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:

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:

* See Additional Materials for REC information.
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](http://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](http://www.dfsaxis.com) (password ncaa1, ncaa2 or ncaa3).*