



Athletic Department Assistance Program (ADAP) Substance Abuse Policy

Purpose

The LSU Athletic Department has established the Athletic Department Assistance Program (ADAP). ADAP's mission is to support and provide assistance to the LSU student athletic population who are seeking ways to enhance their educational and athletic experience by developing strategies and skills to excel in the world of intercollegiate athletics. ADAP's goal is to establish a safe and trusting environment that assists these students in the management of a multitude of clinical and medical issues ranging from individual sports performance and team building to mental health support. With the assistance of a full-time sport psychologist and other qualified medical professionals, ADAP is able to offer services to our athletes in a confidential setting that promotes personal growth and development.

One of the primary focus areas of ADAP is the health and safety of all athletic students. ADAP continues to address the issues associated with the ever-changing culture and behaviors on college campuses. Of particular concern is the use of alcohol, illicit drugs and performance enhancing drugs. While recognizing some of our athletes confront these challenging societal issues long before arriving on the college campus, it is our goal to approach these issues in such a way as to educate the student athletic population on the best ways to balance social and behavioral expectations while simultaneously promoting success both in the classroom and athletically.

With a medical model in mind, ADAP will utilize the Substance Abuse Policy to assist the Athletic Department and student athletic population by promoting a functional and thriving athletic environment that is devoted to the health and welfare of the athletic population. A portion of ADAP's program incorporates a mandatory, year-round substance abuse testing program.

While it is understood that use/abuse of substances can simply be a lifestyle choice, it is clear that many such behaviors may also be a function of medical or clinical conditions. Although certain punitive measures may be employed in the management of substance use/abuse issues, it is the goal of the ADAP Substance Abuse Program to approach such issues with a broader medical/clinical mindset such that every reasonable opportunity to achieve positive change is utilized.

The following are the goals of the LSU Substance Abuse Policy:

- a. To protect the health and well-being of the student athletic population.
- b. To educate the student athletic population about the harmful effects and unethical nature of substance abuse and performance enhancement substances.
- c. To deter the use/abuse of illegal and harmful substances in our student athletic population.

- d. To prevent substance abuse in our athletic community.
- e. To identify, for the purpose of helping, those in the LSU athletic student population misusing substances of abuse.
- f. To maintain the integrity of intercollegiate athletics by ensuring fair competition.

Policies

All student-athletes (scholarship and non-scholarship) on an active roster are subject to year-round substance abuse testing by the LSU Athletic Department. This includes student-athletes who have exhausted eligibility and continue to receive an athletics scholarship. Athletes who apply for extended aid are also subject to random substance abuse testing. Athletic training students, student managers, cheerleaders and Tiger Girls are also subject to this policy. For the remainder of this policy, the student-athletes and student groups listed above will be referred to as student athletic population or students.

Consistent with the policies of Louisiana State University and the NCAA, the LSU Athletic Department expressly prohibits the use, sale, or distribution of all illegal substances by its student athletic population and staff. Comprehensive substance abuse testing procedures are used by the Athletic Department including all legally acceptable measures (urinalysis testing, hair sample analysis, oral swabs, breathalyzer, etc.). Substance abuse testing will assist in detection of prescription drugs and NCAA Banned Substances.

1. Self-Referral

With the understanding that there are circumstances where individuals have severe substance abuse and/or alcohol problems which stem from background, habit, or recreation, the Athletic Department has developed a policy to assist those individuals who desire to make a positive life change. To this end, the self-referral process was instituted.

It is the assumption that individuals who self-refer for a substance abuse and/or alcohol problem are actively seeking help and are interested in making a positive life change. It is the commitment of Louisiana State University to assist all individuals in this process. Individuals who self-refer will be assessed by a trained professional to evaluate the nature of the condition. A recommendation for treatment, based on the assessment, will be made. The Athletic Department may finance the treatment process as long as the student referred is committed to the prescribed program and satisfactorily completes all requirements.

The features of self-referral for the student athletic population are:

1. Student will receive immediate assistance for substance abuse and/or alcohol condition.
2. Student will take control over his/her life.
3. No penalty will be assessed for a positive test.
4. Parent/legal guardian will not be notified of the positive result unless medically necessary.

The following are the parameters of the self-referral process:

- a. Self-referral for any drug and/or alcohol can only be made one time during a student's college career.
- b. Self-referral can NOT be used at any time within 7calendar days from end of 16-week tracking period.
- c. Self-referral can only be utilized prior to the notification of a substance abuse test. Self-referral after a test has been announced will not be allowed. “Announced” includes the time when a list of students has been created and/or a person is either verbally or physically notified of a substance abuse test. If the Drug Prevention Coordinator is in the process of actively notifying individuals to test, a self-referral may not be utilized.
- d. The student must satisfactorily complete the prescribed substance abuse treatment recommended by the ADAP Treatment Team. Failure to comply with recommended treatment will result in suspension from all team activities.
- e. During treatment, the Athletic Department, as well as any treatment facility used by the Athletic Department, reserves the right to perform routine, unannounced substance abuse testing. If testing reveals the existence of illicit substances after a 16-week treatment/recovery period, the student shall be deemed to have committed a violation of the Substance Abuse Policy.

2. NCAA Positive Tests

If a student tests positive on an NCAA substance abuse test, a positive result on the LSU Substance Abuse Policy will also be assessed. NCAA tests are performed using the same strict standards as LSU testing and also include observed collection. Parents/guardians will be notified of a positive NCAA test.

3. Prescription Drug Positive Tests

Students must have a current, valid prescription from a licensed physician in order to take prescription medications. Students will be assessed a substance abuse policy violation under any of the following circumstances:

- a. Taking another person's prescription medication.
- b. Taking prescription medications without a valid prescription.
- c. Taking prescription medications without a current prescription.*

*If a student is not under the care of the medical staff for an injury/illness, the student should not utilize his or her previously prescribed medication without clearance from a physician. Personal medications on the NCAA list of banned substances over a year old, taken without medical approval, will result in a positive violation of the LSU Substance Abuse Policy.

4. Medication and Use of Supplements Declaration

Students must declare any of the following at the time of collection:

- a. All prescriptions.
- b. Over-the-counter medications.
- c. Nutritional supplements.**

Many nutritional supplements contain substances banned by the NCAA. In addition, the US Food and Drug Administration (FDA) does not regulate the supplement industry; therefore, the purity and safety of nutritional supplements cannot be guaranteed. Impure supplements may lead to a positive substance abuse test. **The use of supplements is at the students own risk. Students should consult with an Athletic Trainer, Registered Dietician and/or Team Physician for further information.

5. Alcohol

While it is recognized that alcohol use in moderate amounts by those of appropriate age may be legal, it is the desire of the LSU Athletic Department to discourage its misuse. Alcohol is one of the most highly abused substances and its misuse may contribute to serious legal issues and addiction. Alcohol is prohibited during all LSU sanctioned events including team events, practice, competition and travel when representing LSU.

- a. In accordance with the law, all legal infractions for alcohol-related incidents including DUI or Minor In Possession (MIP) of alcohol citations, will be deemed violations of the Substance Abuse Policy. In addition, institutional violations involving alcohol-related consumption where the student is found responsible may also be deemed to be a violation of the Substance Abuse Policy.
- b. In cases where a student receives medical treatment due to an alcohol-related incident, if the alcohol level meets the definition of legal intoxication under Louisiana law, the student will be deemed to have violated the Substance Abuse Policy.
- c. If a police-administered breathalyzer yields a positive result that meets the legal definition of intoxication under Louisiana law***, the student will be deemed to have violated the Substance Abuse Policy.

***In accordance with the legal definition of intoxication under Louisiana law, when measured by a breathalyzer, a minor (under 21) who has a .02 or higher blood alcohol content will be assessed a Substance Abuse Policy violation. An adult (21+) with a result of .08 or higher using a breathalyzer will be issued a Substance Abuse Policy violation. Subsequent referral and assessment of the student will also be performed.

- d. Any student who is issued an "Alcohol" violation under the Substance Abuse Policy must successfully comply with the prescribed education and/or treatment protocols outlined by the LSU Athletic Department (through its professional staff or consultants) or risk loss of participation.

- e. Students are advised that many over-the-counter cold/cough medications may contain alcohol. When using products that contain alcohol, it is important not to exceed the recommended dosage.

6. Tobacco

The LSU Athletic Department and the NCAA prohibit the use of tobacco by all persons in all athletic facilities.

NCAA Bylaw 11.1.5. Use of Tobacco Products: The use of tobacco products is prohibited by all game personnel (e.g. coaches, athletic trainers, managers, and game officials) in all sports during practice and competition.

7. Attendance

Attending substance abuse testing is mandatory. Failure to attend or provide a valid sample as requested will result in a Substance Abuse Policy violation. For more information, please reference the Notification section under Procedures within this policy.

Refusal to comply with substance abuse testing upon request will result in a Substance Abuse Policy violation as indicated in the ADAP Policy Violations section.

8. Education

The LSU Athletic Department considers education to be an important part of its Substance Abuse Policy. The NCAA and LSU Athletic Department Assistance Program (ADAP) Substance Abuse Policy and substance abuse testing guidelines will be thoroughly covered at the mandatory orientation held annually for all students within the athletic student population. In addition, each student will receive a Student-Athlete Handbook that contains the full policy. Student-athletes are also required to sign consent forms for substance abuse testing for both the NCAA and LSU annually.

Educational in-services will be offered to the athletic student population throughout the year. In-services will be offered in the areas of substance abuse prevention and education and will be coordinated by the ADAP staff. All athletic personnel, particularly Head Coaches, will cooperate in making sufficient time available during team meetings for ADAP sponsored presentations. The Drug Prevention Coordinator is the primary contact for the ADAP program. Coaches involved in the recruitment of prospective student-athletes should ensure that prospects are aware of the LSU Athletic Department Substance Abuse Policy.

9. Scholarship Financial Aid Appeal

In the event that a student-athlete's scholarship has been revoked for reasons of violating the Athletic Department's Substance Abuse Policy, he/she has the right to appeal the loss of scholarship. The process and procedures may be obtained through the Department of Student Aid and Scholarship, Pleasant Hall, (225) 578-3113.

Violations

An ADAP violation will result in action by the Athletic Department. In all circumstances, an ADAP violation will have consequences as outlined below.

It is important to remember that the actions listed within this section are minimal sanctions. A Head Coach and/or Director of Athletics, at his/her discretion, may impose additional sanctions at any violation level..

The Athletic Department's ADAP treatment team reserves the right to add to the practice and/or competition penalties if it is medically determined that the student poses a serious health risk to himself or others by continuing to participate in athletic practice or competition.

Violations of the Substance Abuse Policy are compiled and addressed in a cumulative manner over the course of the students enrollment. However, in an effort to reinforce positive lifestyle change, a student who remains negative (0 ng/ml) for a period of six months (measured from collection date of first negative (0 ng/ml) sample result) may have one policy violation removed from his or her cumulative record. This opportunity to remove violations provides the student with an opportunity to correct past violations through positive behavior and choices. A student may remove more than one violation from the highest accumulation, through successive six month periods of negative (0 ng/ml) results.

If the 6 month date for the student occurs prior to the date of competition, but inside a 72 hour window where receiving a result may be in question, the student will be tested on the designated date and the testing result will be assumed negative. The student will be allowed to compete pending the official result. In the event the test reports as positive, the student will be subject to the sanction of the next level positive as reflected in the policy.

The treatment team referred to in this section includes the following individuals: LSU Mental Health Team, Director of Athletic Training, Head Team Physician, Drug Prevention Coordinator, and ADAP Athletic Administrator.

1. First Violation

- a. Student is given the opportunity to have his/her frozen "B" sample re-tested by a NCAA approved lab at his/her own expense and will have the Right of Rebuttal to explain any extenuating circumstance. The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.

- b. Coaching staff is notified.
- c. Student and ADAP Administrator will sign a contract statement acknowledging the first positive test and the consequences of continued use. Refusal to sign the contract statement will result in immediate dismissal from the athletic program, including the loss of athletic scholarship.
- d. Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to successfully complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- e. First time steroid positive violations will result in minimum 10% withholding (rounding method used) from countable contests. The penalty will be observed in all sports from the date of signed notification, but no later than one week following the confirmed positive. Noncompliance with the prescribed treatment program will result in additional withholding. A penalty cannot be served when a student is not otherwise eligible to compete. Depending on the timing of the violation, a penalty may be applied over two different seasons.
- f. Parent or guardian will be notified by either the student (in presence of LSU representative), coach, or LSU Staff member.
- g. Student is subject to unannounced substance abuse testing at an increased frequency.
- h. Student must follow the prescribed treatment program and will be financially responsible for the cost of any unexcused missed appointment.
- i. During treatment, the Athletic Department, as well as any treatment facility used by the Athletic Department, reserves the right to perform routine, unannounced substance abuse testing. Upon notification (date the testing result is received) of a positive test result (verbal or written), a 16-week treatment window begins where the student is actively engaged in educational programs and counseling. At the conclusion of the 16-week period, if substance abuse testing reveals the existence of any illicit or banned substance, the student shall be assessed an additional violation of the Substance Abuse Policy.
- j. Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation

opportunities. The student may also incur financial responsibility for the treatment program.

2. Second Violation

- a. Student is given the opportunity to have his/her frozen "B" sample re-tested by a NCAA approved lab at his/her own expense and will have the Right of Rebuttal to explain any extenuating circumstances. The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
- b. Coaching staff is notified.
- c. Student and the ADAP Administrator will sign a contract statement acknowledging the second positive test, the terms of the suspension, and the consequences of a third positive test. Refusal to sign the contract statement will result in immediate dismissal from the athletic program (with the loss of athletic scholarship).
- d. Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- e. Suspension from 10% (rounding method used) of countable contests. The penalty will be observed in all sports from the date of signed notification, but no later than one week following the confirmed positive result. Noncompliance with the treatment program will result in additional withholding. A penalty cannot be served when a student is not otherwise eligible to compete. Depending on the timing of the violation, a penalty may be applied over two different seasons.
- f. Parent or guardian will be notified by either the student (in presence of LSU representative), coach, or LSU Staff member.
- g. Student is subject to unannounced substance abuse testing at an increased frequency.
- h. Student must follow the prescribed treatment program and is financially responsible for the cost of any unexcused missed appointments.
- i. During treatment, the Athletic Department, as well as any treatment facility used by the Athletic Department, reserves the right to perform routine, unannounced substance abuse tests. If a test reveals the existence of illicit or banned substances after a 16-

week period, the student shall be assessed an additional violation of the Substance Abuse Policy.

- j. Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation opportunities. The student may also incur financial responsibility for the treatment program.

3. Third Violation

- a. Student is given the opportunity to have his/her frozen "B" sample re-tested by a NCAA approved lab at his/her own expense and will have the Right of Rebuttal to explain any extenuating circumstances. The student has 48 hours from the time of the positive test notification to request a re-test of the "B" sample. The original result will be considered valid during the appeals process and associated guidelines will apply.
- b. Coaching staff is notified.
- c. Student and ADAP Administrator sign a contract statement, acknowledging the third positive test and the consequences.
- d. Within 48 hours of signed notification, the student must complete an additional substance abuse test and must schedule to meet with the ADAP Staff Psychologist and/or associated medical services for evaluation and recommendations for treatment. Failure to complete these tasks will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.). Reinstatement to participation is at the discretion of the ADAP treatment team and will only occur after all evaluations are completed and medical clearance is obtained. Receiving clearance may require the student to participate in a formal hearing with the ADAP treatment team.
- e. Suspension from 50% (rounding method used) of countable contests. The penalty will be observed in all sports from the date of signed notification, but no later than one week following the confirmed positive. A penalty cannot be served while a student is not otherwise eligible to compete. Depending on timing of the violation, a penalty may be applied over two different seasons.
- f. Parent or guardian will be notified by either student (in presence of LSU representative), or coach, or LSU staff member.
- g. Student is subject to unannounced substance abuse testing at an increased frequency.

- h. Student's continued receipt of an athletic scholarship during this period of time will be at the discretion of the Athletics Director and dependent upon compliance with the ADAP program.
- i. If after 16 weeks, substance abuse testing reveals the existence of illicit or banned substances, the student will be permanently removed from the athletics program.

4. Appeals

- a. If a student has an additional positive substance abuse test result after a third violation, the Head Coach may request an appeal for a student. The ADAP treatment team will review the case and make a recommendation to the Athletics Director regarding the appeal. The Athletics Director and treatment team will review the individual case to determine if the student is eligible for an appeal. Their decision whether or not to allow an appeal to proceed is final and binding.
- b. Appeals will only be heard in circumstances where there is protocol failure or other unusual circumstance justifying an appeal. Appeals are not intended to provide a student with another "chance", and the treatment team should not be asked to predict future compliance and success.
- c. Maintaining athletic scholarship during the appeal phase is at the discretion of the Athletics Director.
- d. A student who has requested an appeal may not participate in any team activities or competition until the appeal has been decided. An appeal hearing must be requested and considered within two weeks of the additional violation. If an appeal is allowed to proceed, the merits of the appeal will be considered by the Substance Abuse Appeals Committee.
- e. The Substance Abuse Appeals Committee will be made up of the Athletics Director, Associate Athletics Director, the ADAP Athletics Administrator, Drug Prevention Coordinator, and Director of Athletic Training. In cases where a student-athlete has exhausted his/her eligibility to compete in a sport, a partial committee may be assembled at the discretion of the Athletics Director. The Faculty Athletics Representative may also be requested to serve as a member of the committee.
- f. If the Substance Abuse Appeals Committee allows the restoration of eligibility, the restoration will be based on full compliance of all Athletic Department rules and regulations for the remainder of the student's enrollment and participation at LSU. The Substance Abuse Appeals Committee, at its discretion, may impose additional conditions upon reinstatement that are binding continuing conditions for the students reinstatement to full eligibility (i.e. loss of scholarship, game suspension, etc.).

- g. A successful appeal will result in regular substance abuse testing for the student. If institutional, treatment facility or NCAA drug testing reveals a banned substance at any time, Permanent Ineligibility will result without any further appeal rights.
- h. Self-Referral cannot be used after a successful appeal.

Procedures

1. Consent / Waiver Form

- a. Acceptance of an athletic scholarship constitutes an agreement to comply with all of the regulations of Louisiana State University and its Athletic Department. This Consent/Waiver, when signed, confirms the student informed and voluntary consent and cooperation to undergo substance abuse testing throughout the academic year and summer term and the authorization to release his/her testing results in accordance with the Reporting section of this Policy. The student athletic population, by signing the consent form, is also authorizing the release of all records related to the Athletic Department Assistance Program as specified in the consent form.
- b. At the beginning of each academic year (Fall Semester) and before the athlete is allowed to compete, he or she must sign the Consent/Waiver Statement to be eligible for the upcoming year.
- c. BUCKLEY AMENDMENT - The Family Education Rights and Privacy Act of 1974 provides for the protection of all of the students "educational records" and insures that these records may not be released without the students consent.

2. Selection

- a. Substance abuse testing will be administered for the athletic student population. Testing can occur at any time including during the academic year and summer term.
- b. Participants can be selected for a substance abuse test at any time (announced or unannounced).
- c. The selection of students for testing is coordinated by the Drug Prevention Coordinator.
- d. Head Coaches may request substance abuse testing for the entire team and/or individuals only, at their discretion. Any coach, administrator or support staff member concerned with a particular individual should contact the Drug Prevention Coordinator to refer the individual for testing.

3. Notification Substance Abuse Testing

- a. It is the responsibility of the student to provide current contact information annually and provide updates to administrative staff as necessary.
- b. Notification of substance abuse testing can be either verbal or written, including through electronic means (e.g. e-mail or cell phone text). Verbal notification must be recorded for record-keeping purposes and verification. When possible, written notification is provided and each student is asked to initial his/her understanding for official record-keeping purposes. Under either notification scenario, the impacted student will be required to attend the testing within an allocated time frame or will be deemed as noncompliant.
- c. Individuals deemed noncompliant will be withheld from all practice/competition activities until an acceptable sample is provided. Refusal to provide a sample will result in a violation of the Substance Abuse Policy.
- d. Notification for substance abuse testing can be sent by any of the following: Drug Prevention Coordinator, Athletic Trainer, Coaching staff member or Athletic Administrator.
- e. Substance abuse testing may occur without prior notification. Students may be selected at the conclusion of practice, strength and conditioning workouts or when deemed appropriate.
- f. The notification list will be reconciled with the actual attendance list to determine individuals who did not participate.
- g. The coaching staff will be notified of all students who fail to participate in substance abuse testing and will be responsible for locating the non-participating students and requiring them to report for the collection. All students who have been notified and fail to report for their scheduled test will be in violation of the ADAP Attendance Policy and will be suspended from all practice/competition activities until a successful collection occurs. Refusal to provide a sample will result in a suspension from all athletic activity and a violation of the Substance Abuse Policy.

4. Specimen Collections

- a. All collections will be done in accordance with lab protocol and will follow approved chain of custody procedures. Once notified of a test, the student is obligated to provide a sample as requested.
- b. The Athletic Department's collection team, under the supervision of the Drug Prevention Coordinator, will assist with collections. The Athletic Department may involve an outside collection service to assist with collection.

- c. Collections will be held on the second floor of the Broussard Center for Athletic Training, in the Football Operations Athletic Training Room or at any designated athletics facility.
- d. Student must bring their picture ID to every collection.
- e. Student must declare any prescription and/or over the counter medication that he/she has taken at the time of testing.
- f. To maintain confidentiality, each specimen will be given a unique ID number. The Drug Prevention Coordinator and ADAP Administrator will keep in a secure place the sample number and name correlation document for reference upon receipt of the confirmed positive results.
- g. Each sample will be collected under direct observation by a same gender collection team member.
- h. The student will be asked to wash and dry his/her hands and proceed to the appropriate collection area. The student will be required to lower all attire below the waist to below his or her knees and remove any large jackets/sweatshirts and lift upper attire to provide clear viewing of collection.
- i. Any effort by a student to adulterate or modify his/her or any other urine specimen prior to or at the time of collection, will result in an automatic “positive test” requiring appropriate action as defined by this policy. Such an effort to “adulterate or modify” includes, but is not limited to, any type of product that is ingested or added to the urine sample, or the non-medical use of diuretics or probenecid in an effort to dilute, manipulate, or mask the urine sample.
- j. Each specimen may be checked for Specific Gravity (≥ 1.005) and pH (4.5 – 7.5) and will be split into two aliquots. Both aliquots are sealed with security tape.
- k. Sample A and Sample B are sent to the designated lab for analysis. Sample B is frozen until the final results are received. If the results are negative, all B samples are destroyed. The Sample B is available for legal challenge and/or analysis by a SAMHSA certified laboratory, in the event of a positive result on the corresponding Sample A.

5. Analysis

A Medical Review Officer (MRO) reviews all positive tests results to verify the reported positive and all possible drug interactions.

The LSU Athletic Department Substance Abuse Program firmly subscribes to the “Zero-Tolerance” testing philosophy. Therefore, the analytical goal for our testing component is to screen for the substances that are probabilities in our geographical area and subject

population and to employ the very best analytical systems available to ensure the sensitivity and specificity necessary to detect even “occasional” users. Although notification is given for all positive substance abuse levels, for THC positive samples, only levels that confirm ≥ 15 ng/ml (the standard for NCAA drug testing) will be considered a violation of the Substance Abuse Policy. The LSU substance abuse panel will include the following drugs or classes of drugs (subject to continual evaluation and revision):

- a. Marijuana
- b. Synthetic Marijuana
- c. Cocaine
- d. MDMA (ecstasy)
- e. Amphetamine Class (includes Speed, Adderall, Vyvanse, Ritalin, etc.)
- f. LSD (Lysergic Acid Diethylamide)
- g. Opiate Class (includes Heroin, Morphine, Codeine, etc.)
- h. Ephedrine
- i. Alcohol (ethanol)
- j. Anabolic Steroids
- k. Misc. random others as indicated. (i.e. clenbuterol, probenecid, barbiturates)
- l. Adulterants
- m. Methylhexanamine
- n. Synthetic cathinones

Note: All NCAA Banned Substances which are possible to be detected through lab technology are included.

6. Reporting

All substances will be analyzed utilizing a “Zero-Tolerance” philosophy. All positive screens must be confirmed before reporting as positive. All results are confidential and will only be released on a need-to-know basis in accordance with the Informed Consent/Waiver Statement and the University’s Consent to Release of Education Records.

7. Key Contacts

ADAP Administrator: Miriam Segar	msegar@lsu.edu	225-578-5785
ADAP Drug Prevention Coordinator: Joshua Pratt, ATC	jpratt7@lsu.edu	225-578-3894
Director Health & Wellness: Shelly Mullenix, ATC	smulle1@lsu.edu	225-578-9208
Faculty Athletics Representative: Bill Demastes, Ph.D.	wdemast@lsu.edu	225-578-4129
Director of Athletic Training: Jack Marucci, ATC	jmarucc@lsu.edu	225-578-2451
MRO Dr. Ethridge	swe3395@gmail.com	
SA Mental Health: LaKeitha Poole, Director	lpolee2@lsu.edu	225-773-5555
Bruce Buggs, Coordinator	buggs2@lsu.edu	225-394-9901
Christine Sotile	csotil@lsu.edu	225-337-3087
Registered Dietitian: Lauren Reagan, Director	lreagan@lsu.edu	225-337-0535
Lauren Marucci, Coordinator	lmарucci@lsu.edu	225-726-4581
Rebecca Moore, Coordinator	rmoore@lsu.edu	225-954-8013

Treatment Team:

Bruce Buggs, Jack Marucci, Shelly Mullenix, LaKeitha Poole, Joshua Pratt,
Miriam Segar, Christine Sotile

**MRO (Dr. Ethridge) and/or LSU Team Physicians will consult with treatment team as necessary.*

Louisiana State University Athletic Department Athletic Department Assistance Program

Informed Consent /Waiver Statement

I HEREBY ACKNOWLEDGE that I have received a copy of the LSU Athletic Department Assistance Program (ADAP) Substance Abuse Policy, that it has been thoroughly explained to me and that I have been given the opportunity to ask any questions I have regarding this policy.

I UNDERSTAND the purpose of the aforementioned policy and my responsibilities thereunder. The LSU Substance Abuse Policy requires that I submit to substance abuse testing on a year-round basis as requested and provides that failure to provide a sample when notified will result in my suspension from all practice/competition activities until a successful collection occurs. Refusal to provide a sample will result in a violation of the substance abuse policy and suspension from all athletically related activities and may result in loss of my scholarship. I understand that notification of a required test may be made orally or in writing. It is my responsibility to maintain my current contact information with the athletic training room and my sport coaches.

I HEREBY CONSENT to have sample(s) collected and tested for the presence of drugs in accordance with the aforementioned policy. I also consent to use of all scientifically valid testing procedures including urine analysis, hair analysis, breathalyzer and/or saliva swab sampling as requested.

I UNDERSTAND that these collections and analyses will occur at such times as scheduled by the ADAP Drug Prevention Coordinator.

I AUTHORIZE the release of all pertinent records and results (substance abuse testing results and all psychological assessment and treatment information) related to the Athletic Department Assistance Program, to those individuals specified in the aforementioned policy, and those who have a need to know in accordance with the University's "Consent to Release of Education Records."

I UNDERSTAND that I am free to withdraw or refuse to sign this Consent/Release Statement at any time. However, I UNDERSTAND that should I withdraw or refuse to sign this Statement I will not be permitted to participate in the LSU Athletic Program and will forfeit the remainder of my athletic scholarship.

I HEREBY RELEASE Louisiana State University, its Supervisors, officers, employees, and agents from legal responsibility or liability for the release of such records as authorized by this form.

Print Name

Team

Signature

Date

Signature of Parent(s) or Legal
Guardian if Student Athlete is a minor

Witness

Date of Birth

LSU ID #

Cell Phone