

CCCB ATHLETICS

# **SUBSTANCE ABUSE POLICY**

2020-21

Revised: 7/22/2020

## INTRODUCTION

In remaining consistent with the mission of the college being “developing servant leaders for the church,” the athletic department and administration recognize a responsibility to ensure each student-athlete a safe, healthy and supportive educational environment. CCCB believes that student-athletes should act in accordance with the CCCB Code of Conduct, the core values of the Saints Athletic Program, and the values of the NCCAA. It is the belief of the athletic department that the use, possession or distribution of illegal or performance-enhancing substances is morally and ethically wrong within the intercollegiate athletic setting.

This policy is not to be construed as a contract between the college and the student-athletes at Central Christian College of the Bible (CCCB). However, signed consent and notification forms shall be considered affirmation of the student-athlete’s agreement to the terms and conditions contained in this policy. It should also be noted that this is CCCB’s institutional policy and may be amended at any time. It should be understood that such policies may have stricter sanctions than outlined in this policy and that those sanctions will be adhered to as CCCB is an active member of the National Christian College Athletic Association (NCCAA).

## PURPOSE/OBJECTIVES

The Central Christian College of the Bible Athletic Department Substance Abuse Policy has been designed to:

1. Ensure the health and well-being of student-athletes within the department through education, counseling, and support/assistance to individuals identified as having substance abuse related issues. Educational sessions will be provided on a regular basis (1-2 per academic year) to help student-athletes, coaches and administrators understand and deal with issues related to substance abuse and regular testing.
2. Ensure safe, equitable and fair competition for all student-athletes within the department.
3. Encourage student-athletes to develop healthy and responsible lifestyle habits.
4. Promote and maintain appropriate standards of conduct, and to encourage appropriate moral and ethical behavior and decision-making.
5. Institute a screening and testing program to detect the use of illegal or performance-enhancing substances.
6. Develop intervention programs to provide student-athletes with a support system for rehabilitation and to promote educational awareness.
7. Hold student-athletes accountable for their actions and to accept responsibilities and consequences associated with any violation(s) of the departmental and code of conduct policies.

## PROHIBITED SUBSTANCES/DEFINITIONS

**Prohibited substances** are any substances that appear on the NCAA list of banned substances (see appendix B), which are generally considered to be performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. In addition, any drug, medication or substance that is procured illegally or that is prohibited by law (sale, purchase, possession or distribution) is considered a prohibited substance under this policy. The use of alcohol and tobacco are also considered detrimental to the health and athletic performance of the student-athlete. As such, please refer to the Student Code of Conduct and other institutional policies as they pertain to the use of prohibited substances.

***Please note that the use of dietary supplements (dietary aids, muscle/protein builders, pre/post-workout supplements, etc.) may include substances that are on the banned***

***substance list or potentially create a positive test result. It is up to the student-athlete to make informed decisions as to the use of such substances. If there are questions about a specific product, please fill out the Student-Athlete Dietary Supplement Disclosure and Review form.***

**Positive Test** is defined as a test which indicates, in the opinion of an outside agency performing the testing, that a student-athlete has used a prohibited substance because traces of that substance were detected in the specimen provided. A screening will also be considered positive if it is discovered by the agency performing the testing, that the specimen has been altered or tampered with in any way.

**Reasonable Suspicion** may include, but is not restricted to:

- A reported possession and/or use of any prohibited substances.
- Arrest or conviction related to prohibited substances issues or institutional disciplinary action related to prohibited substance issues (i.e. dorm write-ups, etc.).
- Documented changes or unusual behavior patterns noted by a coach, the athletic director, or other college officials (i.e. excessive absences, frequent tardiness, impaired performance, obvious signs of being under the influence of prohibited substances, etc.).
- Student-athletes who fall under reasonable suspicion are eligible to be tested at any time and fall outside the random selection process.

**Eligible Student-Athletes** include all student-athletes who appear on active rosters within the CCCB athletic department. This includes student-athletes who have been deemed academically ineligible by NCCAA guidelines and student-athletes who have been deemed medically ineligible for participation but that are still included on active rosters.

## **DRUG TESTING PROCEDURE**

Testing of student-athletes may take place throughout the year, during both in-season and out-of-season periods. Student-athletes from all rosters within the athletic department are eligible for testing at any of these times.

- Random Testing – student-athletes will be randomly selected using a computer-based selection process. The number of student-athletes tested will vary with each testing period and be determined by the athletic director.
- Reasonable Suspicion – this may be enacted at any time and for any student-athlete based on the criteria described above. A coach, the athletic director or other college officials may request that any individual or team be tested at any time.
- Post-Season/Championship Screening – any participant or team likely to advance to post-season championship competition may be subject to additional testing. This testing may fall under institutional testing or may be requested by other governing bodies (i.e. MCC, NCCAA). If a student-athlete's test result is positive, he or she will not be allowed to compete at the post-season event and will be subject to sanctions herein.
- Follow-up Testing – any student-athlete who has returned to participation in intercollegiate sports following a first positive test result under this policy, may be subject to follow-up testing. Testing will be unannounced and will be required at a determined frequency provided by the Athletic Director or his/her designee.

## DRUG TESTING PROTOCOL

- Testing will be performed by an outside agency. This includes specimen collection, specimen handling, laboratory testing, and result notification.
- Student-athletes will be informed that they have been selected for testing no more than 24 hours prior to the testing. The **Student-Athlete Notification Form** will be delivered in person by a member of the athletic department staff. The student-athlete will be asked to sign the form and return it to the designated athletic department staff member. **Refusal to sign the notification form will result in an automatic first positive result.**
- Student-athletes will be asked to report to the testing site and will not be allowed to leave until all testing procedures have been performed and appropriate specimens have been collected. **Should a student-athlete not show up for testing or not follow appropriate testing procedures and instructions, this will be considered a positive test.**
- Test results will be received electronically by Student Development and will be shared with the Athletic Director. Any positive test results will be shared with the athletic department staff and coach of the sport in which the particular athlete participates. Test results will also be shared with the student-athlete within 48 hours of receiving the results from the testing laboratory in writing. All test results and procedures will be kept in strict confidentiality.

## CONSEQUENCES OF POSITIVE TEST RESULTS

- A hearing with the Dean of Student Conduct, Athletic Director, Head Coach, and/or other designees
- Undergo the substance abuse program as determined by the Dean of Student Conduct
- Minimum suspension as outlined in policy (Head Coach can increase this)
- Guaranteed subsequent testing with additional positive results leading to sanctions outlined below

## FIRST POSITIVE TEST RESULT

- The Athletic Director and Dean of Student Conduct will collaborate and communicate the results to the student.
- The student-athlete will meet with the Athletic Director, Head Coach, and Dean of Student Conduct to discuss results and consequences.
- The student-athlete will be asked to notify his/her parent(s)/guardian(s) in the presence of members listed above.
- The student-athlete will be immediately suspended from a minimum of 30% of competitions in CCCB athletics. Any positive test results occurring outside the competitive season will result in suspension from competition during the following season.
- The student-athlete may be asked to undergo a substance abuse program deemed appropriate by the Dean of Student Conduct. All expenses related to this program or other forms of treatment are the responsibility of the student-athlete.
- The student-athlete will be subject to subsequent testing until they are able to achieve a negative test result. These tests will be at the expense of the student-athlete. Once a negative result is achieved, the student-athlete may be considered for reinstatement to participation in CCCB athletics.
- A student-athlete may self-disclose the use of prohibited substances at any time. The admission of use of prohibited drugs is treated as a first positive test result. Self-disclosure may result in a minimum 20% suspension of regularly scheduled competitions for each respective sport. However, additional consequences may be imposed based on the severity of the situation.
- Any alcohol, drug, or tobacco violations will be treated as outlined in the Student Code of Conduct. Student-athletes are subject to consequences within the athletic department, in addition to any consequences imposed through the Dean of Student Conduct.

## SECOND POSITIVE TEST RESULT

- The student-athlete will meet with the CCCB Director of Athletics, the head coach for their respective sport, and the Dean of Student Conduct.
- The student-athlete will be asked to notify his/her parent(s)/guardian(s) in the presence of members listed above.
- The student-athlete will be immediately suspended from all participation in any CCCB athletic teams.
- Additional sanctions will be imposed by the Dean of Student Conduct as it adheres to the Student Code of Conduct.

## APPEALS PROCESS

- The student-athlete has the right to appeal the investigation into alleged drug use and has the right to appeal the sanctions imposed per the CCCB student handbook.
- A challenge by the student-athlete of the drug screening must be made within 24 hours of receiving the first test result, and may request a second test at the expense of the student-athlete. The second test must be completed within 48 hours of the challenge.
- Should the student-athlete choose to appeal the sanctions, a written appeal must be submitted to the Dean of Student Conduct no later than 48 hours following the notification of a positive test result. If it is decided that there is merit to the appeal, a meeting may be convened between the student-athlete, the Dean of Student Conduct, the director of athletics, and any other parties deemed relevant to the appeal.
- The student-athlete has the option to appoint a faculty or staff advisor to assist them in the appeals process. The faculty or staff member the student-athlete chooses must be notified by the student-athlete before the appeal is requested.
- If the request is granted, the test must be repeated under the terms of the college. All repeat tests completed on the basis of an appeal, may be conducted at the expense of the student-athlete.
- Following these appeal processes, the substance abuse committee will make a recommendation to the director of athletics. The Dean of Student Conduct will then rule on the appeal, in collaboration with the Director of Athletics. **All decisions made are final.**

All student-athletes are expected to adhere to this and all other CCCB athletic department policies. Coaches for each sport reserve the right to set team policies that are more stringent than departmental policies. Therefore it should be understood by the student-athlete that just because they may not violate the letter of this or other departmental policies, that their coach still reserves the right to impose sanctions not outlined in this or other policies.

**CENTRAL CHRISTIAN COLLEGE OF THE BIBLE**  
DEPARTMENT OF ATHLETICS

DRUG EDUCATION & TESTING PROGRAM  
STUDENT-ATHLETE CONSENT FORM

I, \_\_\_\_\_, hereby acknowledge that I have received a copy of, read and been given the opportunity to ask questions regarding the Drug Education & Testing Program implemented for the Department of Athletics at Central Christian College of the Bible. I understand the policies, procedures, and responsibilities as described in such a policy. As a condition of my participation in intercollegiate athletics at Central Christian College of the Bible, I consent to participate in the Drug Education & Testing Program. I understand that my participation in this program includes the collection and testing of my urine at various times during the academic year for drugs, alcohol, and/or other banned substances.

I further consent to the release of the results of any drug test to the Director of Athletics or his/her designee, my Head Coach, the Dean of Student Conduct, and/or my parent(s) or guardian(s). I acknowledge and understand that a copy of this consent form may be sent to my parent(s) or guardian(s). To the extent set forth in this document, I waive any privilege I may have in connection with such information.

I fully understand that the Central Christian College of the Bible Drug Education & Testing Program is a separate and distinct program. I also understand that sanctions may be imposed by Central Christian College of the Bible under its Drug Education & Testing Program upon a positive result of the drug-testing program and that the greater of the two sanctions (student conduct vs. student-athlete conduct) will be administered.

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

\_\_\_\_\_  
Date Signature of Student-Athlete

\_\_\_\_\_  
Date Signature of Parent/Guardian (if student-athlete is a minor)

\_\_\_\_\_  
Name (Please Print) Date of Birth Age

Home Address \_\_\_\_\_

Sport(s) \_\_\_\_\_

Please make sure that this form is completed and returned to the athletic office at Central Christian College of the Bible. You will not be able to participate in ANY intercollegiate athletic activities (practice or games) until this form is completed and on file in the athletic office

## 2019-20 NCAA BANNED SUBSTANCES

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes.

- a. Stimulants.
- b. Anabolic agents.
- c. Alcohol and beta-blockers (banned for rifle only).
- d. Diuretics and masking agents.
- e. Narcotics.
- f. Cannabinoids.
- g. Peptide hormones, growth factors, related substances, and mimetics.
- h. Hormone and metabolic modulators (anti-estrogens).
- i. Beta-2 agonists.

**Note:** Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under preclinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting). There is no complete list of banned substances.

### SUBSTANCES AND METHODS SUBJECT TO RESTRICTIONS:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

### NCAA NUTRITIONAL/DIETARY SUPPLEMENTS:

Warning: Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements. • Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXISTM for an authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) (password ncaa1, ncaa2 or ncaa3). NCAA/06\_11\_2019/dks

## SOME EXAMPLES OF SUBSTANCES IN EACH NCAA BANNED DRUG CLASS:

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.

**Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); "bath salts" (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine); heptaminol etc.

*Exceptions: phenylephrine and pseudoephedrine are not banned.*

**Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):**

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140)); DHCMT (oral turanibol) etc.

**Alcohol and Beta Blockers (banned for rifle only):**

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

**Diuretics and Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

*Exceptions: finasteride is not banned*

**Narcotics:**

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine

**Cannabinoids:**

Marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones, growth factors, related substances and mimetics:

Growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.

*Exceptions: insulin, Synthroid are not banned*

**Hormone and metabolic modulators (anti-estrogens):**

Anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc. Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS, 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.



**CENTRAL CHRISTIAN COLLEGE OF THE BIBLE**  
DEPARTMENT OF ATHLETICS

DRUG TESTING REASONABLE SUSPICION REPORTING FORM

I, \_\_\_\_\_, under the reasonable suspicion clause that is outlined in the Central Christian College of the Bible Drug Education and Drug Testing Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant \_\_\_\_\_ be referred to the Director of Athletics or his/her designee for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past \_\_\_\_\_ hours and/or \_\_\_\_\_ days.

Please check below all that apply.

The Student-Athlete has shown:

- \_\_\_\_\_ irritability
- \_\_\_\_\_ loss of temper
- \_\_\_\_\_ poor motivation
- \_\_\_\_\_ failure to follow directions
- \_\_\_\_\_ verbal outburst (e.g. to faculty, staff, teammates)
- \_\_\_\_\_ physical outburst (e.g. throwing equipment)
- \_\_\_\_\_ emotional outburst (e.g. crying)
- \_\_\_\_\_ weight gain
- \_\_\_\_\_ weight loss
- \_\_\_\_\_ sloppy hygiene and/or appearance

The Student-Athlete has been:

- \_\_\_\_\_ late for practice
- \_\_\_\_\_ late for class
- \_\_\_\_\_ not attending class
- \_\_\_\_\_ receiving poor grades
- \_\_\_\_\_ staying up too late
- \_\_\_\_\_ missing appointments
- \_\_\_\_\_ missing/skipping meal(s)



**CENTRAL CHRISTIAN COLLEGE OF THE BIBLE**  
DEPARTMENT OF ATHLETICS

**DRUG AND ALCOHOL TESTING PROGRAM**  
STUDENT-ATHLETE NOTIFICATION FORM

**Student-Athlete**

Student-Athlete Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of notification: \_\_\_\_\_ Time of notification: \_\_\_\_\_ a.m./p.m.

I, \_\_\_\_\_, the undersigned: Acknowledge being notified to appear for institutional drug and alcohol testing and have been notified to report to the drug and alcohol testing station at: \_\_\_\_\_, on \_\_\_\_\_ on or before \_\_\_\_\_ a.m./p.m.  
(location) (date) (time)

**I will be prepared to provide an adequate urine specimen and will not over hydrate. I understand that providing numerous diluted specimens may be cause for follow-up drug testing.**

**I will be prepared to provide an adequate saliva sample if necessary and will not eat or drink at least 10 minutes prior to providing a saliva sample.**

**I will be prepared to provide an adequate hair sample if necessary.**

**I understand that I may have a witness accompany me to the drug and alcohol-testing site.**

**I understand that failure to appear at the site on or before the designated time will constitute a withdrawal of my previous consent to be tested as part of the Institutional Drug and Alcohol Testing Consent and will result in a penalty.**

By signing below, I acknowledge being notified of my participation in institutional drug and alcohol testing, and I am aware of what is required of me in preparation for this drug and alcohol-testing event.

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I can be reached at the following telephone number on test day: \_\_\_\_\_

Institutional Representative retain top portion of completed forms. -----

For Student-Athlete Central Christian College of the Bible Drug and Alcohol Testing Program

Student-Athlete: \_\_\_\_\_

Location of test: \_\_\_\_\_ Date of test: \_\_\_\_\_ Time to report: \_\_\_\_\_

**Report to the test site with picture identification.**

**DO NOT DRINK TOO MANY FLUIDS.**

**Central Christian College of the Bible**  
Student-Athlete Dietary Supplement Disclosure & Review Form

I, \_\_\_\_\_ am taking or intend to take the following dietary supplements. I acknowledge the risk of losing my eligibility to participate in intercollegiate athletics if I test positive for banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are not motivated nor qualified to accurately certify that these products contain no banned substances. "Healthy" or "naturally occurring" are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

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

**Brand Name:**

**Listed Ingredients:**

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

- |          |       |
|----------|-------|
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| 5. _____ | _____ |
|          | _____ |
|          | _____ |

Signatures: \_\_\_\_\_ (Student-Athlete Signature) \_\_\_\_\_ (Date) \_\_\_\_\_ (Head Coach Signature) \_\_\_\_\_ (Date)