MARIJUANA FACTS FOR NCAA ATHLETES

LEGAL ≠ PERMITTED

AGAINST NCAA POLICY
MARIJUANA IS A BANNED SUBSTANCE IN THE “ILLEGAL DRUG” CLASS. IF YOU TEST POSITIVE ON AN NCAA DRUG TEST, YOU WILL LOSE:

- HALF THE SEASON (FIRST TEST)
- FULL CALENDAR YEAR OF ELIGIBILITY (SECOND TEST)

AND BECAUSE IT IS AN “ILLEGAL DRUG,” THERE IS NO “MEDICAL EXCEPTION” WAIVER AVAILABLE.

LEGAL ≠ EVERYONE & EVERYWHERE

DISPENSARIES SELL MARIJUANA IN MANY FORMS, AND THEY DON’T ALL WORK THE SAME WAY.

LEGAL ≠ SAFE

90-240 MINUTES TO FEEL EFFECTS
CONSUMING TOO MANY EDIBLES CAN RESULT IN AN OVERDOSE

DABBING HASH OIL OR WAX CAN BE DANGEROUS BECAUSE THE LEVEL OF THC IN THESE PRODUCTS IS VERY HIGH

EFFECTS ON HEALTH AND ATHLETIC PERFORMANCE

1. Marijuana has no performance-enhancing potential.
2. Impairs skills requiring eye-hand coordination and a fast reaction time.
3. Decreased strength and endurance.
4. Reduces maximum exercise capacity resulting in increased fatigue.
5. Reduces motor coordination, balance, tracking ability and perceptual accuracy.
6. Impairs learning, memory and concentration.
7. Skill impairment may last up to 24 to 36 hours after use.
8. Increases risk of injury and decreases ability to recover from injury.
9. Chronic use can cause cough, frequent respiratory infections, anxiety, panic attacks and psychosis.

This resource was developed in partnership with The Institute to Promote Athlete Health and Wellness at The University of North Carolina at Greensboro.

> For more information, visit us online at athletewellness.uncg.edu

APPENDIX A | MARIJUANA EDUCATION INFOGRAPHIC