Substance Abuse Education and Testing Program
Council of Presidents Ad-Hoc Committee
Executive Summary

In September 2014, the Council of Presidents (COP) reviewed recommendations of the Substance Abuse Education and Testing Committee. The COP approved the requirement of all NAIA student-athletes to receive a consistent substance abuse education program, called myPlaybook, to begin in 2015-2016 along with national championship drug testing to begin in 2017-2018.

The Drug Education and Testing Committee identified three main priorities in considering their recommendation.

1) Health and well-being of student-athletes,
2) Fairness in competition, and
3) Meeting societal expectations;

These priorities were kept at the forefront of the Ad-Hoc Substance Abuse Education and Testing Committee’s work in developing the NAIA Drug Testing Program. Through this committee and the National Center for Drug Free Sport an implementation has been completed.

Committee members include:

- COP – Jules Glanzer (Tabor)
- CCA – Lori Thomas (Heart of America)
- NAC – Scott Crawford (Kansas Collegiate) & Pete Manely (Sterling)
- ATA – Darin Voigt (Vanguard)
- ADA – Gary Picone (LC State) & Brandon Podgors (IU – Kokomo)
- CFAR – Byron Noordewier (Northwestern, IA)
- Student-Athletes – Zach Sollie (AUM) and Madalyn Smith (Judson)
- National Office: Kristin Gillette and Matt Hanson

The plan for how the substance-abuse education is delivered, billed and monitored will be the subject of several presentations during the NAIA National Convention in April. A general session will address the recommended drug education online program, myPlaybook and the drug testing policy. Two workshops will follow focusing on the specific details and logistics of the programs.

During the NAIA convention, the following legislation and policy changes will be considered:

1. Address the recommendation that eligibility be changed to include completion of the core drug education course prior to participation;
2. Determine infractions for testing positive at a national championship, and
3. Establish the NAC authority over operational policies related to the drug testing program.

Please contact Kristin Gillette or any of the ad-hoc committee members with further questions and/or feedback.

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Highlights to the entire program and the full page drug testing program will be available with all convention materials.

### NAIA DRUG EDUCATION – MYPLAYBOOK

Each institution will be required to pay an annual participation fee for each student-athlete to take the Drug Free Sport myPlaybook online drug education beginning 2015-2016. The NAIA Academy, where student-athletes currently take the Champions of Character Live 5 training, will be the online learning management system for myPlaybook.

The NAIA Academy registration process will change from student self-registration to institution management of those required to take the course. This will allow institutions to control their lists for various reasons, including:

1. Invoices will be generated per athlete identifying with the institution;
2. Course completion sync with ECP; and
3. Provide quality customer service.

The Drug Free Sport Resource Exchange Center (REC) is a 24 hour website and hotline that is available for NAIA staff and student-athletes.

1. A confidential password protected resource that provides accurate and confidential information about the NAIA’s drug testing program, banned or prohibited substances, dietary supplements and over-the-counter/prescription medications.
2. A dedicated REC staff that will respond to inquiries from coaches, athletic trainers, athletic administrators, and athletes regarding products, ingredients, product recalls, etc…
3. A NAIA password protected website and hotline
4. Additional educational resources

### NAIA NATIONAL CHAMPIONSHIP DRUG TESTING AND RECOMMENDED CONSEQUENCES

The NAIA Drug Testing Program proposal includes an NAIA banned-substance list, medical code, organization, causes for loss of eligibility, championship and student-athlete selection and notification, specimen-collection procedures, chain of custody, notification of results and appeals process, sanctions for use of banned substances, and restoration of eligibility.

A student-athlete who tests positive for use of a banned substance, other than a “street drug” as defined by the NAIA Banned-Drug Classes List, shall serve a suspension for a minimum of 365 days from the date of the specimen collection that lead to the positive test result; and be charged one season of competition in all sports because of the positive test result. A student-athlete testing positive a second time for the use of any banned drug, other than a “street drug,” shall lose all remaining NAIA eligibility in all sports.

For a student-athlete who tests positive for use of a “street drug” as defined by the NAIA Banned-Drug Classes List, the suspension period shall apply to all sports and be the equivalent of 50 percent of the institution's scheduled varsity contests in that sport. The suspension shall be served in each sport beginning with the first varsity contest following the positive test and last through the number of contests that equals 50 percent of the total scheduled contests in that academic year. If the student-athlete tests positive a second time for the use of a “street drug,” the student shall be suspended from competition in all sports for a period of 365 days from the date of the specimen collection that lead to the positive test result; and be charged one season of competition in all sports because of the positive test result. For a third positive instance, he or she shall lose all remaining NAIA regular season and post-season eligibility in all sports.

An institution’s athletics program(s) or staff member(s) may be brought before the National Conduct and Ethics Committee for additional penalties if the institutional staff member(s) provided or required the student’s use of a banned substance that led to a positive test.
2014-15 NAIA Banned Drugs

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

The NAIA bans the following classes of drugs:

a. Stimulants
b. Anabolic Agents
c. Diuretics and Other Masking Agents
d. Street Drugs
e. Peptide Hormones and Analogues
f. Anti-estrogens
g. Beta-2 Agonists

Note: Any substance chemically related to these classes 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.

Drugs and Procedures Subject to Restrictions:

b. Local Anesthetics (under some conditions).
c. Manipulation of Urine Samples.
d. Beta-2 Agonists permitted only by prescription and inhalation.
e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NAIA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

☐ Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
☐ Student-athletes have tested positive and lost their eligibility using dietary supplements.
☐ Many dietary supplements are contaminated with banned drugs not listed on the label.
☐ Any product containing a dietary supplement ingredient is taken at your own risk.
Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient.

Check with your athletics department staff prior to using a supplement.

Some Examples of NAIA Banned Substances in Each Drug Class

**Stimulants:**
amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, “bath salts” (mephedrone) etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

**Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione):**
Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; etc.

**Diuretics (water pills) and Other Masking Agents:**
bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triamterene; trichlormethiazide; etc.

**Street Drugs:**
heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

**Peptide Hormones and Analogues:**
growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

**Anti-Estrogens:**
anastrozole; tamoxifen; formestane; ATD, clomiphene etc.

**Beta-2 Agonists:**
bambuterol; formoterol; salbutamol; salmeterol; etc.

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

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