

Stony Brook University

Department of Athletics



**Student-Athlete
Drug Testing Program
2010-2011**

Philosophy

Stony Brook University (SBU) supports the National Collegiate Athletic Association's (NCAA) policy prohibiting student-athletes from using performance enhancing drugs and/or illegal substances. SBU and the Department of Athletics are committed to maintaining a safe and healthy environment where student-athletes can develop socially, academically and athletically to their fullest potential. Part of maintaining such an environment is ensuring the student-athletes' physical and mental well-being. To ensure these objectives, the SBU Department of Athletics has developed a drug testing program that, by encompassing drug education, testing, counseling, and rehabilitation, is designed to (i) inform all student-athletes of the problems and dangers of drug use, (ii) provide assistance to those who abuse such drugs, and (iii) help Stony Brook student-athletes understand and best handle any issues of substance abuse in intercollegiate athletics.

Nothing in these procedures shall be construed to create a contract between student-athletes and Stony Brook University. Further, SBU reserves the right to alter or amend this policy at any time. Be advised that signed consent and notification forms are considered confirmation of the student-athlete's agreement to the terms and conditions contained in this policy, and shall be considered a formal obligation of the student-athlete.

Purpose of Drug Testing Program (DTP)

The specific objectives of the Department of Athletics' DTP program are as follows:

- A. To educate student-athletes and staff about the basic issues of health and wellness;
- B. To help the student-athlete achieve and maintain his/her optimum health in a drug-free atmosphere by minimizing the direct potential of harm to the user as well as the potential of harm to others resulting from impaired judgment;
- C. To deter drug use and abuse among student-athletes and encourage the adoption and maintenance of low-risk lifestyles;
- D. To conduct a preventative, educational and therapeutic-based program concerning drug use and abuse, by providing information and answers to student-athletes and staff;
- E. To help maintain the integrity of intercollegiate athletics and minimize the vulnerability of student-athletes to exploitation, through testing and education;
- F. To identify, assess, treat, and prevent re-injury of those student-athletes whose behavior suggests involvement with performance enhancing and illegal drugs;
- G. To inform all student-athletes and staff about NCAA, America East, Big South Conference, and SBU Department of Athletics policies concerning performance enhancing and illegal drugs.

While educational programs are designed to provide each student-athlete with an informed reason to refrain from drug use, randomized drug testing is a key component of the Department of Athletics' DTP. Under Department procedures for drug testing, immediate progressive disciplinary and rehabilitative actions will be taken if the student-athlete tests positive for either performance enhancing or "street" drugs. The Department's DTP and drug testing protocols complement, and are in addition to, the NCAA regulations regarding substance abuse. In other words, when a student-athlete tests positive in an NCAA mandated drug test, the NCAA rules for discipline will apply in addition to the requirement to participate in the Department's positive drug test mandatory assessment and counseling.

The student-athlete should be aware that if he/she tests positive for a substance on the NCAA list of banned-drug classes, the NCAA can declare a student-athlete ineligible to represent the institution in: (i) any contest against outside competition, regardless of how the competition is classified (scrimmage, exhibition or joint practice session with another institution's team) or the student's enrollment status, and (ii) post-season and regular season competition for a minimum of one season of competition, for 365 days.

In accordance with the Department's DTP schedule, student-athletes will be subject to drug tests based on categories from the National Center for Drug Free Sport, Inc (see table on page 4), which includes and expands on the NCAA List of Banned-Drug classes. The NCAA publishes an annual list of banned substances (Appendix A) and can be found at www.ncaa.org/health-safety. Be aware that this NCAA list is for reference purposes only. It does not establish the drug cutoff levels or include all the substances for which the National Center for Drug Free Sport may test.

Due to Department and NCAA policies regarding drug use, a student-athlete should not take any medications or even dietary supplements that are not prescribed by a physician. If a doctor prescribes a drug that appears on the NCAA list of banned-drug classes, the student-athlete must immediately notify an athletic trainer. The NCAA list of banned-drug classes is subject to change without prior notification, which could result in a student-athlete unknowingly taking a substance from the NCAA list of banned-drug classes. Be advised that under NCAA rules and policies, a student-athlete's lack of knowledge that a substance is banned **IS NOT** an adequate defense for a positive drug test.

Drug Testing Program Committee

The Department's DTP Committee includes the Executive Associate Director of Athletics, Senior Associate Athletic Director, Assistant Athletic Director for Sports Medicine, Associate Athletic Trainer (who serves as the Drug Testing Coordinator), Assistant Athletic Director for Sports Administration, Assistant Athletic Director for Compliance, University Substance Abuse Counselor, one student-athlete representative and one member of Stony Brook's coaching staff. This committee will meet annually, prior to the start of each academic year in order to conduct an annual review and evaluation of all aspects of the drug testing and education program(s).

Implementation of the Drug Testing Program

For the purpose of this policy, student-athlete is defined as any student-athlete who is certified eligible to participate in varsity athletics (includes red-shirts and academically ineligible student-athletes). An annual presentation will be made to all student-athletes and staff concerning the purpose and implementation of the Department of Athletics Drug Testing Program. Every student-athlete will be required to sign a form acknowledging that they (i) have received a copy of the program, (ii) understand what is expected of them and (iii) consent to the administration of urinalysis testing and the release of urinalysis results to a limited group of individuals involved in the implementation of this policy. Minors must have their consent forms co-signed by a parent or legal guardian. Failure to sign a consent form indicating agreement to the administration of urinalysis testing will prohibit student-athlete participation in intercollegiate athletics at Stony Brook University. All student-athletes are subject to unannounced, random tests during the course of the calendar year. The drug-testing committee will determine a prescribed percentage of each team that shall be subject to random testing throughout the year. The Associate Athletic Trainer will provide Drug Free Sport with team rosters, and student-athletes will be randomly selected for testing by the agency based on the team percentages prescribed by the DTP Committee.

Drug Testing Program

SBU's Drug Testing Program is separate and distinct from the NCAA Drug Testing Program even though it may ban the same drug classes. All student-athletes are subject to both the Department's Drug Testing Program and the NCAA Drug Testing Program. The Director of Athletics (or designee) may schedule drug screenings and collections at any time, with a minimum of two (2) per academic year. Student-athletes will be notified no more than 24 hours before a scheduled drug test, by their head coach. Once notified, failure to appear for the scheduled drug test will be considered an automatic positive test, which will result in sanctions as appropriate, on review of the circumstances by the Assistant Athletic Director for Sports Medicine and the Director of Athletics.

Generally, testing will occur under the following circumstances:

- A. Testing of student-athletes will take place on a random basis at least two times a year. The Director of Athletics may schedule additional tests at any time, including during the pre-season, postseason and championship season.
- B. At the discretion of the Director of Athletics, in consultation with the Sport Supervisor and the Assistant Athletic Director for Sports Medicine, a drug test may be requested at any time for a specific student-athlete whose behavior has caused reasonable suspicion of drug use of any kind.
- C. During and after completion of required counseling and/or education program for a positive drug test, student-athletes may be subject to continued drug testing which may include follow-up and re-entry drug testing for up to the duration of his/her athletic participation.

Under the Department's DTP, student-athletes may be tested for the following banned drug categories:

1. Amphetamines/Methamphetamine
2. Cocaine
3. Tetrahydrocannabinol (THC or marijuana)
4. Drug analogs (designer drugs)
5. Barbiturates and Benzodiazepine
6. Opiates (Morphine, Codeine, Demerol, Heroin, Vicadin, Oxycodine, etc)
7. Natural and Manufactured hallucinogens
8. Anabolic Steroids
9. Ecstasy (MDMA)
10. Adderall
11. Methylphenidate (including Ritalin)

Drug Testing Procedure

During the summer prior to each academic year, all student-athletes will receive a packet at home containing information concerning the SBU Drug Testing Program and the Student-athlete Consent form. Prior to becoming eligible for SBU Athletics, the consent form must be signed by the student-athlete (and their parent or guardian, if SA is a minor) and returned to the Sports Medicine Department. At the beginning of each academic year, all student-athletes are required to attend a Drug Testing Orientation Meeting, read the Drug Testing Program and sign the Department of Athletics Drug Testing Consent form. Upon notification of random selection, SA will attend a mandatory meeting the day prior to the drug testing date, to reiterate the drug testing procedure, expectations and requirements for the SA to abide by, along with informing specific times and location of the drug test. Facilities within the SBU Sports Complex (designated by the Drug Testing

Coordinator) will be made available for private collection of specimens. On arrival at the drug testing site, SA will be in proper attire, shorts and a T-shirt (unless otherwise specified by the Drug Testing Coordinator) and produce their picture ID. The student-athletes will be observed by the Drug Free Sport representative(s), serving as validator(s), who will monitor the furnishing of the specimen by observation to guarantee the integrity of the specimen at all times. See Drug Free Sport's drug-testing collection protocol, attached as Appendix B. At no time will the student-athlete be allowed to bring his/her coat, books, bags, etc into the testing station. If a student-athlete is unable to provide a sample at the time of the test, the student-athlete will be required to remain at the collection area until a sample can be obtained. Additionally, in the event a student-athlete attempts to tamper with or alter the sample, sanctions for a positive test will apply.

Specimen analysis will be conducted at a predetermined certified off-campus laboratory recommended by Drug Free Sport and approved by the Assistant Athletic Director for Sports Medicine and Director of Athletics, utilizing standard procedures and protocols for determining positive test results.

Notification of Positive Test Results

The Assistant Athletic Director for Sports Medicine is notified of each positive test result, and will then notify the Assistant Athletic Director for Sports Administration, Associate Athletic Trainer and the Head Team Physician. The Associate Athletic Trainer will then verify and confirm any positive test result for a banned substance with Drug Free Sport. Once a positive test is confirmed, the Assistant Athletic Director for Sports Medicine will update the Assistant Athletic Director for Sports Administration who will inform the administrative team, including the Athletic Director, the Executive Associate Director of Athletics, the respective sport's supervisor, Assistant Athletic Director for Compliance and the Head Coach. Each student-athlete who tests positive will be notified in a private meeting by his or her Head Coach, the relevant sport's supervisor, the Assistant Director of Athletics for Compliance and the Assistant Athletic Director for Sports Medicine (or designee). At this time, the student-athlete will be notified, in writing, of the consequences of the positive test, as well as the appeal process. The Director of Athletics may inform his immediate supervisor, the President of the University (and/or the Administrative Liaison to Athletics from the President's Office) of the result of the drug testing program. Other members of the Department of Athletics may be notified, if the Director of Athletics deems it necessary.

Parental Notification Policy

The Higher Education Amendment of 1998 permits institutions to disclose to parents or legal guardians, information regarding a student's violation of any federal, state, local law or institutional rule or policy that governs the use of, and/or possession of, a controlled substance. The Department's DTP requires every student-athlete to sign an authorization form regarding notification of parents of a positive drug test. Therefore, in appropriate circumstances, the Director of Athletics or the Assistant Athletic Director for Sports Medicine or their designee may notify the student-athlete's parents (or legal guardian) of the positive test results.

Impacts of Positive Test Results

First Positive Test

1. Notifications are made as set forth under Notification of Positive Test Results above.
2. The student-athlete is immediately suspended for one (1) week from all countable athletically related activities. These activities include, but are not limited to: team travel, team practices and conditioning sessions and workouts in SBU weight room. Additionally, the student-athlete will not have access to use any home or away complimentary tickets.

Permissible activities include: use of the Goldstein Family Student-Athlete Development Center and the Athletic Training Room to receive medical care.

3. The student-athlete shall be suspended from the **next** competition and approximately 10% of the scheduled and completed intercollegiate contests, including all team related activity and travel. **The suspensions will be for those contests during the segment of the playing season that ends with an NCAA Championship or for any contests used to qualify for conference or NCAA post-season competition. Scrimmages and or exhibitions (e.g. alumni games, foreign tours) shall not qualify as contests with reference to satisfying suspensions. Furthermore, contests that would generally qualify for the satisfaction of penalties but are not played for any reason may not be included.** The number of games/competitions/ matches for which the student-athlete will be suspended varies from sport to sport** (see table for Penalties Imposed for First Offense). The period of suspension will carry over from season to season. Examples: (1) If the period of suspension is not concluded by the end of the regular season, the period of suspension will carry over to the conference and/or NCAA tournament contests; (2) If the period of suspension is not completed by the end of the segment of the playing season that ends with an NCAA Championship, the suspension will carry over to the next playing season that ends with an NCAA Championship.

Note: Student-athlete penalties will be assessed based on the scheduled contests for the sport(s) in which the student-athlete was on the roster at the time of the test. Any subsequent rosters to which the athlete is added during that year may lead to an increase in sanctions.

Penalties Imposed for First Offense

**The number of scheduled contests for each sport may vary from year to year. The numbers listed here are based on Stony Brook University scheduled contests for 2009-10.

Penalties will be based on actual 2010-11 scheduled contests at time of positive test.

Baseball (55)	6 games
Men's Basketball (29)	3 games
Women's Basketball (27)	3 games
Men's Cross Country (7)	1 date of competition
Women's Cross Country (7)	1 date of competition
Football (11)	1 game
Men's Lacrosse (17)	2 dates of competition
Women's Lacrosse (17)	2 dates of competition
Men's Soccer (20)	2 games
Women's Soccer (19)	2 games
Softball (50)	5 games
Men's Swimming and Diving (11)	1 date of competition
Women's Swimming and Diving (13)	1 date of competition
Men's Tennis (24)	2 dates of competition
Women's Tennis (22)	2 dates of competition
Men's Track & Field (13)	1 date of competition
Women's Track & Field (13)	1 date of competition
Volleyball (26)	3 matches

4. The student-athlete will be required to contact the SBU Counseling and Psychological Services (CAPS) at (631) 632-6720 within 72 hours after notification of the positive drug

test. The student-athlete must report the time and date of mandatory assessment to Assistant Athletic Director for Sports Medicine. The student-athlete will attend a mandatory assessment conducted by either the SBU Substance Abuse Counselor or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. Based on this assessment, the student-athlete may then be required to participate in, and complete, a counseling and/or education program approved by Assistant Athletic Director for Sports Medicine. In all cases, mandatory assessments and treatment will be conducted only at locations approved by the Department of Athletics. If a student-athlete does not follow prescribed treatment, he/she will be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests, suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.

5. If a student-athlete fails or refuses to attend the mandatory assessment, he/she may be subject to indefinite suspension from all practices and contests until the assessment is completed. If a student-athlete refuses treatment recommendations, he/she will be subject to indefinite suspension from all practices and contests until treatment recommendation is initiated and/or completed.
6. The Director of Athletics and the Head Coach reserve the right to cancel the student-athlete's grant-in-aid.
7. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions.
8. Positive test results are considered cumulative throughout the duration of enrollment at Stony Brook University.
9. The student-athlete will be tested during the next SBU drug testing date.

Second Positive Test

1. Notifications are made as set forth under Notification of Positive Test Results above.
2. The student-athlete is immediately suspended for two (2) weeks from countable athletically related activities.
3. The student-athlete shall be suspended from the **next** competition and approximately 50% of the scheduled and completed intercollegiate contests, including all team related activity and travel. **The suspensions will be for those contests during the segment of the playing season that ends with an NCAA Championship or for any contests used to qualify for conference or NCAA post-season competition. Scrimmages and or exhibitions (e.g. alumni games, foreign tours) shall not qualify as contests with reference to satisfying suspensions. Furthermore, scheduled contests that would generally qualify for the satisfaction of penalties but are not played for any reason may not be included.** The number of games/competitions/ matches for which the student-athlete will be suspended varies from sport to sport** (see table for Penalties Imposed for First Offense). The period of suspension will carry over from season to season. Examples: (1) If the period of suspension is not concluded by the end of the regular season, the period of suspension will carry over to the conference and/or NCAA tournament contests; (2) If the period of suspension is not completed by the end of the segment of the playing season that ends with an NCAA Championship, the suspension will carry over to the next playing season that ends with an NCAA Championship.

Note: Student-athlete penalties will be assessed based on the scheduled contests for the sport(s) in which the student-athlete was on the roster at the time of the test. Any subsequent rosters to which the athlete is added during that year may lead to an increase in sanctions.

Penalties Imposed for Second Offense

****The number of scheduled contests for each sport may vary from year to year. The numbers listed here are based on Stony Brook University scheduled contests for 2009-10.**

Penalties will be based on actual 2010-11 scheduled contests at the time of the positive test.

Baseball (55)	28 games
Men's Basketball (29)	15 games
Women's Basketball (27)	15 games
Men's Cross Country (7)	4 dates of competition
Women's Cross Country (7)	4 dates of competition
Football (11)	6 games
Men's Lacrosse (17)	8 dates of competition
Women's Lacrosse (17)	8 dates of competition
Men's Soccer (20)	10 games
Women's Soccer (19)	10 games
Softball (50)	25 games
Men's Swimming and Diving (11)	5 dates of competition
Women's Swimming and Diving (13)	5 dates of competition
Men's Tennis (24)	12 dates of competition
Women's Tennis (22)	11 dates of competition
Men's Track & Field (13)	7 dates of competition
Women's Track & Field (13)	7 dates of competition
Volleyball (26)	13 matches

If a second positive test occurs, the total number of games/competitions/matches listed above would **NOT** include the suspension already served as a result of the first positive test.

4. The student-athlete will be required to attend a mandatory assessment conducted by either the SBU Substance Abuse Counselor or a local treatment agency, to determine the type and extent of counseling the student-athlete should receive. The student-athlete must report the time and date of mandatory assessment to Assistant Athletic Director for Sports Medicine. Based on this assessment, the student-athlete shall participate in, and complete a counseling and/or education program approved by the Director of Athletics and Assistant Athletic Director for Sports Medicine. In all cases, mandatory assessments and treatment will only be conducted at locations approved by the Department of Athletics. If a student-athlete does not follow prescribed treatment, he/she will be subject to further disciplinary action. Discipline may include suspension from future participation in a specified number of contests; suspension from future athletic participation and cancellation of athletic scholarship at the end of the academic year, or other disciplinary action as deemed appropriate.
5. If a student-athlete fails or refuses to attend the mandatory assessment, he/she may be subject to indefinite suspension from all practices and contests until the assessment is

completed. If a student-athlete refuses treatment recommendations, he/she will be subject to indefinite suspension from all practices and contests until treatment recommendation is initiated and/or completed.

6. The Director of Athletics and the Head Coach reserve the right to cancel the student-athlete's grant-in-aid.
7. The Head Coach, in consultation with his/her respective sport supervisor, may add additional sanctions.
8. Positive test results are considered cumulative throughout the duration of enrollment at Stony Brook University.
9. The student-athlete will be tested during the next SBU drug testing date.

Third positive test

1. Notifications are made as set forth under Notification of Positive Test Results above.
2. The student-athlete will be **immediately** and permanently suspended from all future athletic participation.
3. Athletic grant-in-aid will be canceled at the end of the academic term in which the third positive drug test occurred.

Appeal Process

Any student-athlete who receives notification of a positive test result may submit an appeal. If the student-athlete wishes to appeal his/her test results, the student-athlete must inform the Director of Athletics in writing within 72 hours of notification of a positive drug test. The letter of appeal must set forth in detail the reason(s) for the appeal. All suspensions are immediate and counseling requirements will remain in effect during this period of appeal. The student-athlete will be granted a hearing with the Appeals Board within 72 hours of filing the appeal.

On filing an appeal with the Director of Athletics, the student-athlete may obtain a second test of the original urine sample from the same approved certified laboratory, at the student-athlete's own expense. If the second test results are positive, the student-athlete shall finish serving his/her period of suspension and counseling. If the second test results are negative, the student-athlete's eligibility for intercollegiate competition shall be restored immediately and the student-athlete compensated for all expenses directly related to the second urine test.

Appeal Board

The Appeal Board shall be comprised of one individual from each of the following groups:

- a. An Intercollegiate Athletics Board Member or the Faculty Athletics Representative: this person will Chair the appeal proceedings;
- b. Two members of the Student-Athlete Advisory Council:
 - i. one male and one female student-athlete with Junior or Senior status,
 - ii. may not be from the same team as athlete involved in the appeal
- c. One full-time member of the SBU coaching staff (may not be athlete's coach)
- d. A member from the campus judicial hearings board
- e. Assistant Director of Athletics for Compliance will serve as an ex-officio board member

Appeal Decisions

Appeals may be decided in one of the following manners:

- a. Finding of responsibility may be upheld and sanctions enforced.
- b. Finding of responsibility may be upheld but the sanction suspended or reduced.
- c. Finding of responsibility may be reversed and the sanctions withdrawn.

Confidentiality Commitments

Maintaining confidentiality and protecting the rights of the student-athlete are critical factors in drug testing. Every effort shall be made to protect the confidentiality of student-athletes participating in the DTP, including those who test positive, undergo reasonable suspicion testing, or enter treatment programs. Subject to the managerial exemptions described above, under no circumstances is Athletics or University staff or any person associated directly or indirectly with the Drug Testing Program, permitted to disclose to any third party information acquired as a result of their participation in the Department's DTP.



2010-11 NCAA Banned Drugs

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. 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:

- a. Blood Doping.
- 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.

NCAA Nutritional/Dietary Supplements Warning:

**Before consuming any nutritional/dietary supplement product,
review the product with your athletics department staff!**

- Dietary supplements 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.

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

Some Examples of NCAA Banned Substances in each class

NOTE: **There is no complete list of banned drug examples!!**

Check with your athletics department staff to review the label of any product, medication or supplement before you consume it!

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents:

boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC).

Peptide Hormones and Analogues:

human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens :

anastrozole; clomiphene; tamoxifen; formestane; etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with your athletics staff before using any substance.

APPENDIX B



2010-11 Sports Drug-Testing Collection Protocol

1. Upon entering the collection station, the athlete will provide photo identification and/or a client representative/site coordinator will identify the athlete and the athlete will officially enter the station.
2. The athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker's lid.
3. A collector, serving as validator, will monitor the furnishing of the specimen by observing in order to assure the integrity of the specimen until a volume of at least 50 mL is provided (85-100 mL if testing for anabolic steroids – depending on which steroid panel is selected).
4. Validators who are of the same gender as the athlete must observe the voiding process and should be members of the official drug-testing crew. The procedure does not allow for validators to stand outside the immediate area or outside the restroom. The athlete must urinate in full view of the validator (validator must observe flow of urine). The validator must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
5. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief or client representation for documentation. Athletes are encouraged to wash and dry hands prior to and following urination.
6. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
8. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, specimen must be discarded.
10. Upon return to the collection station, the athlete will begin the collection procedure again.
11. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and if in range measure the pH of the urine in the presence of the athlete.
12. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.

13. Vials and forms (if any) sent to the laboratory shall not contain the name of the athlete.
14. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding.
15. The athlete, collector and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
16. After the collection has been completed, the specimens will be forwarded to the laboratory and copies. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
17. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
18. The laboratory will make final determination of specimen adequacy.
19. If the laboratory determines that an athlete's specimen is inadequate for analysis, at the client's discretion, another specimen may be collected.
20. If an athlete is suspected of manipulating specimens (e.g., via dilution), the client will have the authority to perform additional tests on the athlete.
21. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
22. A collector will record the specific gravity and pH values.
23. The collector will pour approximately 35 mL of the specimen into the "A vial" and the remaining amount (approximately 15 mL) into the "B vial" (another A=35 mL, B=15 mL in a second split sample kit or A=35 mL for a single sample for anabolic steroid testing, which will be shipped to a WADA accredited laboratory) in the presence of the athlete.
24. The collector will place the cap on each vial in the presence of the athlete; the collector will then seal each vial in the required manner under the observation of the athlete and witness (if present).
25. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
26. The specimens become the property of the client.
27. If the athlete does not comply with the collection process, the collector will notify the client representative/site coordinator and third party administrator responsible for management of the drug-testing program.
28. On occasion, a client may choose to test using a single specimen kit. The collector will follow the split specimen procedures up to the point where the athlete selects a sealed kit. With a single specimen kit, the collector will instruct the athlete to provide at least 40 mL of urine allowing for a 5 mL pour-off to measure specific gravity and pH on site. A single A vial will be processed and transported to the laboratory for analysis.