

Substance Use and Drug Testing for Intercollegiate Athletics

Athletics – Athlete Policies

CWU Policy 901-01

Effective: ~~July 1, 2005~~

Policy Review Date: ~~YEAR~~

Policy Executive: Chief of Staff

Responsible Office/Unit: Athletics

Policy Statement:

The purpose of this policy is to prevent ~~illegal and banned substance use among student-athletes by implementing a self-report policy, a reasonable suspicion process, in addition to the NCAA mandatory and random drug testing programs.~~ ~~abuse among student-athletes by implementing probable cause drug testing.~~

Applicability: ~~This policy applies to all CWU Student-Athletes.~~

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Content

Policy

Appendix A - Consequences for Infractions of the CWU Use and Personal Conduct Policy

Appendix B - Summary of Consequences for Violations of NCAA Legislation

Appendix C - Drug Testing Procedures

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(1) Purpose:

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- A. The purpose of this policy is to prevent ~~illegal and banned substance use-abuse~~ among student athletes by implementing ~~a self-report policy and a reasonable suspicion process for drug testing, probable cause drug testing.~~ The intent is to protect the personal health and safety of each student-athlete as well as to ensure an atmosphere of competitive equality. It will also provide an opportunity ~~for student-athletes to seek professional assistance for a drug and/or alcohol problem, as well as an opportunity~~ to intervene on behalf of an individual who has a ~~current situation or past history involving~~ drug abuse, ~~history or a perceived drug problem.~~

(2) Education:

- A. Central Washington University and the CWU Athletic Department are committed to maintaining a drug free environment. An important component is educating the student athlete on the effects and consequences of substance abuse.

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1. ~~In order to accomplish this goal:~~

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1. Self-Reporting Requirements:

- a. A student-athlete may not self-report after he/she has been informed of their participation in an impending drug test.
- b. A student-athlete cannot enter the self-reporting program while on probation for a previous self-report or violation.
- c. There will be no team or administrative consequences imposed upon the student-athlete for seeking professional help through the initial self-reporting phase.
- d. Any and all costs associated with the treatment, counseling and testing may be the responsibility of the student-athlete.

2. Self-Reporting Process:

- a. Student-athlete will meet with compliance office to sign the self-report form and begin the process.
- b. Within one week, student-athlete will set an appointment with Office of Health Promotion for Substance Abuse Intake Evaluation and screening. At that appointment, student-athlete will:
 - i. Sign a release of information to allow Office of Health Promotion to communicate with Athletics staff.
 - ii. Develop and document support plan that includes at minimum 4 weeks of support meetings with an entity designated by Wellness.
 - iii. Understand and document any additional sanctions or actions indicated by Office of Health Promotion.
 - iv. Set a date for the first drug test – within 45-60 days from initial report or violation.
- c. Following the meeting with Office of Health Promotion, student-athlete will return the support plan to the compliance office. The compliance office will make a copy of the plan for the student-athlete's file and student will retain the original for tracking.
- d. After completion of the support plan, student-athlete will return completed and signed plan to the compliance office prior to the set drug test date. Failure to complete and return could result in suspension or an additional sanction.
- e. The student-athlete will take 1st drug test
 - i. If student-athlete tests negative for the banned substance, student-athlete will now follow the substance abuse probation process.
 - ii. If a student-athlete tests positive for the banned substance or fails to appear for the test, student-athlete will be considered to have a first violation. Student-athlete may be removed from competition to better support the education and support efforts.

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2. ~~Frequent, unexplained absenteeism;~~
3. ~~Significant changes in behavior;~~
4. ~~Obviously suspicious conduct;~~
5. ~~Common sense conclusions of abnormal human behavior;~~
6. ~~Previously positive drug test;~~
7. ~~Evidence reported from a reliable third party;~~
8. ~~Physical evidence pointing to drug abuse; and~~
9. ~~Possession of drug paraphernalia~~

~~B. Each event or reasonable suspicion must be separate and unrelated to a previous incident.~~

~~C. A drug test can also be requested by anyone who has objective information within the realms of reasonable suspicion. This may include reliable third parties. This request is to be made verbally (in person or by phone) or in writing (letter, fax or email) to the team physician or other medical practitioner at the Central Washington University Student Health Center (SHC), should the team physician be unavailable. SHC personnel shall decide if the suspicion warrants the drug testing process and, if warranted, authorize it.~~

~~D. Athletes may also self refer, if they feel that they may have accidentally or inadvertently taken any controlled substance. Any positive test based on this "safe harbor" testing shall result in the individual being referred to the CWU Wellness Center to determine the cause of the positive test and how it can be avoided in the future. The student athlete is eligible for self-referral one time only unless indicated otherwise by their counselor.~~

(5) Drug Testing Procedures:

- ~~A. Each year, prior to participation, every athlete will review copies of the NCAA and CWU drug testing policies and sign consent forms agreeing to testing as specified in the policies. Failure to do so will result in ineligibility for intercollegiate athletic participation.~~
- ~~B. Within 24 hours after receiving verification from SHC medical personnel that drug testing has been authorized, a certified athletic trainer of the same sex will discretely notify the student athlete of the authorization. He or she will immediately go to the SHC lab where a specimen will be collected. Specimen collection protocol shall involve the strictest of controls set forth in the NCAA guidelines to eliminate the chances of error or cheating.~~
- ~~C. All drug test results will be available to the team physician or designated SHC personnel, who will inform the head athletic trainer, athletic director, and head coach. The results will be made available at the earliest possible time (usually within seven days).~~
- ~~D. Specimen drug testing will be performed by certified lab technicians using gas chromatography-mass spectrometry (GCMS), which is one of the most reliable tests available for drug detection.~~
- ~~E. Drug testing costs currently range from \$25 to \$30 for street drugs and stimulants and from \$50 to \$75 for steroids. The cost of the initial test will be borne by the athletic department. However, subsequent testing will be the financial responsibility of the student athlete.~~

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(6) Signs of Drug Abuse:

- A. Dilated (enlarged) pupils
- B. Increased sweat nervousness
- C. Anxiety
- D. Paranoid behavior
- E. Hand tremors
- F. Weight loss
- G. Insomnia
- H. Rapid heart rate
- I. Increased blood pressure chronic cough
- J. Sullen and withdrawn
- K. Slow verbal responses
- L. Reddened eyes
- M. Increased appetite for sweets
- N. Unusual smell to their clothing (burning rope)
- O. Vertigo
- P. Mental confusion
- Q. Depression
- R. Nervous exhaustion
- S. Persecution complex
- T. Overconfidence in one's abilities and strength
- U. Mood changes
- V. Unusual increases in weight and strength
- W. Hostile and paranoid behavior
- X. Acne particularly on the face and back

Males

- A. Enlargement of breasts

Females

- A. Lowered voice
- B. Abdominal pain
- C. Swollen face
- D. High blood pressure amenorrhea

(7) Testing Procedure:

Once the sample is collected, it is divided into two beakers. The urine in one beaker is tested. Should a positive test result occur, urine in the second beaker, which is held by the laboratory for one year, is tested. This process is designed to avoid any false positives from the initial test. It should be noted that drug screening and confirmation using Gas Chromatography and Mass Spectrometry (GCMS) is the most accurate method available for drug specimen testing.

(8) Penalties:

- A. Following a first time positive drug test, the student athlete will be referred to the Wildcat Wellness Center for assessment. Based on the results of the assessment, the counselor will complete a behavioral contract with the student athlete. This contract will be discussed with the athletic director, head athletic trainer, and head coach. There will be no loss of participation or competition following an initial positive test as long as the student is working on completion of their behavior contract. The student athlete will be subject to retesting within 30 days for the drug(s) for which they originally tested positive

- ~~B. They will also be held accountable to the CWU student judicial code.~~
- ~~C. A second positive test indicates continued use and will cause the athlete to be suspended from the team for one full calendar year. This suspension will also result in the loss of all athletic-related financial aid during the year and continued accountability to the CWU Student Conduct code. Parental notification will also be made at this time in accordance with university policy.~~
- ~~D. After one year, the student athlete may be reinstated by the athletic director and head coach based on recommendations from the substance abuse counselor, team physician, or designee. Re-admittance to the university will also be determined by the vice president for student affairs and enrollment management.~~
- ~~E. All subsequent positive tests will result in permanent dismissal from Central Washington University athletic programs and possible expulsion from Central Washington University.~~
- ~~F. Athletes who refuse to provide a urine sample or fail to sign the drug testing consent form shall be deemed to have tested positive for the drug in question. All positive test guidelines will continue to be followed as prescribed.~~
- ~~G. Drug test results that come back negative will involve notification to the student athlete in question, and no further action will be necessary.~~
- ~~H. A student athlete who tests positive may, within five days of the test results, make a written appeal to the CWU Athletic Department Substance Use and Drug Testing Committee. The members of said committee shall include the director of athletics, assistant director of athletics for compliance, director of the CWU Wellness Center and the Vice President for Student Engagement and Success or their designee. This meeting shall take place at the earliest possible time that all of the committee members are available. The committee will have authority to restore the athlete's status, based upon the merit(s) of the request.~~

(9)(6) Alcohol Policy:

- A. Consumption of alcohol is expressly prohibited in connection with any official intercollegiate team function; that is, any activity held at or under the direction and supervision of a member of the coaching staff.
- B. Under WAC 106-125-020, a student shall be subject to disciplinary action or sanction upon violation of the university policy on alcoholic beverages.
- C. There will be a 72-hour ban on consumption of alcohol prior to in-season competitions for all student-athletes 21 and older.
 - 1. This includes student-athletes who are red-shirts, injured, or not on the travel roster. Studies have shown that alcohol "impairs motor skills and decreases strength, power and sprint performance. Alcohol slows reaction time and impairs precision, equilibrium, hand-eye coordination, accuracy, balance, judgment, information processing, focus, stamina, strength, power and speed for up to 72 hours (three days)."
- D. In addition to the 72-hour rule, all student-athletes are prohibited from being under the influence of alcohol at any official intercollegiate team function or activity, including but not limited to practice, competition, strength and conditioning training, team meetings, and team travel.

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E. The minimum consequences for an infraction of this alcohol policy are listed in Appendix A of this policy.

~~Central Washington University does not condone the illegal or irresponsible use of alcohol. Both abuse of and dependence on alcohol can impair brain function, dull judgment, reduce alertness, and lead to life-altering consequences. University staff and faculty are expected to conduct themselves in an exemplary fashion and adhere to university, federal, state, and city laws related to alcohol. Violations are punishable by state laws and subject to prosecution. Student violators are also subject under the student judicial code.~~

A. ~~Consumption of alcohol is expressly prohibited in connection with any official intercollegiate team function; that is, any activity held at or under the direction and supervision of a member of the coaching staff.~~

B. ~~Sanctions for involvement with alcohol under conditions prohibited by the athletic department, but in which there are no legal implications, will be determined by the head coach and athletic director. Depending upon circumstances, sanctions may include suspension from practice and/or competition as well as other appropriate consequences to include referral to the Division of Student Engagement and Success for proper action under the student judicial code.~~

C. ~~According to Washington Administrative Code (WAC 106-125), a student shall be subject to disciplinary action or sanction upon violation of the university policy on alcoholic beverages which state: persons twenty-one years of age or older may possess and/or consume alcoholic beverages within the privacy of their residence hall rooms or apartments. Washington State law provides severe penalties for the possession or consumption of alcoholic beverages by persons under twenty-one years of age and for persons who furnish alcoholic beverages to minors. The university does not condone the consumption of alcoholic beverages by minors at functions sponsored by Central Washington University organizations. Organizations are held responsible for the conduct of their members at functions sponsored by the organization and for failure to comply with Washington state law. The campus judicial council, including the vice president for student affairs and enrollment management may place any organization on probation or prohibit a specific campus social function when the consumption of alcoholic beverages has become a problem of concern to the University.~~

D. ~~Violations of the rules of student conduct will result in sanctions imposed by the Division of Student Engagement and Success and will include:~~

- ~~1. Warning,~~
- ~~2. Disciplinary probation,~~
- ~~3. Restitution,~~
- ~~4. Deferred suspension,~~
- ~~5. Suspension,~~
- ~~6. Expulsion.~~

E. ~~A complete explanation of each of these penalties and a complete copy of the Central Washington University Drug and Alcohol Policy is available in the office of the Vice President for Student Engagement and Success.~~

(7) Marijuana Policy

A. Use of marijuana or cannabis-related product is expressly prohibited in connection with any official intercollegiate team function; that is, an activity held at or under the direction and supervision of a member of the coaching staff.

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B. There will be a 72-hour ban on consumption of marijuana or cannabis-related products prior to in-season competitions for all student-athletes 21 and older.

1. This includes student-athletes who are red-shirts, injured, or not on the travel roster. Even though Washington State approved Initiative 502, legalizing the use of recreational marijuana for individuals over the age of 21, CWU students are not allowed to possess or use recreational and/or medical marijuana in any form, including CBD oil, vapors, edibles, or smoked, on University property.

C. In addition to the 72-hour rule, all student-athletes are prohibited to be under the influence of marijuana or cannabis related products at any official intercollegiate team function or activity, including but not limited to practice, competition, strength and conditioning training, team meetings, and team travel.

D. Student-athletes are required to follow all student conduct policies regarding controlled substances under WAC 106-121 and 106-125, University Policy and Procedures, and Washington State Law regarding controlled substances RCW 69.50.

E. Use of a controlled substance in violation of state statute RCW 69.50 may be subject to discipline as outlined in Appendix A.

History:

*PAC: 3/16/05; BOT: 6/10/05, motion 05-36; 7/05; Responsibility: President's Division; Authority: PAC; Reviewed/Endorsed by: Board of Trustees; Review/Effective Date: 07/2005; Approved by: James L. Gaudino, President
Reformatted and Assigned new Policy Number - Previous Policy CWUP 2-20-080, June 2025*

Appendix A – Consequences for Infractions of the CWU Use and Personal Conduct Policy

Student behavior that violates the student conduct code, WAC 106-125, the Substance use and drug testing policy, WAC 106-121, University policy, or any Washington state law will be referred to the Office of Student Conduct and/or the Title IX Office. Additionally, the table below identifies the consequences of infractions that may be enforced by the Department of Athletics.

(1) Severity – Level I

A. Violations include:

1. Underage Alcohol or Cannabis use (on campus)
2. Fighting
3. Vaping
4. 72-hour rule

B. Associated Time Period

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1. Two Academic years (Fall to Summer)

C. Consequences:

1. *First Offense*

- a. Meeting with Coach and Athletic Director
- b. Student Conduct sanctions
- c. Wellness Education

2. After First Offense, subsequent violations will be handled on a case-by-case basis in conjunction with the head coach and athletic director and may include disciplinary actions up to and including dismissal from the program.

(2) Severity – Level II

A. Violations include:

- 1. Cannabis or Alcohol (Minor in Possession / Minor in Consumption)
- 2. Assault
- 3. Misdemeanor Person Offenses
- 4. Non-consensual Sexual Contact

B. Associated Time Period

1. Two Academic years (Fall to Summer)

C. Consequences:

1. *First Offense*

- a. Meeting with Coach and Athletic Director
- b. Letter of Apology
- c. Student Conduct Sanctions
- d. Wellness Education
- e. Loss of up to 10 percent of season

2. After First Offense, subsequent violations will be handled on a case-by-case basis in conjunction with the head coach and athletic director and may include disciplinary actions up to and including dismissal from the program.

(3) Severity – Level III

A. Violations include:

- 1. DUI
- 2. Street Drugs
- 3. Sexual Harassment
- 4. Stalking

B. Associated Time Period

1. Entire CWU career

C. Consequences:

1. **First Offense**

- a. Loss of 50 percent of season

2. After First Offense, subsequent violations will be handled on a case-by-case basis in conjunction with the head coach and athletic director and may include disciplinary actions up to and including dismissal from the program.

(4) Severity – Level IV

A. Violations include:

1. Sexual Assault
2. Nonconsensual Sexual Intercourse
3. Domestic Violence
4. Sexual Exploitation
5. Felonies other than DUI

B. Associated Time Period

1. Entire CWU career

C. Consequences:

1. **First Offense**

- a. Dismissal from program

(5) Severity - Integrity

A. Violations include:

1. Academic Dishonesty
2. Student Host Misconduct
3. Other Integrity policies

B. Associated Time Period

1. Entire CWU career

C. Consequences:

1. **First Offense**

- a. Meeting with Coach and Athletic Director to determine consequences
- b. Loss of up to 20 percent of season

2. After First Offense, subsequent violations will be handled on a case-by-case basis in conjunction with the head coach and athletic director and may include disciplinary actions up to and including dismissal from the program.

(6) Severity – CWU Drug Test

A. Violations include:

- 1. Positive Drug test – Performance Enhancing**

B. Associated Time Period

- 1. Entire CWU career**

C. Consequences:

1. First Offense

- a. Loss of 365 days of eligibility**

- 2. After First Offense, subsequent violations will be handled on a case-by-case basis in conjunction with the head coach and athletic director and may include disciplinary actions up to and including dismissal from the program.**

Appendix B - Summary of Consequences for Violations of NCAA Legislation

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(1) Violation: Positive test for “street drugs”.

- A. Consequence: Loss of 50 percent of season.**

(2) Violation: Positive test for drugs classified as “Performance Enhancing Drugs (PED’s) / other than street drugs”.

- A. Consequence: Loss of 100 percent of season.**

(3) Violation: Use of tobacco products during practice or competition.

- A. Consequence: Disqualification for remainder of that practice or competition.**

Appendix C - Drug Testing Procedures:

- (1) The student-athlete will meet with Head Athletic Trainer to schedule a drug test at one of the local testing centers.
- (2) The student-athlete will be accompanied by Athletic Training staff to test.
- A. Testing center will handle all sample collection and chain of custody.
- (3) Local testing center will report results to Head Athletic Trainer, who will discuss with CWU Director of Athletics.
- A. Full results may take 2-3 days to be reported.
- (4) CWU Director of Athletics will report results to Student-athlete and Head Coach and discuss consequences for infractions.
- (5) NCAA Drug testing procedure will vary and is conducted by an outside entity.

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