THE UNIVERSITY OF TEXAS AT DALLAS ATHLETIC DEPARTMENT
DRUG EDUCATION & DRUG TESTING POLICY

PHILOSOPHY

The Athletic Department and NCAA believe in the promotion of good physical health and safety of all student-athletes. There is a commitment to developing and maintaining a drug and alcohol free environment, including, but not limited to alcohol, street drugs, performance enhancing drugs (PED's), and all tobacco use. Therefore, the Athletic Department's Substance Abuse and Education Program will consist of a two-fold process: (1) student-athlete education, and (2) year-round illegal drug and substance abuse testing. The purpose of the educational program is to assist student-athletes by insuring that they are well informed about illegal drugs, dietary supplements, and the abuse of legal drugs. The educational program further attempts to promote a healthy student-athlete lifestyle as well as create a fair competitive environment. The purpose of the year-round drug and substance abuse testing program is to discourage the use of illegal drugs, and abuse of legal drugs and dietary supplements by student-athletes through a screening program based on periodic testing designed to identify those who use any substance banned by The University of Texas at Dallas (UTD) and/or the NCAA. Student-Athletes are assured that the program is designed to insure their continued mental and physical well-being.

This policy is not to be construed as a contract between the institution and the student-athletes at The University of Texas at Dallas. However, signed consent and notification forms shall be considered affirmation of the student-athlete's agreement to the terms and conditions in this policy.

The University of Texas at Dallas reserves the right to amend this policy at any time, and this program is **separate and distinct** from the NCAA Drug-Testing Program.

OBJECTIVES

- To maintain the integrity of the intercollegiate athletics program by emphasizing abstinence from the use of unauthorized drugs, tobacco and alcohol
- To educate student-athletes as to the physical, psychological, social and legal ramifications of illegal use of drugs, alcohol, tobacco and/or performance enhancement chemicals
- To provide an early detection protocol for potential drug and/or alcohol use, as well as recreational and addictive drugs and/or alcohol use
- To recommend rehabilitation and counseling services for any student-athlete who may have a drug or alcohol problem; and
- To abide by all University, Conference, and NCAA policies and procedures.

STAFF RESPONSIBILITY:

All athletic department staff members must be versed in and committed to the athletic department's drug education and testing program. In that regard, no athletic department staff member will encourage, condone or advise any student-athlete in the use of performance enhancing, non-therapeutic drugs, alcohol, tobacco or recreational drugs. Further, they will not issue or assist the student-athlete in obtaining any performance enhancing/non-therapeutic drugs. Additionally, athletic department staff members must actively educate student-athletes against these types of substances and report the use, suspected use or concern to the director of athletics. (Please see the **Drug Testing Reasonable Suspicion Reporting Form (Appendix A))**. All athletic department staff members will direct any student-athlete who desires to use supplements to the Head Athletic Trainer/Head Strength and Conditioning Coach for clearance. Any athletic department staff member found to be in violation of this policy is subject to discipline and/or dismissal.

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I. STUDENT-ATHLETE NOTIFICATION AND EDUCATION:

1.1 All student-athletes will be notified of the Substance Abuse and Education program by the head athletic trainer, head coach, drug-site testing coordinator, or the designate of the Athletic Director. In compliance with the NCAA Constitution 3.2.4.6 and Bylaws 14.1.4 and 30.5, all student- athletes will be required to annually sign a drug testing consent form and institutional consent statement for both NCAA drug testing and UTD drug testing. Parental/Guardian signature will be required for student-athletes under the age of 18.

1.1.1 **The University of Texas at Dallas Department of Athletics Drug/Alcohol Education & Testing Program Student-Athlete Consent Form (Appendix B)** All student-athletes will sign this form annually.

1.1.2 Annually, all student-athletes will be provided with a list of the **NCAA Banned Drugs, Procedures Subject to Restrictions, and the NCAA Nutritional/Dietary Supplements Warning (Appendix C).** This information can also be found on the athletic department website.

1.1.3 Drug Testing may include but is not limited to those substances as outlined in the NCAA Banned Drug Classes List (Appendix C). The University of Texas at Dallas Athletic Department will adopt this list as substances that may be tested for under its Drug Education and Drug Testing Policy.

1.1.3.1 Alcohol, tobacco products, performance-enhancing substances, and any synthetic variations of these products or those listed on the NCAA Banned Drug Classes List will also be added to the above list of substances that may be tested for.

1.1.4 Student-athletes may consult the NCAA Sports Science Institute website (www.ncaa.org) and the Drug Free Sport AXIS website (https://axis.drugfreesport.com) for additional information on banned substances, dietary supplements and educational materials to protect their health.

1.1.4.1 Drug Free Sport AXIS Login:

1) Select Organization: NCAA DIVISION II
2) Enter Password: ncaa2
3) Click on the "Login" tab

1.2 All student-athletes will be asked to participate in a minimum of one informative educational seminar each academic year concerning the harmful effects of drugs and illegal substances. Student-athletes will be provided a opportunity to ask questions and be provided the most readily available information.

1.3 Student-athletes who test positive for a "banned substance" and who are determined by the Athletic Department to be in need of further education or counseling for drug and/or substance abuse will be encouraged by the Athletic Department to visit on-campus professionals to address these issues. All requests for counseling will be referred to the Counseling Center for initial evaluation. Requests for counseling will be made after the athletic director and/or head coach has visited with the student-athlete and determined a need for counseling.

1.4 It is recommended that Potential Student-Athletes (PSA's) to The University of Texas at Dallas should be made aware of this policy during their recruiting period. It can be located on the Athletic Department website. Any questions by PSA's should be directed to the Head Athletic Trainer for The University of Texas at Dallas.

II. NCAA DRUG TESTING PROGRAM

2.1 NCAA DRUG AND SUBSTANCE ABUSE TESTING

2.1.1 According to NCAA Bylaw 18.4.1.5, "a student-athlete who is found to have utilized a substance on the list of banned drugs, as set forth in 31.2.3.1, shall be declared ineligible for further participation in post-season and regular-season competition in accordance with the ineligibility provisions in 18.4.1.5.1." Bylaw 31.2.3 provides for penalties for repeat positive tests, and further states that the student-athlete will remain ineligible until a negative test is produced.

2.1.2 The NCAA is responsible for all aspects of its drug testing to include medical code, organization, causes for loss of eligibility, student-athlete selection, notification, specimen collection, chain of custody, notification, appeal process, and restoration of eligibility. A complete copy of the guidelines for these procedures is available from the Athletic Department **and on the NCAA website at www.ncaa.org**.

2.1.3 The Associate Athletic Director for Student Services/Head Athletic Trainer will serve as NCAA Drug Testing Site Coordinator for all NCAA year-round substance abuse testing conducted on-campus.

2.1.4 In the event of a NCAA positive drug test, the Director of Athletics, Senior Woman Administrator/Associate Athletic Director for Compliance and NCAA Drug Testing Site Coordinator will be notified.

2.1.5 Student–athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a urine sample according to protocol, or attempt to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance.

2.1.6 The NCAA conducts testing at its NCAA Championship events. A random selection is made by the NCAA on who is to be selected from each team for drug testing.

2.1.7 The student-athlete's eligibility is conditioned upon his or her signing an NCAA drug testing consent form.

2.1.8 An NCAA positive drug test will count as a positive UTD drug test.

2.1.9 All NCAA drug testing information is available upon request by all student-athletes and coaches. An NCAA Drug Testing Program Manual is available online at NCAA Drug Testing Program or in the office of the Associate Athletic Director for Student-Wellness/Head Athletic Trainer.

III. INSTITUTIONAL DRUG AND SUBSTANCE ABUSE TESTING

3.1 METHODS FOR SELECTION

3.1.1 Drug Testing

The Athletic Department will conduct random institutional drug testing of all athletic teams in addition to testing by the NCAA. Throughout the year, a random sampling of all student-athletes from each sport will be taken for institutional drug testing. The Drug Testing Site Coordinator is responsible for submitting all institutional drug-testing reports to the Athletic Director upon request.

3.1.2 Student-Athletes Eligible for Drug Testing

The student-athletes who are eligible for drug testing can include, but is not limited to, any student-athlete listed on the NCAA or affirmation of eligibility list, which includes those who are actively participating, partial qualifiers, non-qualifiers, those with season-ending injuries and student-athletes who have expressed interest in or have entered the Transfer Portal student-athletes.

3.1.3 Notification for Drug Testing

The Drug Testing Site Coordinator or Athletic Department Designee will give those student-athletes selected for drug testing notice by email and ARMS notification that may come as a push message on the ARMS app, text message or email. Notification will occur no more than 24 hours prior to the test.

3.1.3.1 **Student-Athlete Notification Form (Appendix D)**

Upon notification of selection for drug testing, the student-athlete will have to meet with the Drug Testing Site Coordinator to complete the Student-Athlete Notification Form. At this time, a copy of the Collection Guidelines (Appendix E) and Information Sheet (Appendix H) will also be provided to the student-athlete and gone over with him/her.

3.1.4 Pre-Season Screening

Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to their first competition.

3.1.5 Post-season/Championship Screening

Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty (30) days prior to the post-season competition. If a student-athlete tests positive, he or she will not be allowed to compete at the post-season event and will be subject to sanctions herein.

3.1.6 Re-entry Testing

A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as a result of a drug and/or alcohol violation may be required to undergo re-entry drug and/or alcohol testing prior to regaining eligibility. The Director of Athletics or his/her designee shall arrange for re-entry testing after those administrators involved in the student-athlete's case indicate that re-entry into the intercollegiate sports program is appropriate.

3.1.7 Follow-up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject of follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Athletic Director or his/her designee in consultation with the counselor or specialist involved in the student-athlete's case.

3.1.8 Reasonable Suspicion Testing

Nothing in this policy shall prevent or limit The University of Texas at Dallas' right to require a student-athlete to submit to testing when there is cause to do so. For purposes of this section, "cause" shall be defined as behavior (physical or verbal), conduct, or performance by the student-athlete, which leads the University to conclude that there, is the likelihood that the student-athlete is taking or is under the influence of illegal drugs, banned substances, alcohol, or tobacco.

3.1.8.1 Among the indicators that may be used in evaluating a student-athlete's behavior (physical or verbal), conduct, or performance, reasonable suspicion would be based upon:

3.1.8.1.1 Class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, changes in physical appearance, academic/athletic motivational level, emotional condition, mood changes, verbal queues and/or legal involvement. This list is not all inclusive and staff member should document when such activity occurs.

3.1.8.1.2 Information received that a student-athlete is using illegal drugs or alcohol

3.1.8.1.3 Behavioral indicators, including but not limited to repeated or insistent questioning about drug-testing procedures, timing, or frequency, which may reasonably suggest concern about detection. Other behaviors or observations as outlined in the Drug Testing Reasonable Suspicion Reporting Form (Appendix A)

3.1.8.2 In such case, the determination that "cause" exists to require a student-athlete to submit to testing will be made only after consultation with the Director of Athletics. The observations, behavior, conduct or performance of the student-athlete are such that testing for cause is required to protect the health of the student-athlete, the health of others, and/or to protect the integrity of the sport. In such cases, no notice of the drug test may be given to the student-athlete.

3.1.8.3 Drug Testing Reasonable Suspicion Reporting Form (Appendix A)
If a staff member suspects that a student-athlete may being showing "cause" for a drug test, it is asked that the staff member submit the above form to the Director of Athletics and the documentation he/she has to support that suspicion including dates, times and reason for the suspicion of each encounter.

3.1.9 Collection Procedures
A third party administrator will be responsible for the collection process when available; otherwise, collection may be done by an appropriate Athletic Training Staff member. A certified laboratory will be responsible for analyzing the urine/oral specimen(s).

3.1.9.1 Further information on the collection process can be found in the **Collection Guidelines (Appendix E)**

3.1.10 Substances Tested
Testing of the sample is intended to detect and/or identify those substances, which are banned by the NCAA. All student-athletes will be provided the NCAA Banned Substance List **(Appendix C).** It is their responsibility to ask questions if clarification is needed. Due to advances in research and technology, other substances may be tested; The University of Texas at Dallas reserves the right to test for them at any time. The NCAA banned substance list can be found HERE. Although the NCAA has removed Marijuana metabolites from their banned substances list, for institutional testing it is still included as it is still illegal in the State of Texas.

Urinalysis/Drug Screening	Thresholds/Expected Range
URN Creatinine	10.0-300.0 mg/dL
MDMA Screen	300 ng/mL
Cocaine Metabolites	100 ng/mL
Benzodiazepines	200 ng/mL
Barbiturates	200 ng/mL
Marijuana Metabolites	75 ng/mL
Opiates	300 ng/mL
Phencyclidine	20 ng/mL
Amphetamines Class	300 ng/mL

3.1.11 Reporting Results
Upon certification of the results by the certified laboratory, the Drug Site Testing Coordinator/Head Athletic Trainer will be notified via secured email of the test results conducted on the samples provided by the student-athletes.

3.1.11.1 Reporting of a Positive Drug Test - The Head Athletic Trainer will review the positive test results with consultation from the Team Physician to see if there is an acceptable explanation for the positive test(s). The Drug Testing Site Coordinator/Head Athletic Trainer will then notify the Athletic Director of positive test results. The Athletic Director will have a meeting with the Head Athletic Trainer and the student-athlete

where the results will be discussed. The Dean of Students for the University may also be informed of all positive drug tests, and the student-athlete may be subject to any additional disciplinary from that office. All test results will be managed to maintain a high level of confidentiality.

3.1.12 All test results accumulate during the entire time that an individual is a student-athlete at The University of Texas at Dallas.

3.2 EFFECTS OF A POSITIVE TEST

Offenses	**Disciplinary Action**
1st offense	Student-athlete will be required to attend BASICS/CASICS training at the Student Wellness Center (https://www.utdallas.edu/studentwellness/alcohol/index.html). • Student-athlete will be required to complete 15 hours of department approved community service (see details below). This community service must be complete before the student-athlete is allowed back to practice and/or intercollegiate competition if out-of-season. • Student-athlete suspended for the first 15% of scheduled competition (exhibition games will be excluded). Loss of competition imposed will carry over to post-season games & the following year if needed. • The student-athlete may be withheld from practice if deemed necessary based on the student-athlete's health status as the drugs taken affect it. The Drug Testing Coordinator/Head Athletic Trainer, Team Physician and Athletic Director will determine this decision. • Subject to additional follow-up testing throughout the student-athlete's career
2nd offense	Student-athlete will be required to attend BASICS/CASICS training at the Student Wellness Center (https://www.utdallas.edu/studentwellness/alcohol/index.html). • Student-athlete will be required to complete 30 hours of department approved community service (see details below). This community service must be complete before the student-athlete is allowed back to practice and/or intercollegiate competition. • Student-athlete suspended for the first 30% of scheduled competition (exhibition games will be excluded). Loss of competition imposed will carry over to post-season games & the following year if needed. • Student-athlete will not be allowed to practice or participate in any team-related activities • Subject to additional follow-up testing throughout the student-athlete's career
3rd offense	• Student-athlete will be suspended indefinitely, and disallowed from ever returning as a participant in any Athletic Department-sponsored activity.

3.2.1 The Athletic Director or designee shall notify the student-athlete and the head coach of a positive test result for securing assistance in the prevention of further drug use by the student-athlete.

3.2.1.1 If the student-athlete who tests positive is a minor, the Athletic Director or his/her designee will notify his/her parents of the positive drug test. This notification may occur in the presence of the minor student-athlete if he/she wishes.

3.2.2 A student-athlete with a positive test result will be encouraged to visit the UTD counseling center for initial evaluation and potential rehabilitation regarding drug use and abuse. The counseling center will determine the educational content and duration for this program.

3.2.3 The student-athlete may be withheld from practice if deemed necessary based on the student-athlete's health status as the drugs taken affect it. The Drug Testing Site Coordinator/Head Athletic Trainer, Team Physician and Athletic Director will determine this decision.

3.2.4 **The student-athlete may be required to provide a negative drug test prior to being reinstated to competition.** A student-athlete who tests positive may be subject to additional follow-up testing over the student-athlete's athletic career. Any loss of competition imposed will carry over into post-season games & the following year if it is not possible to complete the sanction in the current year.

3.2.5 **In the case of a student-athlete who is injured/ill and has a positive drug test, resulting in any loss of competition:** Any loss of competition will begin once the student-athlete is finally cleared by the treating physician to resume all sport-related activity without restrictions.

3.2.6 **In the case of a student-athlete who is not academically eligible, or becomes academically ineligible, and has a positive drug test resulting in any loss of competition:** Any loss of competition will begin, or continue, once the student-athlete is again declared academically eligible and meets the guidelines set forth by the NCAA, the University, and the Athletic Department.

3.2.7 If the student-athlete provides a third positive specimen, that student-athlete will be disallowed from ever returning as a participant in any Athletic Department-sponsored activity.

3.2.8 **Multi-Sport Athletes**
For any student-athlete who participates in multiple sports, and who tests positive, disciplinary action will apply to both sports in the case where the full suspension cannot be fulfilled in the current or upcoming season. (i.e. – A student-athlete participates in both men's soccer and baseball and has a first violation at the end of the soccer season. If were to be 3 games in soccer but only 1 game remained in soccer season, the student-athlete would be suspended the last game of soccer season which would account for 5% of season the remaining 10% would be assessed during baseball season which would be approximately 6 games).

3.3 SAFE HARBOR PROGRAM

3.3.1 A student-athlete eligible for the Safe Harbor Program may refer himself/herself for voluntary evaluation, testing and treatment for alcohol or drug problems. A student-athlete is not eligible to enter the Safe Harbor Program:

1. More than one (1) time;
2. After he/she has been informed of an impending drug test;
3. After documentation of a positive drug test; or

4. Thirty (30) days prior to NCAA or Conference postseason competition.

3.3.2 The University of Texas at Dallas will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative sanctions except those listed in this section (i.e. the team physician may suspend the student from play or practice if medically indicated). A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan.

3.3.3 If a student-athlete is determined to have new banned substance use and/or alcohol use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate disciplinary actions as detailed in The University of Texas at Dallas Department of Athletics Drug Testing Policy and Procedures. Entering the Safe Harbor Program will be treated as one of the disciplinary action phases and any positive test indicating new banned substance use and/or alcohol use after the initial Safe Harbor Program test will be treated as the next subsequent positive.

3.3.4 While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by The University of Texas at Dallas. Students in the Safe Harbor Program may be selected for drug testing by the NCAA. The Director of Athletics, Team Physician, Head Athletic Trainer, and the student-athlete's Head Coach may be informed of the student-athlete's participation in the Safe Harbor Program. The athletic trainer assigned to the student-athlete's sport may also be notified if medically appropriate. The assistant coaching staff may also be informed at the discretion of the Head Coach. Other University employees may be informed only to the extent necessary for the implementation of this policy.

3.3.5 Safe Harbor Policy and Procedures Acknowledgment Form (Appendix F)

3.4 OTHER DEFINITIONS OF A POSITIVE DRUG TEST

Student-athletes who:

- Fail to sign the notification form or signature form,
- Fail to arrive at the collection station at the designated time without reasonable justification and notification to the Drug Site Coordinator that morning during testing,
- Fail to provide a urine sample according to protocol,
- Fail to provide a urine sample within 3 hours of arrival to the collection station and refuse to give an oral swab sample,
- Fail to arrive for drug testing due to illness and do not provide doctor's note within 24 hours of drug test to the Drug Testing Site Coordinator,
- Leave the collection station before providing a specimen according to protocol, or
- Attempt to alter the integrity or validity of the urine specimen and/or collection process will be treated as if they provided a positive urine specimen for a banned substance.

3.5 APPEALS PROCESS

3.5.1 Student-athletes who test positive for a banned substance by the laboratory retained by the institution may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete's request for additional testing of the sample, the Director of Athletics/designee will formally request the laboratory retained by The

University of Texas at Dallas to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.

3.5.2 Student-athletes who test positive under the terms of this policy will be entitled to a hearing with the Director of Athletics or his/her designee prior to the imposition of any sanction. Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics or his/her designee.

3.5.2.1 In order to maintain a sense of transparency in the process, in addition to the Director of Athletics, the hearing will include the Drug Testing Appeals subcommittee made up of 5 members of the Compliance Council, including the Director of Athletics, Senior Woman Administrator, a member from university student conduct, Faculty-Athletics Representative, and a member from university legal department. In the event for a speedy hearing to occur another member of the Compliance Council can be inserted onto the subcommittee.

3.5.2.1.1 The process of the hearing will be as follows:

1. Compliance Council Members meet briefly to go over the case and allow all parties to ask questions.
2. Student-athlete comes into meeting
3. Head ATC speaks to the policy, testing and the failed test.
4. SA speaks to why appealing and states their case with any documentation.
5. Compliance Council Members ask the SA additional questions as needed.
6. SA is allowed to ask any questions (timeline, etc)
7. SA is asked to leave the room
8. Compliance Council members discuss and vote.
9. Documentation is noted
10. SA is informed of the decision by the Director of Athletics or designee
11. Compliance Council will be emailed with decision for documentation purposes

3.5.2.2 The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case.

3.5.2.3 The meeting should take place as soon as subcommittee and student-athlete can be brought together for a hearing after the written request is received.

3.5.2.4 These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the subcommittee regarding the sanction to be imposed shall be final.

3.6 INSTITUTIONAL DRUG TESTING RECORD KEEPING

The Drug Testing Site Coordinator will keep records on the number of student-athletes tested and the results of the tests. These results are kept confidential to the extent allowed by applicable state and federal laws, related rules and regulations. Results will be compared with previous years' results to determine the effectiveness of the substance abuse and education program.

3.7 DIETARY SUPPLEMENTS

Dietary supplements have become commonplace in athletics since the passage of the Dietary

Supplements Health and Education Act in 1994. Deceptive marketing by supplement manufacturers and supplement distributors have led student-athletes to believe that a product with the word "all natural" on the label is safe. **The use of ANY dietary supplements is at the user's own risk, regardless of what is listed on the label.** The DFS Axis does NOT recommend the use of dietary supplements. Athletic Training staff can assist with setting up student-athletes with a registered dietician to attain the same goals through consumption of food products.

3.7.1 The University of Texas at Dallas and its staff members do not recommend the use of dietary supplements by any student-athlete. However, if wanting to use supplements consult a member of the athletic training staff prior to using a supplement.

3.7.2 Only a team physician may prescribe the use of a dietary supplement for the treatment of an athletic injury or illness, and will do so in consultation with the Head Athletic Trainer/Assigned Sport Athletic Trainer, and it be noted in the student-athlete's file. The team physician and head athletic trainer/assigned sport athletic trainer will be responsible to ensure that the prescribed medication is not on the NCAA or institutional banned drug list.

3.7.3 It is vitally important that student-athletes are aware that there are many health risks and serious side effects, including death, associated with taking dietary supplements.

3.7.4 There is also a risk of testing positive for a banned substance that is not marked on a dietary supplement's label.

3.7.5 **Student-Athlete Dietary Supplement Disclosure & Review Form (Appendix G)** Each year, a student-athlete will be required to complete this supplement disclosure form and provide it to the athletic trainers of the University for review. Once reviewed by the athletic trainer, he/she will notify the student-athlete of the results. In the event that any of the information on this form changes, the student-athlete should consult with their athletic trainer prior to taking a new supplement.

3.7.6 NIL contracts are not discouraged by UTD Athletics, however making sure that proper paperwork is completed from a compliance standpoint. It should also be known that again that student-athletes are responsible for everything they put into their bodies.

3.8 TOBACCO

The University of Texas at Dallas supports the NCAA's stance on the use of tobacco products as stated in NCAA Bylaw 17.1.6.3, "The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition."

3.8.1 The use of tobacco products is prohibited by all game personnel (e.g., coaches, athletic trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use. (NCAA Bylaw 11.1.5)

3.8.1.1 In addition to any NCAA or ASC disciplinary action, violators will be subject to additional disciplinary action at the discretion of the athletic director.

EFFECTS OF AN ALCOHOL OFFENSE/OTHER DRUG-RELATED OFFENSES:

The University of Texas at Dallas Athletic Department does not condone the illegal or irresponsible use of alcohol or drugs. The university community is responsible for knowing the risks associated with alcohol or drug use and abuse. Student-athletes must be aware of relevant university policies and federal, state and local laws and conduct themselves in accordance with these applicable laws and policies. Student-athletes should be aware that possession or consumption of alcoholic beverages by individuals under the age of 21

is a violation of Texas law. In addition, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21.

If a student-athlete is charged with, convicted, pleads guilty to or admits responsibility for any of the following, the student-athlete will be regarded as having an alcohol offense as set forth in the UTD Institutional Alcohol/Drug Education & Drug Testing Policy:

1. Driving under the influence (DUI/DWI) or other motor vehicle violations involving alcohol or drugs,
2. Public intoxication,
3. Drunk and disorderly,
4. Other violations of federal, state, or local law and/or campus policies involving alcohol or drugs, including possession and/or use.

3.9.1 A student-athlete who is found in violation of The University of Texas at Dallas Student Code of Conduct for violations related to alcohol and drugs may be subject to those penalties as outlined below, in addition to, any penalties set forth by the Dean of Students, Athletic Director and/or the University Administration.

Disciplinary Actions for Alcohol Offenses:

Offenses	Disciplinary Action
1st offense	• Student-athlete will be required to attend **BASICS/CASICS training at the Student Wellness Center** (see details as outlined in above section). • Student-athlete will be required to complete **15 hours** of department approved community service (see details as outlined in section). • Student-athlete will be suspended for 1 intercollegiate in-season competition (exhibition/pre-season games will be excluded) Student-athlete may be suspended for any practices and additional scheduled in-season competition (exhibition games will be excluded) at the discretion of the Athletic Director, Dean of Students, Vice President for Student Affairs, and/or University Administration. Loss of competition imposed will carry over to post-season games & the following year if needed.
2nd offense	• Student-athlete will be required to attend **BASICS/CASICS training at the Student Wellness Center** (see details as outlined in section). • Student-athlete will be required to complete **30 hours** of department approved community service (see details as outlined in section). • Student-athlete will be suspended from all practices and intercollegiate competition until the community service hours are completed. Student-athlete may be suspended for additional practices and scheduled in-season competition (exhibition games will be excluded) at the discretion of the Athletic Director, Dean of Students, Vice President for Student Affairs, and/or University Administration. Loss of competition imposed will carry over to post-season games & the following year if needed.
3rd offense	Student-athlete will be required to meet with the Athletic Director, Head Athletic Trainer, Counseling Center, Dean of Students, and the Vice President for Student Affairs to discuss his/her future in the intercollegiate athletics program and the possibility of entering a treatment/rehabilitation program.

Other special circumstances to be added to the Policy:

1. **What if a student-athlete is academically ineligible to participate in games/matches/contests for that semester/season, but is allowed to practice?**
    - Student-athlete will be required to attend BASICS/CASICS training at the Student Wellness Center (see details as outlined in section 3.2).
    - Student-athlete will be required to complete appropriate hours of department approved community service (see details as outlined in section 3.2.6). All community service hours must be completed within 4 weeks from the notification meeting with the Athletic Director.
    - Student athlete will be suspended from practice for as long as his/her competition suspension would have been. Suspension from practice imposed will carry over to post-season games & the following year if needed.
    - Student-athlete will not be allowed to use the athletic department weight room during the duration of the suspension.
    - Subject to additional follow-up drug testing throughout the student-athlete's career.

2. **What if a student-athlete is a member of a team, but may not have received a uniform to play, and thus, could not be suspended from competition?**
    - Student-athlete will be required to attend BASICS/CASICS training at the Student Wellness Center (see details as outlined in section 3.2).
    - Student-athlete will be required to complete 15 hours of department approved community service (see details as outlined in section 3.2.6). This community service must be complete before the student-athlete is allowed back to practice and/or intercollegiate competition.
    - Student athlete will be suspended from practice for as long as his/her competition suspension would have been. Suspension from practice imposed will carry over to post-season games & the following year if needed.
    - Student-athlete will not be allowed to use the athletic department weight room during the duration of the suspension.
    - Subject to additional follow-up drug testing throughout the student-athlete's career.

COMMUNITY SERVICE:

1. All community service hours to be completed will be department approved and are at the discretion of the Athletic Department Administration.
    a. Team sponsored community service hours will not be allowed to be used in fulfillment of this disciplinary action.
2. The student-athlete will be required to secure a "Community Service Hours Tracking Sheet".
    a. The student-athlete will be required to check-in with the Athletic Department Administrator for each event, and inform him/her that he/she is there to complete community service hours.

   b. All community service hours will be required to be logged on the sheet, and a description provided of what service was completed.
   c. An athletic department administrator must sign-off on each instance where a student-athlete performed community service hours once that particular event has been completed.
3. Once the student-athlete has completed his/her community service hours, the Community Service Hours Tracking Sheet will be turned in to the Director of Athletics and all hours verified with the Athletic Department Administrator who signed off on each instance.
4. Failure to appear for, show up late to, or leave early from a scheduled community service event will result in an additional 2 hours of community service added to the required total for that student-athlete.
5. **Community Service Hours for a Positive Drug Test** –
   a. For a first time offense - All community service hours must be completed within 4 weeks from the notification meeting with the Athletic Director.
   b. For a second time offense – This community service must be complete before the student-athlete is allowed back to practice and/or intercollegiate competition.
   c. Failure to complete the community service hours in designated time frame will result in the student-athlete being immediately suspended from all team-related activities (i.e. practice, in-season and post-season competitions, weight room sessions, etc.) until the community service requirement is completed.
6. **Community Service Hours for an Alcohol Offense / Drug Related Offense** –
   a. For a first time offense - All community service hours must be completed within 4 weeks from the notification meeting with the Athletic Director.
   b. For a second time offense – All community service hours must be completed within 4 weeks from the notification meeting with the Athletic Director.
   c. Failure to complete the community service hours in designated time frame will result in the student-athlete being immediately from all team-related activities (i.e. practice, in-season and post-season competitions, weight room sessions, etc.) until the community service requirement is completed.

Caffeine:
Caffeine will produce a NCAA positive drug-test if amounts exceed 15 micrograms/ml. in the urine sample collected. Unfortunately, there is not a formula to calculate how much caffeine consumed would result in a urinary concentration greater than 15 micrograms/mL. Varying metabolic rates and time of consumption prior to urine collection are contributing factors. It does take a relatively large quantity (generally a few hundred mg of caffeine a couple hours before a drug test) to cause a positive, but again it varies for each individual.

The NCAA bans caffeine because it is found to be a performance enhancer. The 15 micrograms/mL cut-off is designed to eliminate individuals from testing positive for

caffeine because of the "normal" amounts consumed from average dietary intake. The cut-off is not designed to identify the most caffeine one can consume and still avoid testing positive (e.g.; using a supplement for performance gains).

A rule of thumb is that in a healthy and average sized man, the NCAA limit may be reached by consuming five regular cups of coffee (~100 mg caffeine per 8 oz) a few hours before drug testing. This is not a steadfast rule, as there may be variations of caffeine content in each product as well as metabolic differences unique to each athlete. Therefore, the safest action is to avoid consuming caffeine and caffeine-containing products during athletic events.

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Products labeled as dietary supplements sold over the counter, in print advertisements and through the internet are under-regulated by the U.S. FDA. *The use of ANY dietary supplements is at the user's own risk, regardless of what is listed on the label. The DFS Axis does NOT recommend the use of any dietary supplement.

Whether a product is classified as a dietary supplement, conventional food, or drug is based on its intended use by the manufacturer. *Dietary supplements are at risk for contamination or may include unlisted ingredients that are banned under your drug testing policy.

We cannot guarantee the safety or purity of any dietary supplement product. In addition, the claims made by manufacturers may not be backed up with reliable, scientific research. Along with providing athletes with accurate, timely and useful information, our goal is to provide athletes with RED FLAG indicators to help when considering products.

As an athlete, please be aware of the following RED FLAGS that could increase the likelihood that a product will be problematic:
*Approved by
*Increase or boost testosterone
*Anabolic
*Androgenic
*Prohormone
*Aromatase inhibitor
*Any ingredient ending in - one, -dione, -diene *New and improved/Reformulated

If it sounds too good to be true, it probably is.