NCAA Alcohol, Tobacco and Other Drug Education Guidelines

NCAA bylaws require that the director of athletics or designee educate student-athletes about NCAA banned drugs and the products that may contain them. The following provides a framework for member schools to consider when developing and delivering drug education to all student-athletes. Athletics administrators, coaches and sports medicine personnel should also participate in drug-education sessions. Campus colleagues may provide additional support for your efforts.

In Preparation for school drug education programs, annually:

- ❒ Develop a written policy on alcohol, tobacco and other drugs. This policy should include a statement on recruitment activities, drug testing, disclosure of all medications and supplements, discipline and counseling or treatment options.
- ❒ Review the NCAA, conference and school drug-testing program policies and update handbook materials accordingly.
- ❒ Include NCAA list of banned substances and NCAA written policies in student-athlete handbook.
- ❒ Identify NCAA, conference and school rules regarding the use of cannabinoids, performance-enhancing substances and nutritional/dietary supplements, and consequences for breaking the rules.
- ❒ Display posters and other NCAA educational materials in high-traffic areas.
- ❒ Include the following printed warning in the student-athlete handbook:

  There are no NCAA-approved nutritional or dietary supplements. Before consuming any nutritional/dietary supplement product or using any medication, review the product and/or medication label with your athletics department staff. Nutritional/dietary supplements are not well regulated and may cause a positive drug test result. All nutritional/dietary supplements are taken at your own risk.

Tasks and timelines for educating student-athletes:

By July 1:

- ❒ Send out the NCAA list of banned substances, the nutritional/dietary supplement warning and information to all returning student-athletes and known incoming student-athletes.

Orientation at Start of Academic Year:

- ❒ Ensure that student-athletes sign NCAA compliance forms.
- ❒ Provide student-athletes with a copy of the written drug policies as outlined above.

❒ Verbally explain all relevant drug policies with student-athletes and staff:
- NCAA banned drug classes (note that all related compounds under each class are banned, whether or not they are listed as an example.)
- NCAA drug-testing policies and consequences for testing positive, including failure to show or tampering with urine sample.
- Risks of using nutritional/dietary supplements – read the nutritional/dietary supplement warning.
- NCAA tobacco use ban during practice or competition.
- Conference and school drug-testing program policies, if appropriate.
- Cannabinoids use policies and school sanctions for violations, if appropriate.

Team Meetings:

❒ Repeat the information from the orientation at team meetings throughout the year.

Start of Each New Academic Term:

❒ Repeat the information from the orientation at start of new academic terms to reinforce messages and to ensure transfer student-athletes are exposed to this information.

Throughout the Year:

❒ Provide additional drug-education opportunities using NCAA Drug-Testing Program resources.

*** For authoritative information on NCAA banned substances, medications and nutritional/dietary supplements, contact Drug Free Sport AXIS at 816-474-7321 or www. axis.drugfreesport.com (access code: ncaa1, ncaa2 or ncaa3).**