

LSU Athletics Department Assistance Program (ADAP) Substance Use Policy

Following a complementary medical and wellness-based model that supports a thriving athletic program, the Athletic Department Assistance Program (ADAP) applies a universal Substance Use Policy to the entire student-athlete population. A portion of ADAP's objectives incorporates a mandatory, year-round substance use testing program. The ADAP Treatment Team referred to in this policy includes the following individuals: LSU Sport Psychology & Counseling Staff, Director of Athletic Training (or designee), Head Team Physician, Drug Prevention Coordinator, and Sr. Associate Athletic Director for Health & Wellness.

The LSU Athletics Department uses comprehensive substance use testing procedures, including all legally acceptable measures (urinalysis testing; hair sample analysis; oral swabs; breathalyzer, etc.).

LSU Athletics performs annual education to all student-athletes as part of the Substance Use Policy. Presentations will be offered in areas of substance use prevention and education and will be coordinated by the ADAP staff. Head Coaches will support educational efforts and inform recruits of the Substance Use Policy.

TESTING SELECTION

All student-athletes are required to sign an LSU Drug Testing Consent Form, NCAA Drug Testing Consent Form and a Buckley Waiver annually as part of the LSU ADAP Substance Use Policy. Failure to comply will result in withholding from all athletics participation.

Eligibility for Selection

- All student-athletes (scholarship and non-scholarship) on an active roster are subject to year-round substance use testing by the LSU Athletics Department. This includes student-athletes who have exhausted eligibility and continue to receive an athletic scholarship.
- Athletes who apply for extended aid are subject to random substance use testing.
- Scholarship student-athletes in the transfer portal or who quit the team but remain on athletic scholarship are subject to this policy.
- Athletic Training students, student Managers, Cheerleaders and Tiger Girls are subject to substance use testing. Throughout this policy, this group is collectively referred to as "student-athlete".
- Selection of student-athletes can occur randomly or upon request. Requests can be made by any LSU Athletics staff member, including sport psychology staff members and coaching staff members.
- Notification of selection for drug test will be conducted by an LSU Athletics staff member and may occur either verbally or in writing, which can include email, text or direct in-person notification.
 - In the event that a student-athlete is unable to attend a drug test due to unforeseen circumstances outside of their control, removal of student-athlete from the official notification list can be made at the discretion of the Senior Associate AD: Health & Wellness.
- Drug testing may be conducted at any time, with or without prior notification to the student-athlete.

COLLECTION PROCEDURES

Attendance

- Once selected, attendance at the designated date/time is MANDATORY. Student-athletes must bring a picture ID to the drug testing site and arrive on-time for testing.

- A student-athlete who fails to attend testing within the designated time frame or refuses to provide a sample will be issued a FULL VIOLATION of the LSU ADAP Substance Use Policy AND withheld from all practice until a valid sample is obtained.
- The coaching staff of the impacted sport will be required to assist with locating the student-athlete and ensuring the test is completed.

Process

- Student-athletes will be asked to declare all recently ingested substances including prescriptions, over the counter medications (OTCs) and nutritional supplements.
- Each sample will be collected by direct observation by a same gender collection team member. For student-athletes who don't identify with a specific gender, special consideration can be made in advance of collection that includes direct observation as well.
- Student-athlete will be required to wash/dry hands, lower all attire below knees, and remove any clothing that obstructs clear viewing of the collection.

Sample Validity

- Each specimen will be checked for specific gravity (> 1.005) and pH (4.5 – 7.5) to determine urine concentration and will be split into two aliquots. Both aliquots are sealed with security tape and labeled with a unique identifying number to maintain confidentiality.
- Samples that are determined to be dilute are considered invalid. The student-athlete will not be cleared to participate in athletic activity until a valid sample is collected.
- Sample A and Sample B will both be sent to designated lab for analysis. Sample B is frozen until final results are received and will be available for all positive tests in case of appeal request.
- Any effort by a student-athlete to adulterate or modify his/her or any other specimen on a substance use test prior to or at the time of collection, will result in an automatic FULL VIOLATION of the LSU ADAP Substance Use Policy AND the student-athlete will be withheld from all practice/competition until a valid sample is obtained.
- Such an effort to “adulterate or modify” includes, but is not limited to, any type of product that is ingested or added to the urine sample, or the non-medical use of diuretics or probenecid in an effort to dilute, manipulate, or mask the urine sample.

LABORATORY ANALYSIS

- The Medical Review Officer at the drug testing lab reviews all tests, verifies positives and can consult with LSU ADAP Staff on issues/concerns related to results.
- Zero Tolerance Testing is used for all results and reports to lowest possible detection level.
- The LSU ADAP testing panel may include various banned substances including: cannabinoids (THC), synthetic cannabinoids, cocaine, MDMA, amphetamine, LSD, opiates, ephedrine, alcohol, anabolic steroids, adulterants, methylhexanamine, and synthetic cathinone. The list is evolving and additional banned substances may be added as necessary.

Reporting Results

- Test results under the positive threshold for THC (<150ng/ml) and alcohol will result in a notification to the student-athlete. Information regarding the availability of supportive resources will be provided.
- Head Coach (if desired) and Sport Psychology & Counseling (SPC) staff will be notified.

- In the event that a prescription drug is detected, the student-athlete must provide a valid prescription for the medication.
 - Prescription medications should only be taken as prescribed by the physician.
 - Use of previously prescribed medication without notification and approval of medical staff may result in a substance use violation.

PERFORMANCE ENHANCING DRUGS AND NUTRITIONAL SUPPLEMENTATION

- Nutritional supplements are not regulated by the Food & Drug Administration (FDA). Moreover, there are a number of prescription medications that are considered to be performance enhancing drugs (PEDs). Both may contain banned substances.
- Use of supplements are at student-athlete own risk and may result in a positive drug test.
- Student-athletes should consult with their team physicians, registered dietitians, and/or the Drug Prevention Coordinator prior to using nutritional supplements.
- Additional information about banned ingredients in medications and nutritional supplements can be researched by contacting Drug Free Sport AXIS at 816-474-7321 or is available from the Resource Exchange Center at the Center for Drug Free Sport. Its website, which is endorsed by the NCAA, can be accessed at www.drugfreesport.com/rec.

SELF-REFERRAL POLICY

Understanding some individuals have severe substance use and/or alcohol-related disorders that stem from prior experience and exposure, habit, and/or recreation, the LSU Athletics Department has developed a policy to assist all individuals who desire to make a positive life change. To this end, the self-referral process was instituted.

- Student-athletes can self-refer and seek assistance for illicit substance use one time during their time of enrollment. There are NO penalties assessed for a positive test and parents/guardians are not notified unless deemed medically necessary.
- Student-athlete must self-refer prior to notification of a substance use test. Self-referral after a test is announced (notified verbally, through email, or text) does not qualify.
- Student-athlete must complete treatment as recommended by the ADAP team. Failure to do so may result in suspension from athletic activities.
- An 8-week treatment period begins after the confirmation of a positive substance use test after a successful self-referral. A subsequent positive after the 8-week period is complete will result in a Substance Use Policy violation in accordance with the specific substance uncovered.

VIOLATIONS

Sanctions

- Sanctions indicated within the policy are the minimal infraction. A Head Coach or the Director of Athletics, at his/her discretion, may impose additional sanctions at any violation level. Violations are cumulative over student-athlete collegiate enrollment.
- ADAP Treatment Team can modify sanctions when medically warranted.
- Medical withholding will occur with positive results (steroids, cocaine, opiates, methamphetamine and any other substance deemed necessary) until a medical exam and doctor clearance occurs.

Notification and Implications of Results

- Student-athlete will meet with Sr. Associate AD: Health & Wellness to complete notification paperwork/treatment contract and to be informed of associated sanctions. Head Coach and Sport Administrator are notified of positive result.
- Once a positive test result is reported, the student-athlete is given an opportunity to appeal with the use of the B sample. The student-athlete must select from a list of approved labs that uses the same screening technology.
 - If the B sample is confirmed as positive, the cost of the re-test will be at the expense to the student-athlete.
 - The original test results remain valid during this appeal process.
- Within 72 hours of notification, the student-athlete will schedule a meeting with the SPC staff for clinical evaluation. A treatment plan will be developed and may be shared with the coaching staff.
 - Failure to successfully complete the evaluation will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all LSU Athletics Department Facilities (ex: sport field, weight room, etc.).
 - Reinstatement to participation is at the discretion of the ADAP Treatment Team and will only occur after all evaluations are completed and medical clearance is obtained.
 - Receiving clearance may require the student-athlete to participate in a formal hearing with the ADAP treatment team.
- Parent/Guardian is notified of positive test and associated sanctions unless otherwise specified by SPC.
- Student-athlete must follow treatment plan and may be financially responsible for missed appointments.
- An 8-week window begins from the date of a confirmed positive test whereby the student-athlete will engage with recommended treatment. If the student-athlete tests positive again after this 8-week treatment period, the subsequent violation level (as determined by type of substance used), will be applied.
- Previous LSU ADAP Substance Use Policy violations can result in an increase in testing frequency.
- Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation opportunities. The student-athlete may also incur financial responsibility for the treatment program.
- For violations requiring contest withholding, the penalty must begin within four weeks (30 days) following the confirmed positive.
 - If positive occurs in off-season, the penalty will be applied within the first 4 weeks (30 days) of start of competitive season.
 - If multiple contest withholding is required by the policy, the withholding is not required to be consecutive, but must occur prior to the end of the current competition season. The current competitive season includes post-season events (NCAA Championships/Bowl games).
 - If time remaining in the current season dictates immediate and consecutive withholding is necessary to serve the prescribed penalty, Athletics Administration will enforce immediate withholding.

Violation Types

PROBATIONARY VIOLATION: THC & Alcohol

- - THC original levels that confirm \geq **150 ng/ml**
 - Alcohol related incidents as reported through LSU Athletic Code of Conduct or other means:
 - Under 21 years old (.02); 21+ years old (.08)
 - Mandatory Behavioral Health Assessment & Counseling
 - Three (3) hours of community service within each 8-week timeframe
 - Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
 - Failure to comply with prescribed treatment program will result in withholding from athletics participation

FULL VIOLATION: Banned Substances other than THC & Alcohol

- First Positive
 - Mandatory Behavioral Health Assessment & Counseling
 - Three (3) hours community service within 8-week treatment window
 - Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
 - Failure to comply with prescribed treatment program will result in withholding from athletics participation
- Second Positive
 - Mandatory Behavioral Health Assessment & Counseling
 - Four (4) hours community service within 8-week treatment window
 - 10% withholding countable game/contest
 - Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
 - Failure to comply with prescribed treatment program will result in withholding from athletics participation
- Third Positive
 - Mandatory Behavioral Health Assessment & Counseling
 - Five (5) hours community service within 8-week treatment window
 - 30% withholding countable game/contest
 - Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
 - Failure to comply with prescribed treatment program will result in withholding from athletics participation
- Fourth Positive
 - Dismissal
 - Prohibited from all practice and competition activities pending outcome of appeal if sought
 - Cancellation of Athletic scholarship

Reinstatement Appeal

- After dismissal, a Head Coach can request an appeal on behalf of the student-athlete. Appeal requests must be made within two weeks of receiving confirmation of the positive result.

- ADAP Treatment Team will review the case and make a recommendation to the Athletic Director. Appeals will only be heard in circumstances where there is protocol failure or other unusual circumstance(s) justifying an appeal.
 - Maintaining athletic scholarship during appeal phase is at discretion of Athletic Director.
 - While in the appeal phase, a student-athlete may not participate in any team activities or competition until the appeal outcome has been decided.
 - While a request for appeals must be made within two weeks of a positive drug test confirmation, it is possible that an appeal hearing could be delayed as a result of clinical treatment recommendations. In such cases, the appeal hearing can be scheduled upon successful completion of the prescribed clinical treatment and subsequent assessment.
- The Substance Use Appeals Committee will be made up of the following individuals: Athletic Director (or designee), Executive Deputy Athletic Director (or designee), Sr. Associate Athletic Director for Health & Wellness, Drug Prevention Coordinator, and Director of Athletic Training.
 - A committee member may designate a proxy in the event of an absence.
 - In cases where a student-athlete has exhausted his/her eligibility to compete in a sport, a partial committee may be assembled at the discretion of the Athletic Director. The Faculty Athletics Representative may also be requested to serve as a member of the committee.
- If the Substance Use Appeals Committee allows the restoration of eligibility, the restoration will be based on full compliance of all LSU Athletics Department rules and regulations for the remainder of the student-athlete's enrollment and participation at LSU.
- The Substance Use Appeals Committee, at its discretion, may impose additional conditions upon reinstatement that are binding continuing conditions for the student-athlete's reinstatement to full eligibility (i.e. loss of scholarship, game suspension, etc.).
- A successful appeal will result in regular substance use testing for the student-athlete. If an institutional, or NCAA drug testing reveals a banned substance other than alcohol and/or THC at any time, permanent ineligibility will result without any further appeal opportunities.
- Self-Referral cannot be used after a successful appeal.

NCAA DRUG TESTING

Student-athletes are subject to year-round NCAA Drug testing. The NCAA tests for banned substances which includes narcotics, cannabinoids, performance enhancing substances, stimulants, etc. The list is updated regularly and can be found at the website link below: <https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx>

- Tampering with a NCAA Drug test will result in a 2-year competition ban and loss of 2 seasons of eligibility
- Failure to attend/complete an NCAA Drug test will result in 1-year competition ban and loss of 1 season of eligibility
- Any NCAA Drug Testing positive will be deemed a positive within the LSU ADAP Substance Use Policy
 - Subsequent LSU ADAP Substance Use violation level determined by the type of substance used

Banned Drug Class (Cannabinoid-THC) Positive:

- First Positive- Requires development of and adherence to student-athlete education/treatment plan
- Second Positive- Requires adherence to and continuation of student-athlete education/treatment plan
 - Failure to comply will result in 25% withholding from competition penalty
- Third Positive- Requires adherence to and continuation of student-athlete education/treatment plan
 - Failure to comply will result in 50% withholding from competition penalty

Banned Drug Class (Narcotics) Positive:

- 50% withholding from competition penalty
- Student-athlete must test negative with the NCAA upon reinstatement

Banned Drug Class (other than THC & Narcotics) Positive:

- First Positive
 - Withholding for 1 year from collection date
 - 1-year loss of eligibility
 - Student-athlete must test negative with the NCAA upon reinstatement
- Second Positive
 - Permanently ineligible

LSU ADAP TREATMENT TEAM

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