



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 assure they are conducting adequate drug education for 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 institution 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 institutional drug-testing program policies and update handbook materials accordingly.
- Include NCAA list of banned drug classes and NCAA written policies in student-athlete handbook.
- Identify NCAA, conference and institutional rules regarding the use of street drugs, performance enhancing substances, and nutritional 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:

*Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at your own risk. **

Tasks and Timelines for educating student-athletes

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By July 1:

- Send out the NCAA list of banned drug classes, the dietary supplement warning and REC* 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.
- Show NCAA Drug-Education and Testing video.
- Verbally explain all relevant drug policies with student-athletes and staff:
 - o NCAA banned drug classes (note that all related compounds under each class are banned, whether or not they are listed as an example.)
 - o NCAA drug-testing policies and consequences for testing positive, including failure to show or tampering with urine sample.
 - o Risks of using nutritional/dietary supplements – read the dietary supplement warning.
 - o NCAA tobacco use ban during practice or competition.
 - o Conference and institutional drug-testing program policies, if appropriate.
 - o Street drug use policies and institutional 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 resources at www.ncaa.org/drugtesting.

*** For authoritative information on NCAA banned substances, medications and nutritional supplements, contact the Resource Exchange Center (REC) at 877-202-0769 or www.dfsaxis.com (password ncaa1, ncaa2 or ncaa3).**