in Sections 3.5.1 through 3.5.4-5 entitled Recommended Phased Guidelines. A chart summarizing the penalties~~related sanctions~~ is shown below in Table 3~~1~~(below). Sanctions or Phases range from regular counseling to loss of participation.



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Table 3

VIRGINIA TECH ATHLETICS SUBSTANCE ABUSE PROGRAM PENALTY SUMMARY			
SPORT	# OF EVENTS	10%	33%
BASEBALL	56 CONTESTS	5 CONTESTS	18 CONTESTS
BASKETBALL	27 CONTESTS	2 CONTESTS	8 CONTESTS
CROSS COUNTRY	7 DATES OF COMPETITION	1 DATE	2 DATES
FOOTBALL	11 CONTESTS	1 CONTEST	3 CONTESTS
GOLF	24 DATES OF COMPETITION	2 DATES	7 DATES
INDOOR/OUTDOOR TRACK	18 DATES OF COMPETITION	1 DATES	5 DATES
LACROSSE	16 CONTESTS	1 CONTEST	5 CONTESTS
SOCCER	20 DATES OF COMPETITION	2 DATES	6 DATES
SOFTBALL	56 DATES OF COMPETITION	5 CONTESTS	18 CONTESTS
SWIMMING/DIVING	20 DATES OF COMPETITION	2 DATES	6 DATES
TENNIS	25 DATES OF COMPETITION	2 DATES	8 DATES
VOLLEYBALL	28 DATES OF COMPETITION	2 DATES	9 DATES
CHEERLEADING	CORRESPONDS WITH THE SAME % OF THE SPORT THAT THEY ARE PERFORMING FOR.		
HIGH TECHS	CORRESPONDS WITH THE SAME % OF THE SPORT THAT THEY ARE PERFORMING FOR.		
WRESTLING	16 DATES OF COMPETITION	1 DATE	5 DATES

Table 1 (# of Events found in NCAA Operating Manual)

STUDENT-ATHLETE MONITORING AND ASSISTANCE PROGRAM SANCTIONS SUMMARY			
<u>SPORT</u>	<u># OF EVENTS</u>	<u>10%</u>	<u>33%</u>
<u>BASEBALL</u>	<u>56 CONTESTS</u>	<u>5 CONTESTS</u>	<u>18 CONTESTS</u>
<u>BASKETBALL</u>	<u>27 or 29* CONTESTS</u>	<u>2 CONTESTS</u>	<u>9 CONTESTS</u>
<u>CROSS COUNTRY</u>	<u>7 DATES OF COMPETITION</u>	<u>1 DATE</u>	<u>2 DATES</u>
<u>FOOTBALL</u>	<u>12 CONTESTS</u>	<u>1 CONTEST</u>	<u>4 CONTESTS</u>
<u>GOLF</u>	<u>24 DATES OF COMPETITION</u>	<u>2 DATES</u>	<u>7 DATES</u>
<u>INDOOR/OUTDOOR TRACK</u>	<u>18 DATES OF COMPETITION</u>	<u>1 DATES</u>	<u>6 DATES</u>
<u>LACROSSE</u>	<u>17 CONTESTS</u>	<u>1 CONTEST</u>	<u>5 CONTESTS</u>
<u>SOCCER</u>	<u>20 CONTESTS</u>	<u>2 CONTESTS</u>	<u>6 CONTESTS</u>



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<u>SOFTBALL</u>	<u>56 CONTESTS</u>	<u>5 CONTESTS</u>	<u>18 CONTESTS</u>
<u>SWIMMING/DIVING</u>	<u>20 DATES OF COMPETITION</u>	<u>2 DATES</u>	<u>6 DATES</u>
<u>TENNIS</u>	<u>25 DATES OF COMPETITION</u>	<u>2 DATES</u>	<u>8 DATES</u>
<u>VOLLEYBALL</u>	<u>28 DATES OF COMPETITION</u>	<u>2 DATES</u>	<u>9 DATES</u>
<u>CHEERLEADING</u>	<u>CORRESPONDS WITH THE SAME % OF THE SPORT THAT THEY ARE PERFORMING FOR.</u>		
<u>HIGH TECHS</u>	<u>CORRESPONDS WITH THE SAME % OF THE SPORT THAT THEY ARE PERFORMING FOR.</u>		
<u>WRESTLING</u>	<u>16 DATES OF COMPETITION</u>	<u>1 DATE</u>	<u>5 DATES</u>

3.2.4 Drugs Subject to Testing

The Virginia Tech Department of Athletics program tests for substances on a list of banned-drug classes developed by the ~~department~~ Department and the NCAA. A sample list is shown below in Table 42. A detailed list is available upon request from the Sports Medicine Staff, the Athletics Department Office of Student-Athlete Development Life Staff, or the Chair of the ~~SAMAP~~ Substance Abuse Committee. This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines, ecstasy, and cocaine), hallucinogens (such as LSD), anabolic steroids (such as Anavar and Dianabol), diuretics, masking agents, and marijuana, as well as any other drugs not prescribed for the student-athlete.



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Table 4

VIRGINIA TECH SUBSTANCE ABUSE PROGRAM DRUGS INCLUDED IN THE TESTING AS WELL AS ASSOCIATED PENALTIES						
SUBSTANCE	SCREENING SENSITIVITY	CONFIRMATION SENSITIVITY	*FIRST OFFENSE	*SECOND OFFENSE	*THIRD OFFENSE	*FOURTH OFFENSE
Marijuana	20ng/mL	15ng/mL	10%	33%	1 yr	Loss of Eligibility
Amphetamines/ Ecstasy	300ng/mL	100ng/mL	33%	1 yr	Loss of Eligibility	N/A
LSD	.5ng/mL	.2ng/mL	33%	1 yr	Loss of Eligibility	N/A
Anabolic Steroids	10ng/mL	1ng/mL	33%	1 yr	Loss of Eligibility	N/A
Barbiturates	200ng/mL	100ng/mL	33%	1 yr	Loss of Eligibility	N/A
Benzodiazepines	200ng/mL	100ng/mL	33%	1 yr	Loss of Eligibility	N/A
Cocaine	100ng/mL	50ng/mL	33%	1 yr	Loss of Eligibility	N/A
Nitrates	200mcg/mL	200mcg/mL	33%	1 yr	Loss of Eligibility	N/A
Opiates	100ng/mL	50ng/mL	33%	1 yr	Loss of Eligibility	N/A
PCP/Angel Dust	20ng/mL	10ng/mL	33%	1 yr	Loss of Eligibility	N/A
* Percentages represent amount of contests lost due to a positive drug test.						

Table 2

STUDENT-ATHLETE MONITORING AND ASSISTANCE PROGRAM						
SANCTIONS ASSOCIATED WITH MARIJUANA						
SUBSTANCE	SCREENING SENSITIVITY	CONFIRMATION SENSITIVITY	FIRST OFFENSE*	SECOND OFFENSE	THIRD OFFENSE	FOURTH OFFENSE
Marijuana	20ng/mL	15ng/mL	Phase 1: Probation	Phase 2: 10%	Phase 3: 33%	Loss of Eligibility
SANCTIONS ASSOCIATED WITH OTHER BANNED-DRUGS						
Amphetamines/ Ecstasy	300ng/mL	100ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
LSD	.5ng/mL	.2ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Anabolic Steroids	10ng/mL	1ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Barbiturates	200ng/mL	100ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A



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<u>Benzodiazepines</u>	<u>200ng/mL</u>	<u>100ng/mL</u>	<u>Phase 3: 33%</u>	<u>Phase 4: 1 yr.</u>	<u>Loss of Eligibility</u>	<u>N/A</u>
<u>Cocaine</u>	<u>100ng/mL</u>	<u>50ng/mL</u>	<u>Phase 3: 33%</u>	<u>Phase 4: 1 yr.</u>	<u>Loss of Eligibility</u>	<u>N/A</u>
<u>Nitrates</u>	<u>200mcg/mL</u>	<u>200mcg/mL</u>	<u>Phase 3: 33%</u>	<u>Phase 4: 1 yr.</u>	<u>Loss of Eligibility</u>	<u>N/A</u>
<u>Opiates</u>	<u>100ng/mL</u>	<u>50ng/mL</u>	<u>Phase 3: 33%</u>	<u>Phase 4: 1 yr.</u>	<u>Loss of Eligibility</u>	<u>N/A</u>
<u>PCP/Angel Dust</u>	<u>20ng/mL</u>	<u>10ng/mL</u>	<u>Phase 3: 33%</u>	<u>Phase 4: 1 yr.</u>	<u>Loss of Eligibility</u>	<u>N/A</u>
* Percentages represent amount of contests lost due to a positive drug test.						

3.3 Counseling

Counseling is required for each student-athlete whose drug test is positive. Counseling, especially for drug related problems, is coordinated by the SAMAPC~~Substance Abuse Committee~~. Counseling continues until the counselor releases the student-athlete. Failure to attend could result in further loss of competitions. If continued counseling is recommended, various counseling options are available. ~~Mental health professionals are utilized.~~

Under no circumstances will the counselor release information without prior consent of the student-athlete. The counselor only reports to the Substance Abuse cCommittee if the student-athlete does not attend the counseling sessions. Counseling is also available to any student-athlete who feels it would be beneficial.

3.4 Appeal Process

If a student-athlete believes the facts on which the SAMAPC~~Substance Abuse Committee~~'s decision is based are erroneous or that the sanction(s) should not be imposed, the student-athlete may file a written appeal with the Director of Athletics within 15 days after receipt of the letter from the Chair of the Committee-SAMAPC notifying the student-athlete of the Committee's-committee's action. The appeal must include any information which might change the factual findings of the Committee-SAMAPC or the sanction(s). If the Director of Athletics believes a basis exists for the appeal, then the- ~~The~~ Director of Athletics shall make the final decision regarding the appeal and will notify the student-athlete and SAMAPC in writing of the decision.

IMPORTANT NOTE: In cases where a student-athlete is deemed to have a positive drug test and such test results in sanctions affecting his or her ability to compete, and the student-athlete is scheduled to engage in competition before a determination can be made by the Substance Abuse Committee~~SAMAPC~~ or the conclusion of any appeal under the standard review and appeal procedures, the student-athlete will be suspended from that competition pending a final decision. Time permitting, the student-athlete can request an expedited meeting of the Substance Abuse Committee~~SAMAPC~~ and an expedited appeal to the Director of Athletics. The appeal must include any information which might change the factual findings of the Committee or the sanction(s). By selecting the expedited process, the student-athlete waives the right to the standard review and appeal procedures. Under the expedited process, the Committee-SAMAPC will meet, by telephone if not in person, and in consultation with the Director of Athletics, ~~will render~~ a decision will be rendered before the competition. If the Committee-SAMAPC is unable to meet or the Director of Athletics cannot render a decision before the competition, the student-athlete



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will not be permitted to participate in the competition.

3.5 ~~Penalties Sanctions~~ and Requirements When Failing to Pass a Drug Test

~~The Substance Abuse Committee~~SAMAPC believes that it is in the best health interest of student-athletes to follow these policies and adhere to the rules outlined regarding drug use. However, in those cases where individuals engage in drug behaviors that violate the rules set forth, it is important that there is a clear understanding of the potential consequences. These are outlined in the following sections which describe procedures that may that will be implemented when a student-athlete is placed in Phase 1, 2, 3, or 4, or Loss of Eligibility. Any violation(s) of this policy may be subject to further action(s) per individual team rules as outlined in the respective team's rules.

~~The charts in Table 3 (see Section 3.2.3) and Table 4 (see Section 3.2.4) summarize the penalties for positive tests.~~ "A positive is a positive." Generally, dDefenses such as passive inhalation or being in the company of people who are smoking marijuana will not be accepted by ~~the Committee~~SAMAPC. If ~~a student~~ athlete tests positive for a prescription medicine, it will be considered a positive unless the athlete has a doctor's prescription in his or her own name. ~~The Committee will~~SAMAPC may not accept the excuse for a positive that "someone else put something in my drink."

~~The Substance Abuse Committee~~SAMAPC cannot determine how a student-athlete became positive for a drug. ~~The Committee~~SAMAPC recommends to all student-athletes that they be careful of their association with people that are involved with drug use.



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Phase 1 Guidelines	A. <u>The student-athlete meets with SAMAPC, and if the positive test is upheld, the student-athlete will receive a formal written warning stating that a second positive test will result in further disciplinary action.</u>					
	B. <u>The student-athlete will receive one (1) year probation – any additional positive test(s) will result in the student-athlete moving to Phase 2 of this Policy.</u>					
	C. <u>SAMAPC will determine a Plan of Care for the student-athlete to include, but not limited to:</u> <div><div>1. <u>Notification of the following individuals:</u> <table><tr><td><u>1. Student-athlete and his or her parent or guardian</u></td><td><u>4. Clinical and Sport Psychologist</u></td></tr><tr><td><u>2. Head Coach</u></td><td><u>5. Director of Athletics</u></td></tr><tr><td><u>3. Sport Administrator</u></td><td><u>6. C.M.O.</u></td></tr></table></div><div>2. <u>The student-athlete will be subject to repeat testing.</u></div></div>	<u>1. Student-athlete and his or her parent or guardian</u>	<u>4. Clinical and Sport Psychologist</u>	<u>2. Head Coach</u>	<u>5. Director of Athletics</u>	<u>3. Sport Administrator</u>
<u>1. Student-athlete and his or her parent or guardian</u>	<u>4. Clinical and Sport Psychologist</u>					
<u>2. Head Coach</u>	<u>5. Director of Athletics</u>					
<u>3. Sport Administrator</u>	<u>6. C.M.O.</u>					

3.5.1 Phase 1 Recommended Guidelines (First Positive for Marijuana)

~~A. The student athlete meets with the Substance Abuse Committee, and if the positive test is upheld, the student athlete is to be suspended immediately from competition.~~

~~1. The length of the suspension is equal to 10% of the team’s season competition schedule where the student athlete represents Virginia Tech (for the number of events, please see Section 3.2.4, Table 4). The suspended events will be the next consecutive events in the schedule. Post season events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Post Season Invitational events). The suspension includes not allowing an athlete to dress for a game, be in the team area, and/or attend a pre game meal.~~

~~B. The Chair of the Substance Abuse Committee will notify the following individuals in writing of the recommended plan and sanctions:~~

- ~~1. Student athlete and his or her parent or guardian~~
- ~~2. Head Coach~~
- ~~3. Associate Athletics Director for that sport~~
- ~~4. Counselor~~
- ~~5. Director of Athletics~~



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~~C. The student-athlete must appear before the Substance Abuse Committee on additional occasions as requested.~~

~~D. Counseling is mandatory and attendance will be monitored by the Substance Abuse Committee. The student-athlete must attend a counseling session within two weeks of the meeting with the Substance Abuse Committee (allowances can be made when there is a conflict with the University Calendar). If the student-athlete fails to attend this meeting or subsequent sessions, there can be an additional 10% game suspension assessed by the Substance Abuse Committee.~~

~~E. Follow up drug testing may occur over a period of six months.~~

~~F. If a team completes its competition schedule while a student-athlete is under Phase 1 sanctions, the student-athlete's suspension will be carried over into the next season's competition. If an individual tests positive during a red shirt year, the student's suspension will begin during next season's competition (i.e., game suspension will not be applied during a red shirt season or during a medical hardship).~~

~~G. When a student-athlete tests positive for marijuana outside the traditional playing season special dispensation will be considered. The opportunity to suspend the penalty phase will be considered by a sub-committee reporting to the Substance Abuse Committee. The sub-committee will consist of: the Team Physician, department Sport Psychologist, and Addiction Medicine specialist. After the student completes counseling sessions with each professional, the sub-committee will recommend to the whole Substance Abuse Committee whether that student is a candidate for the suspension of penalty phase 1.~~

~~If it is determined by the Substance Abuse Committee to offer the student the option to suspend penalty phase 1, the student will still be required to follow through on steps B through E described above.~~



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~~Items for consideration when determining the option to suspend phase 1 penalty:~~

- ~~1. ——— The student must be in the non-traditional segment of their primary sport and at least 60 days from the start of the pre-season practice segment of the traditional playing season.~~
- ~~2. ——— This option cannot be used if the student-athlete has self-reported previously. Likewise, a student-athlete cannot self-report after having used this option.~~
- ~~3. ——— If the student ever tests positive again he or she will serve both penalty phases 1 and 2 consecutively.~~

Phase 2 Guidelines

- A. The student-athlete meets with the SAMAPC, and if the positive test is upheld, the student-athlete is to be suspended immediately from competition.
1. The length of the suspension is equal to 10% of the team's season competition schedule where the student-athlete represents Virginia Tech (for the number of events, please see Section 3.2.4, Table 1). The suspended events will be the next consecutive events in the schedule. Postseason events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Postseason Invitational events). Further details of the suspension related to team activities shall be decided in consultation between the sport administrator, the head coach, and the SAMAPC.
- B. The Chair of the SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions:
- | | |
|---|---|
| <u>1. Student-athlete and his or her parent or guardian</u> | <u>4. Clinical and Sport Psychologist</u> |
| <u>2. Head Coach</u> | <u>5. Director of Athletics</u> |
| <u>3. Sport Administrator</u> | <u>6. C.M.O.</u> |
- C. The student-athlete must appear before SAMAPC on additional occasions as requested.
- D. Counseling is mandatory and attendance will be monitored by the SAMAPC. The student-athlete must attend a counseling session within two (2) weeks of the meeting with SAMAPC (allowances can be made when there is a conflict with the University Calendar). If the student-athlete fails to attend this meeting or subsequent sessions, there can be an additional 10% game suspension assessed



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	<u>by SAMAPC.</u>
	<u>E. Follow-up drug testing may occur over a period of six (6) months.</u>
	<u>F. If a team completes its competition schedule while a student-athlete is under Phase 2 sanctions, the student-athlete's suspension will be carried over into the next season's competition. If an individual tests positive during a redshirt year, the student's suspension will begin during next season's competition (i.e. game suspension will not be applied during a redshirt season or during a medical hardship).</u>

3.5.2 Phase 2 Recommended Guidelines

- ~~A. The student athlete meets with the Substance Abuse Committee, and if the positive test is upheld, the student athlete is to be suspended immediately from competition.~~
- ~~B. The length of the suspension is equal to 33% of the team's season competition schedule where the student athlete represents Virginia Tech. The suspended events will be the next consecutive events in the schedule. Post season events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, and Post Season Invitational events). The suspension includes not allowing an athlete to dress for a game, be in the team area, and/or attend a pre-game meal.~~
- ~~C. The Chair of the Substance Abuse Committee will notify the following individuals in writing of the recommended plan and sanctions:

 - ~~1. Student athlete and his or her parent or guardian~~
 - ~~2. Head Coach~~
 - ~~3. Associate Athletics Director for that sport~~
 - ~~4. Counselor~~
 - ~~5. Director of Athletics~~~~
- ~~D. The student athlete must appear before the Substance Abuse Committee on additional occasions as requested.~~
- ~~E. Counseling is mandatory and attendance will be monitored by the Substance Abuse Committee. The student athlete must attend a counseling session within two weeks of the meeting with the Substance Abuse Committee (allowances can be made when there is a conflict with the University Calendar). If the student athlete fails to attend this meeting or subsequent sessions, there can be an additional 10% game suspension assessed by the Substance Abuse Committee.~~
- ~~F. Follow up drug testing may occur over a period of six months.~~
- ~~G. If a team completes its competition schedule while a student athlete is under Phase 2 sanctions, the student athlete's suspension will be carried over into the next season's competition. If an individual tests positive during a red shirt year, the student's suspension will begin during next~~



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~~season's competition (i.e. game suspension will not be applied during a red shirt season or during a medical hardship).~~

~~PLEASE NOTE: When an athlete tests positive for the first time and the sample contains more than one drug, the more severe sanctions will be applied.~~

<u>Phase 3 Guidelines</u>	<u>A. The student-athlete meets with SAMAPC, and if the positive test is upheld, the student-athlete is to be suspended immediately from competition.</u>	
	<u>1. The length of the suspension is equal to 33% of the team's season competition schedule where the student-athlete represents Virginia Tech. The suspended events will be the next consecutive events in the schedule. Postseason events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Postseason Invitational events). Further details of the suspension related to team activities shall be decided in consultation between the sport administrator, the head coach, and the SAMAPC.</u>	
	<u>B. The Chair of the SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions:</u>	
	<u>1. Student-athlete and his or her parent or guardian</u>	<u>4. Clinical and Sport Psychologist</u>
	<u>2. Head Coach</u>	<u>5. Director of Athletics</u>
	<u>3. Sport Administrator</u>	<u>6. C.M.O.</u>
<u>C. The student-athlete must appear before SAMAPC on additional occasions as requested.</u>		
<u>D. Counseling is mandatory and attendance will be monitored by SAMAPC. The student-athlete must attend a counseling session within two (2) weeks of the meeting with SAMAPC (allowances can be made when there is a conflict with the University Calendar). If the student-athlete fails to attend this meeting or subsequent sessions, there can be an additional 10% game suspension assessed by SAMAPC.</u>		
<u>E. Follow-up drug testing may occur over a period of six (6) months.</u>		
<u>F. If a team completes its competition schedule while a student-athlete is under Phase 3 sanctions, the student-athlete's suspension will be carried over into the next season's competition. If an individual tests positive during a redshirt year, the student's suspension will begin during next season's competition (i.e., game suspension will not be applied during a redshirt season or during a medical hardship).</u>		



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3.5.3-Phase 3 Recommended Guidelines

- ~~A. The student athlete meets with the Substance Abuse Committee, and if the positive test is upheld, the student athlete is to be suspended immediately from competition.~~
- ~~1. The length of the suspension is equal to one calendar year from the finding of a positive drug test. The suspended events will be the next consecutive events in the schedule. Post-season events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Post Season Invitational events).~~
 - ~~2. The student athlete will be charged with the loss of one season of competition; a red shirt season or medical hardship cannot be used to substitute for the loss of the season of competition.~~
- ~~B. The Chair of the Substance Abuse Committee will notify the following individuals in writing of the recommended plan and sanctions:~~
- ~~1. Student athlete and his or her parent or guardian~~
 - ~~2. Head Coach~~
 - ~~3. Associate Athletics Director for that sport~~
 - ~~4. Counselor~~
 - ~~5. Director of Athletics~~
- ~~C. The student athlete must appear before the Substance Abuse Committee on additional occasions as requested.~~
- ~~D. Counseling is mandatory and attendance will be monitored by the Substance Abuse Committee. An assessment will be made to determine the student athlete's desire for more aggressive treatment.~~
- ~~E. Follow up drug testing will be mandatory.~~
- ~~F. If a team completes its competition schedule while a student athlete is under Phase 3 sanctions, the student athlete's suspension will be carried over into the next season's competition. If an individual tests positive during a red shirt year, the student's suspension will begin during next season's competition (i.e., game suspension will not be applied during a red shirt season or during a medical hardship).~~

**Phase 4
Guidelines**

- A. The student-athlete meets with the SAMAPC, and if the positive test is upheld,, the student-athlete is to be immediately suspended from competition
1. The length of the suspension is equal to one (1) calendar year from the finding of a positive drug test. The suspended events



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will be the next consecutive events in the schedule. Postseason events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Postseason Invitational events).

2. The student-athlete will be charged with the loss of one (1) season of competition; a redshirt season or medical hardship cannot be used to substitute for the loss of the season of competition.

B. The Chair of SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions:

1. Student-athlete and his or her parent or guardian

2. Head Coach

3. Sport Administrator

4. Clinical and Sport Psychologist

5. Director of Athletics

6. C.M.O.

C. The student-athlete must appear before SAMAPC on additional occasions as requested.

D. Counseling is mandatory and attendance will be monitored by SAMAPC. An assessment will be made to determine the student-athlete's desire for more aggressive treatment.

E. Follow-up drug testing will be mandatory.

F. If a team completes its competition schedule while a student-athlete is under Phase 4 sanctions, the student- athlete's suspension will be carried over into the next season's competition. If an individual tests positive during a redshirt year, the student's suspension will begin during next season's competition (i.e., game suspension will not be applied during a redshirt season or during a medical hardship).

3.5.4 Phase 4 Recommended Guidelines

~~A. The student-athlete is immediately suspended and the Department of Athletics revokes all privileges of participating in athletic activities or of using athletic facilities.~~

~~B. The Chair of the Substance Abuse Committee will notify the following individuals in writing of the recommended plan and sanctions:~~

~~1. Student athlete and his or her parents or guardian~~

~~2. Head coach~~

~~3. Associate Athletic Director for that sport~~

~~4. Counselor~~

~~5. Director of Athletics~~



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~~C. The student athlete must appear before the Substance Abuse Committee on additional occasions as requested.~~

~~D. Follow up drug testing may be mandatory.~~

~~E. Evaluation for further services will be conducted by the Substance Abuse Committee. Further counseling and/or treatment sessions may be required for the student athlete on an individual basis, including the possibility of inpatient treatment.~~

~~1. The offer to coordinate inpatient or outpatient treatment will be extended to the student athlete under the clinical supervision of the Department of Athletics. "Clinical supervision" means that in some cases an alternative treatment is preferable to or needs to precede inpatient treatment. In these cases, the treatment is supervised by appropriate Athletic Department medical or mental health professionals.~~

~~F. Financial aid will not be renewed beyond the term of the current financial aid contract.~~

<u>Loss of Eligibility</u>	<u>A. The student-athlete is immediately suspended and the Department of Athletics revokes all privileges of participating in athletic activities or of using athletic facilities.</u>		
	<u>B. The Chair of SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions:</u>		
	<u>1. Student-athlete and his or her parent or guardian</u>	<u>4. Clinical and Sport Psychologist</u>	
	<u>2. Head Coach</u>	<u>5. Director of Athletics</u>	
	<u>3. Sport Administrator</u>	<u>6. C.M.O.</u>	
	<u>C. The student-athlete must appear before the SAMAPC on additional occasions as requested.</u>		
	<u>D. Follow up drug testing may be mandatory.</u>		
	<u>E. Evaluation for further services will be conducted by the SAMAPC. Further counseling and/or treatment sessions may be required for the student-athlete on an individual basis, including the possibility of inpatient treatment.</u>		
	<u>1. The offer to coordinate inpatient or outpatient treatment will be extended to the student-athlete under the clinical supervision of the Department of Athletics. "Clinical supervision" means that in some cases an alternative treatment is preferable to or needs to precede inpatient treatment. In these cases, the treatment is supervised by appropriate Athletic Department medical or mental health professionals.</u>		
	<u>F. Financial aid will not be renewed beyond the semester of the current financial aid contract.</u>		



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	<p><u>G. PLEASE NOTE: When a student-athlete tests positive for the first time and the sample contains more than one drug, the more severe sanctions may be applied. SAMAPC reserves the right to recommend different Plans of Care or sanctions than those listed above on the advice of the Chair of the SAMAP.</u></p>
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3.6 Other Positive Drug Tests

Documentation of a “positive” drug test from a recognized National or International Sports Governing Body will be considered as a “positive” drug test performed by our laboratory and will place the student-athlete in the appropriate phase. If a student-athlete has tested “positive” for drugs by the NCAA, he or she must abide by the NCAA policy. The NCAA requires a one (1) calendar year minimum suspension. If a student-athlete transfers, an NCAA positive test result must be reported to the new school. A positive drug test by the NCAA will also be treated as a positive drug test by the Department of Athletics. The NCAA sanction and the departmental sanction will be imposed at the same time. The more severe sanction of the two will be enforced.

3.7 Self-Report Referrals

A student-athlete who voluntarily approaches ~~the Athletics Director~~ any member of the SAMAPC or Athletics Staff/Sport Administrator for help with his or her drug problem, prior to a University request for the student-athlete to be available for testing, will be accorded confidentiality and professional help. A voluntary request for assistance will result in therapeutic treatment without loss of scholarship aid or participation on the team provided the student-athlete agrees to the terms of his or her rehabilitation.

~~An~~ student-athlete who voluntarily asks for assistance, but does not follow the terms of his or her ~~rehabilitation Plan of Care~~, will be sanctioned according to post-test procedures for positive results. A student-athlete will serve both ~~penalty~~ phases if a second positive occurs in any future testing.

~~Drug usage by a Virginia Tech student-athlete which is discovered independently by University authorities will be subject to the drug policy as outlined herein.~~

4.0 Definitions

Student-Athlete Monitoring and Assistance Program Committee (SAMAPC): Appointed by the Virginia Tech Director of Athletics, the Committee is responsible for implementing all drug testing policies. The Associate Athletics Director for Sports Medicine serves as Chair of SAMAPC.

Substance Abuse Committee: Appointed by the Virginia Tech Director of Athletics, the Committee is responsible for implementing all drug testing policies.

5.0 References

Current Virginia Tech Student-Athlete handbook.

6.0 Approval and Revisions

Approved June 2, 2003 by the Virginia Tech Board of Visitors



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- Revision 1

Periodic policy review resulting in extensive updates throughout Section 3.0.

Added a requirement in Section 2.0 that all future updates or modifications to this policy will be reviewed and approved by the NCAA Faculty Athletics Representative, the University Athletics Committee, and the President prior to Board of Visitors approval.

Reviewed November X, 2018, by the University Athletics Committee.

Reviewed November X, 2018, by the University President, Timothy D. Sands

Approved November X, 2018, by the Virginia Tech Board of Visitors.



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Student-Athlete Monitoring and Assistance Program (SAMAP)

No. 1036

Policy Effective Date:
11/5/2018

Policy Owner:
Whit Babcock

Policy Author:
(Contact Person)
Angie Littlejohn
Joe Tront

Affected Parties:
Undergraduate
Graduate
Faculty
Staff
Other

1.0 Purpose
2.0 Policy
3.0 Procedures
4.0 Definitions
5.0 References
6.0 Approval and Revisions

1.0 Purpose

The Virginia Tech Department of Athletics is concerned about the use and abuse of drugs and alcohol. The abuse of chemical substances (including diuretics and masking agents) is not permitted. This includes the misuse of prescription and over the counter drugs, the use of androgenic anabolic steroids, the use of alcohol, the use of drugs that are not medically indicated, and the use of illegal drugs. These pose a serious threat to the growth, development, and overall physical and mental well-being of our student-athletes.

The Department of Athletics is concerned that direct drug side effects (e.g. the drug might cause a heart attack if used during the time of training) may cause serious injury to student-athletes and, in team sports, to their teammates and opponents. It is our philosophy and policy to help student-athletes help themselves with regard to the use of illicit drugs, prescription medication, and inappropriate use of over the counter drugs (e.g. medication should be taken as prescribed and directed). The Department of Athletics is also concerned about overuse or abuse of alcohol. In order to address these concerns, the Student-Athlete Monitoring and Assistance Program Committee (SAMAPC) has been established. The SAMAPC is appointed by the Director of Athletics. The Office of Student-Athlete Development in the Athletic Department is responsible for providing substance abuse education with input from the SAMAPC.

2.0 Policy

The Virginia Tech Department of Athletics does not approve of, excuse, or condone the use and/or abuse of illegal drugs (e.g., marijuana, speed, LSD, barbiturates, cocaine, ecstasy, heroin, PCP, GHB, etc.) by student-athletes. The use of such drugs can (1) be harmful to the individual; (2) affect athletic performance; (3) negatively affect the performance of the team; and (4) put the individual and members of the individual's team in danger. The use of drugs can, among other things, lead to problems in many areas of life: poor academic performance; poor athletic performance; relationship problems, etc. Some of the signs of problematic drug use include: lack of motivation (especially prevalent with marijuana), lethargy, not going to class regularly, agitation or nervousness, short temper, difficulty with sleep, loss of appetite, violence, loss of friendships, decline in grades or athletic performance. Another sign of problematic drug use is the need to do the drug on a frequent or regular basis (e.g., using marijuana daily) and/or not being able to function without it. Such "addiction" may be due to physical reasons, psychological reasons, or both.

Student-athletes who use drugs often do not fit the stereotype of a "drug abuser" or "addict." Any student-athletes who use drugs, even if not "addicted," run the risk of experiencing problems associated with drug use. It is important for student-athletes to know the signs of problematic drug use and to realize that the use of any illegal drug or the abuse of any drug is considered a violation of the drug policy.



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Updates or modifications to the Policy on Student-Athlete Monitoring and Assistance Program (SAMAP) will be reviewed and approved by the NCAA Faculty Athletics Representative, the University Athletics Committee, and the President.

3.0 Procedures

3.1 Substance Abuse Education

Education is the most valuable tool in the life-long prevention of substance abuse. The Office of Student-Athlete Development, with input from the SAMAPC, is committed to its responsibility in the area of substance abuse education. Examples include but are not limited to:

1. Arranging speakers and seminars for coaches and staff in order for them to be more familiar with areas of drug abuse, such as how to identify an abuser, how to help an abuser, and risks of drug abuse.
2. Programs provided for student-athletes, such as educational and motivational speakers that will provide the necessary information to enable student-athletes to make decisions that will enhance a healthy lifestyle.
3. Disseminating information and materials available from NCAA, University, and community resources in the areas of drugs, including alcohol and tobacco, as well as materials related to general health and well-being.
4. Providing opportunities during preseason meetings for student-athletes to discuss health, legal, and ethical risks of alcohol and other drug use.

3.2 Drug Testing

This program is required of all student-athletes including scholarship and non-scholarship student-athletes. All student-athletes are required to participate in the drug testing program as long as they are associated with the Athletics Department.

3.2.1 NCAA Drug Testing Program

The NCAA requires student-athletes competing in NCAA championships to be drug-free. Since August 1, 1990, a student-athlete who is found to have utilized a drug from the NCAA Banned Drug List is to be declared ineligible for all regular season and postseason competition through the time period ending one calendar year after the positive drug test (Exception: 6-month suspension for THC). Also, effective since August 1, 1990, testing for steroid use has been conducted on a year-round basis.

The NCAA drug-testing program involves urine collection on specific occasions (usually, NCAA championships, on-campus previous to football bowl games, or on other occasions for selected football and track athletes). The urine samples undergo laboratory analyses for substances on a list of banned drug classes developed by the NCAA Executive Committee. This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines and cocaine) and anabolic steroids, as well as other drugs.

A consent form, issued by the NCAA Management Council, is administered individually to student-athletes each academic year. Failure to sign the consent form shall result in the student-athlete's ineligibility for practice or competition. The consent form is kept on file in the Compliance Office for the Director of Athletics. Detailed information on the NCAA Drug Testing Program is on file in the office of the Director of Athletic Training.



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3.2.2 Virginia Tech Athletic Department Drug Testing Program

Virginia Tech and the Department of Athletics believe that alcohol and drugs have no place in intercollegiate athletics participation. The Department of Athletics has developed the Student-Athlete Monitoring and Assistance Program (SAMAP), which is designed to promote the physical and mental health of its student-athletes while protecting their individual rights to privacy. The program is administered by the Student-Athlete Monitoring and Assistance Program Committee (SAMAPC), which is composed of:

- Associate A.D., Sports Medicine (Chair)
- Assistant A.D., Licensed Clinical and Sport Psychologist
- Chief Medical Officer (CMO), Team Physician
- Sr. Associate A.D., Student-Athlete Services and University Affairs
- Sr. Associate A.D., Internal Operations (Ex Officio)

The comprehensive program consists of random testing as well as for improper drug use on the basis of reasonable suspicion or in response to a voluntary request from a student-athlete or a request by the coach. In addition, the program emphasizes education, preventative programs, and counseling.

The policies and procedures for the testing are reviewed and revised yearly by the SAMAPC and approved by the University Legal Counsel. The policies and procedures are distributed to all coaches and student-athletes each year.

Each student-athlete will be made aware of the consequences involved if he or she violates the rules established by SAMAPC and abuses chemical substances. All coaches are responsible for knowing the policies and procedures and for educating the student-athletes regarding the disciplinary actions that will be taken if they test positive.

Every fall, all student-athletes attend a mandatory meeting, in which Sports Medicine staff members review current drug testing policies and procedures with the student-athletes and culminates in the signing of the Consent to Testing Form (different from the NCAA form). This form is kept on file in the Compliance Office. According to Athletic Department policy, a student-athlete cannot practice or compete if he or she fails to sign the form.

All coaches involved in recruiting should advise the prospective student-athletes of the drug-testing program during the recruiting process. Coaches are expected to support the efforts of the Department of Athletics to ensure that the athletics program is drug-free and that Virginia Tech student-athletes are informed of the risks involved in drug use. Coaches' regular contact with student-athletes provides an excellent opportunity to counsel and educate. They are assisted in this effort by other departmental and university staff members.

3.2.3 Drug Testing Procedure

Testing will be conducted throughout the year (in season, out of season, and summer school). Testing takes a variety of forms:

1. Random individual test – student-athletes' names are computer generated and each receives a card which requires him or her to be tested with the day and time noted on the card;
2. Team testing – a team may be immediately tested before or after a workout or practice without notice;
3. Testing for reasonable suspicion – can be with or without notice;
4. Coach may request an individual or team test with or without notice when there is reasonable suspicion.

The testing site is in the Bowman Room or other area designated by Sports Medicine. The site is open from 6:00 a.m. to 9:00 a.m. to allow time to report without interfering with classes or other scheduled activities. Each student-



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athlete must produce a minimum 25 ml of urine for a routine test and 50 ml for a steroid test. All individuals taking prescribed or over the counter medications have the responsibility of notifying the respective crew chief at the testing site.

As mentioned above, the computer generates the names of student-athletes to be tested. The Director of Athletic Training, or designee, completes an appointment card for each student-athlete and delivers them to the sport athletic trainer to be distributed to the student-athletes.

Upon receiving the appointment card, the student-athlete will be asked to sign a notification acknowledgement form.

Failure to show up, being late or not giving a sample will be treated as a positive test result and the individual may receive planned treatment, education, or other actions at the discretion of the SAMAPC.

To ensure validity, each specimen will be obtained under direct supervision. Security of the specimen (chain of custody) will be implemented from the moment the student-athlete signs in until final completion of analysis of the specimen at the laboratory. Positive results, whether they are positive urine test or no-shows/no-voids, are communicated from the testing agency to the Chair of the SAMAPC.

In cases where student-athletes are found to be using drugs or are in non-compliance with collection procedures, a letter will be sent notifying them of the specific problem and informing the student-athlete of a meeting with the SAMAPC. Copies of the letter are sent to the head coach and sport administrator. After the meeting between the student-athlete and a representative of the SAMAPC, the student-athlete will be placed in Phase 1, 2, 3, or 4 of the program. In cases such as no-shows or no-voids, the SAMAPC may or may not place the student-athlete in any of the phases. In any case, SAMAPC will require more frequent future testing. Phases 1 through 4 are described in Sections 3.5.1 through 3.5.5 entitled Phased Guidelines. A chart summarizing related sanctions is shown below in Table 1.

Table 1 (# of Events found in NCAA Operating Manual)

STUDENT-ATHLETE MONITORING AND ASSISTANCE PROGRAM SANCTIONS SUMMARY			
SPORT	# OF EVENTS	10%	33%
BASEBALL	56 CONTESTS	5 CONTESTS	18 CONTESTS
BASKETBALL	27 or 29* CONTESTS	2 CONTESTS	9 CONTESTS
CROSS COUNTRY	7 DATES OF COMPETITION	1 DATE	2 DATES
FOOTBALL	12 CONTESTS	1 CONTEST	4 CONTESTS
GOLF	24 DATES OF COMPETITION	2 DATES	7 DATES
INDOOR/OUTDOOR TRACK	18 DATES OF COMPETITION	1 DATES	6 DATES
LACROSSE	17 CONTESTS	1 CONTEST	5 CONTESTS
SOCCER	20 CONTESTS	2 CONTESTS	6 CONTESTS
SOFTBALL	56 CONTESTS	5 CONTESTS	18 CONTESTS
SWIMMING/DIVING	20 DATES OF COMPETITION	2 DATES	6 DATES



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TENNIS	25 DATES OF COMPETITION	2 DATES	8 DATES
VOLLEYBALL	28 DATES OF COMPETITION	2 DATES	9 DATES
CHEERLEADING	CORRESPONDS WITH THE SAME % OF THE SPORT THAT THEY ARE PERFORMING FOR.		
HIGH TECHS	CORRESPONDS WITH THE SAME % OF THE SPORT THAT THEY ARE PERFORMING FOR.		
WRESTLING	16 DATES OF COMPETITION	1 DATE	5 DATES

3.2.4 Drugs Subject to Testing

The Virginia Tech Department of Athletics program tests for substances on a list of banned-drug classes developed by the Department and the NCAA. A sample list is shown below in Table 2. A detailed list is available upon request from the Sports Medicine Staff, the Athletics Department Office of Student-Athlete Development Staff, or the Chair of the SAMAPC. This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines, ecstasy, and cocaine), hallucinogens (such as LSD), anabolic steroids (such as Anavar and Dianabol), diuretics, masking agents, and marijuana, as well as any other drugs not prescribed for the student-athlete.

Table 2

STUDENT-ATHLETE MONITORING AND ASSISTANCE PROGRAM						
<i>SANCTIONS ASSOCIATED WITH MARIJUANA</i>						
SUBSTANCE	SCREENING SENSITIVITY	CONFIRMATION SENSITIVITY	FIRST OFFENSE*	SECOND OFFENSE	THIRD OFFENSE	FOURTH OFFENSE
Marijuana	20ng/mL	15ng/mL	Phase 1: Probation	Phase 2: 10%	Phase 3: 33%	Loss of Eligibility
<i>SANCTIONS ASSOCIATED WITH OTHER BANNED-DRUGS</i>						
Amphetamines/ Ecstasy	300ng/mL	100ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
LSD	.5ng/mL	.2ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Anabolic Steroids	10ng/mL	1ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Barbiturates	200ng/mL	100ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Benzodiazepines	200ng/mL	100ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Cocaine	100ng/mL	50ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
Nitrates	200mcg/mL	200mcg/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A



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Opiates	100ng/mL	50ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
PCP/Angel Dust	20ng/mL	10ng/mL	Phase 3: 33%	Phase 4: 1 yr.	Loss of Eligibility	N/A
* Percentages represent amount of contests lost due to a positive drug test.						

3.3 Counseling

Counseling is required for each student-athlete whose drug test is positive. Counseling, especially for drug related problems, is coordinated by the SAMAPC. Counseling continues until the counselor releases the student-athlete. Failure to attend could result in further loss of competitions. If continued counseling is recommended, various counseling options are available.

Under no circumstances will the counselor release information without prior consent of the student-athlete. The counselor only reports to the committee if the student-athlete does not attend the counseling sessions. Counseling is also available to any student-athlete who feels it would be beneficial.

3.4 Appeal Process

If a student-athlete believes the facts on which the SAMAPC's decision is based are erroneous or that the sanction(s) should not be imposed, the student-athlete may file a written appeal with the Director of Athletics within 15 days after receipt of the letter from the Chair of the SAMAPC notifying the student-athlete of the committee's action. The appeal must include any information which might change the factual findings of the SAMAPC or the sanction(s). If the Director of Athletics believes a basis exists for the appeal, then the Director of Athletics shall make the final decision regarding the appeal and will notify the student-athlete and SAMAPC in writing of the decision.

IMPORTANT NOTE: In cases where a student-athlete is deemed to have a positive drug test and such test results in sanctions affecting his or her ability to compete, and the student-athlete is scheduled to engage in competition before a determination can be made by the SAMAPC or the conclusion of any appeal under the standard review and appeal procedures, the student-athlete will be suspended from that competition pending a final decision. Time permitting, the student-athlete can request an expedited meeting of SAMAPC and an expedited appeal to the Director of Athletics. The appeal must include any information which might change the factual findings of the Committee or the sanction(s). By selecting the expedited process, the student-athlete waives the right to the standard review and appeal procedures. Under the expedited process, the SAMAPC will meet, by telephone if not in person, and in consultation with the Director of Athletics, a decision will be rendered before the competition. If the SAMAPC is unable to meet or the Director of Athletics cannot render a decision before the competition, the student-athlete will not be permitted to participate in the competition.

3.5 Sanctions and Requirements When Failing to Pass a Drug Test

SAMAPC believes that it is in the best health interest of student-athletes to follow these policies and adhere to the rules outlined regarding drug use. However, in those cases where individuals engage in drug behaviors that violate the rules set forth, it is important that there is a clear understanding of the potential consequences. These are outlined in the following sections which describe procedures that may be implemented when a student-athlete is placed in Phase 1, 2, 3, or 4, or Loss of Eligibility. Any violation(s) of this policy may be subject to further action(s).



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per individual team rules as outlined in the respective team's rules.

"A positive is a positive." Generally, defenses such as passive inhalation or being in the company of people who are smoking marijuana will not be accepted by SAMAPC. If a student-athlete tests positive for a prescription medicine, it will be considered a positive unless the athlete has a doctor's prescription in his or her own name. SAMAPC may not accept the excuse for a positive that "someone else put something in my drink."

SAMAPC cannot determine how a student-athlete became positive for a drug. SAMAPC recommends to all student-athletes that they be careful of their association with people that are involved with drug use.



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Phase 1 Guidelines	A. The student-athlete meets with SAMAPC, and if the positive test is upheld, the student-athlete will receive a formal written warning stating that a second positive test will result in further disciplinary action.
	B. The student-athlete will receive one (1) year probation – any additional positive test(s) will result in the student-athlete moving to Phase 2 of this Policy.
	C. SAMAPC will determine a Plan of Care for the student-athlete to include, but not limited to: <div><div>1. Notification of the following individuals:<div><div>1. Student-athlete and his or her parent or guardian</div><div>2. Head Coach</div><div>3. Sport Administrator</div><div>4. Clinical and Sport Psychologist</div><div>5. Director of Athletics</div><div>6. C.M.O.</div></div></div><div>2. The student-athlete will be subject to repeat testing.</div></div>
Phase 2 Guidelines	A. The student-athlete meets with the SAMAPC, and if the positive test is upheld, the student-athlete is to be suspended immediately from competition. <div><div>1. The length of the suspension is equal to 10% of the team’s season competition schedule where the student-athlete represents Virginia Tech (for the number of events, please see Section 3.2.4, Table 1). The suspended events will be the next consecutive events in the schedule. Postseason events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Postseason Invitational events). Further details of the suspension related to team activities shall be decided in consultation between the sport administrator, the head coach, and the SAMAPC.</div></div>
	B. The Chair of the SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions: <div><div><div>1. Student-athlete and his or her parent or guardian</div><div>2. Head Coach</div><div>3. Sport Administrator</div><div>4. Clinical and Sport Psychologist</div><div>5. Director of Athletics</div><div>6. C.M.O.</div></div></div>
	C. The student-athlete must appear before SAMAPC on additional occasions as requested.
	D. <u>Counseling is mandatory</u> and attendance will be monitored by the SAMAPC. The student-athlete must attend a counseling session within two (2) weeks of the meeting with SAMAPC (allowances can be made when there is a conflict with the University Calendar). If the student-athlete fails to attend this meeting or subsequent sessions, there can be an additional 10% game suspension assessed by SAMAPC.



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	E. Follow-up drug testing may occur over a period of six (6) months.						
	F. If a team completes its competition schedule while a student-athlete is under Phase 2 sanctions, the student-athlete’s suspension will be carried over into the next season’s competition. If an individual tests positive during a redshirt year, the student’s suspension will begin during next season’s competition (i.e. game suspension will not be applied during a redshirt season or during a medical hardship).						
Phase 3 Guidelines	A. The student-athlete meets with SAMAPC, and if the positive test is upheld, the student-athlete is to be suspended immediately from competition. 1. The length of the suspension is equal to 33% of the team’s season competition schedule where the student-athlete represents Virginia Tech. The suspended events will be the next consecutive events in the schedule. Postseason events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Postseason Invitational events). Further details of the suspension related to team activities shall be decided in consultation between the sport administrator, the head coach, and the SAMAPC.						
	B. The Chair of the SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions: <table><tr><td>1. Student-athlete and his or her parent or guardian</td><td>4. Clinical and Sport Psychologist</td></tr><tr><td>2. Head Coach</td><td>5. Director of Athletics</td></tr><tr><td>3. Sport Administrator</td><td>6. C.M.O.</td></tr></table>	1. Student-athlete and his or her parent or guardian	4. Clinical and Sport Psychologist	2. Head Coach	5. Director of Athletics	3. Sport Administrator	6. C.M.O.
	1. Student-athlete and his or her parent or guardian	4. Clinical and Sport Psychologist					
	2. Head Coach	5. Director of Athletics					
	3. Sport Administrator	6. C.M.O.					
	C. The student-athlete must appear before SAMAPC on additional occasions as requested.						
D. <u>Counseling is mandatory</u> and attendance will be monitored by SAMAPC. The student-athlete must attend a counseling session within two (2) weeks of the meeting with SAMAPC (allowances can be made when there is a conflict with the University Calendar). If the student-athlete fails to attend this meeting or subsequent sessions, there can be an additional 10% game suspension assessed by SAMAPC.							
E. Follow-up drug testing may occur over a period of six (6) months.							
F. If a team completes its competition schedule while a student-athlete is under Phase 3 sanctions, the student-athlete’s suspension will be carried over into the next season’s competition. If an individual tests positive during a redshirt year, the student’s suspension will begin during next season’s competition (i.e., game suspension will not be applied during a redshirt season or during a medical hardship).							



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Phase 4 Guidelines	A. The student-athlete meets with the SAMAPC, and if the positive test is upheld,, the student-athlete is to be immediately suspended from competition	
	1. <u>The length of the suspension is equal to one (1) calendar year</u> from the finding of a positive drug test. The suspended events will be the next consecutive events in the schedule. Postseason events are also included in the suspension (e.g. Conference Championships, NCAA Championships, Bowl Games, Postseason Invitational events).	
	2. The student-athlete will be charged with the loss of one (1) season of competition; a redshirt season or medical hardship cannot be used to substitute for the loss of the season of competition.	
	B. The Chair of SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions:	
	1. Student-athlete and his or her parent or guardian	4. Clinical and Sport Psychologist
	2. Head Coach	5. Director of Athletics
	3. Sport Administrator	6. C.M.O.
	C. The student-athlete must appear before SAMAPC on additional occasions as requested.	
	D. Counseling is mandatory and attendance will be monitored by SAMAPC. An assessment will be made to determine the student-athlete’s desire for more aggressive treatment.	
	E. Follow-up drug testing will be mandatory.	
	F. If a team completes its competition schedule while a student-athlete is under Phase 4 sanctions, the student- athlete’s suspension will be carried over into the next season’s competition. If an individual tests positive during a redshirt year, the student’s suspension will begin during next season’s competition (i.e., game suspension will not be applied during a redshirt season or during a medical hardship).	
Loss of Eligibility	A. The student-athlete is immediately suspended and the Department of Athletics revokes all privileges of participating in athletic activities or of using athletic facilities.	
	B. The Chair of SAMAPC will notify the following individuals of the recommended Plan of Care and sanctions:	
	1. Student-athlete and his or her parent or guardian	4. Clinical and Sport Psychologist
	2. Head Coach	5. Director of Athletics
	3. Sport Administrator	6. C.M.O.



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	C. The student-athlete must appear before the SAMAPC on additional occasions as requested.
	D. Follow up drug testing may be mandatory.
	E. Evaluation for further services will be conducted by the SAMAPC. Further counseling and/or treatment sessions may be required for the student-athlete on an individual basis, including the possibility of inpatient treatment. 1. The offer to coordinate inpatient or outpatient treatment will be extended to the student-athlete under the clinical supervision of the Department of Athletics. "Clinical supervision" means that in some cases an alternative treatment is preferable to or needs to precede inpatient treatment. In these cases, the treatment is supervised by appropriate Athletic Department medical or mental health professionals.
	F. Financial aid will not be renewed beyond the semester of the current financial aid contract.
	G. PLEASE NOTE: When a student-athlete tests positive for the first time and the sample contains more than one drug, the more severe sanctions may be applied. SAMAPC reserves the right to recommend different Plans of Care or sanctions than those listed above on the advice of the Chair of the SAMAP.



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3.6 Other Positive Drug Tests

Documentation of a “positive” drug test from a recognized National or International Sports Governing Body will be considered as a “positive” drug test performed by our laboratory and will place the student-athlete in the appropriate phase. If a student-athlete has tested “positive” for drugs by the NCAA, he or she must abide by the NCAA policy. The NCAA requires a one (1) calendar year minimum suspension. If a student-athlete transfers, an NCAA positive test result must be reported to the new school. A positive drug test by the NCAA will also be treated as a positive drug test by the Department of Athletics. The NCAA sanction and the departmental sanction will be imposed at the same time. The more severe sanction of the two will be enforced.

3.7 Self-Report Referrals

A student-athlete who voluntarily approaches any member of the SAMAPC or Athletics Staff for help with his or her drug problem, prior to a University request for the student-athlete to be available for testing, will be accorded confidentiality and professional help. A voluntary request for assistance will result in therapeutic treatment without loss of scholarship aid or participation on the team provided the student-athlete agrees to the terms of his or her rehabilitation.

A student-athlete who voluntarily asks for assistance, but does not follow the terms of his or her Plan of Care, will be sanctioned according to post-test procedures for positive results. A student-athlete will serve both phases if a second positive occurs in any future testing.

4.0 Definitions

Student-Athlete Monitoring and Assistance Program Committee (SAMAPC): Appointed by the Virginia Tech Director of Athletics, the Committee is responsible for implementing all drug testing policies. The Associate Athletics Director for Sports Medicine serves as Chair of SAMAPC.

5.0 References

Current Virginia Tech Student-Athlete handbook.

6.0 Approval and Revisions

Approved June 2, 2003 by the Virginia Tech Board of Visitors

- Revision 1

Periodic policy review resulting in extensive updates throughout Section 3.0.



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Added a requirement in Section 2.0 that all future updates or modifications to this policy will be reviewed and approved by the NCAA Faculty Athletics Representative, the University Athletics Committee, and the President prior to Board of Visitors approval.

Reviewed November X, 2018, by the University Athletics Committee.

Reviewed November X, 2018, by the University President, Timothy D. Sands

Approved November X, 2018, by the Virginia Tech Board of Visitors.