

SAFE PLAY CRITERIA



Bridgewater College and the Department of Athletics subscribe to the premise of fair and safe play by all athletic participants. In an attempt to balance fair play for all in a supportive environment committed to healthy life-style choices, drug education and testing will be used to promote non-use behavior. All athletes are subject to testing—specific policies and procedures are described in the Student-Athlete Manual.

Banned Drugs

Bridgewater College and the Department of Athletics prohibits the use of NCAA banned drugs by its intercollegiate athletes. The NCAA issues an annual NCAA Banned-Drug Classes List. Each student-athlete will be provided with a copy of the list prior to athletic participation. The College will test for all drug classes banned by the NCAA.

Sports Supplements

Nutritional supplements are not strictly regulated and may contain substances banned by the NCAA. Athletes are ultimately responsible for the substances they ingest into their bodies. For questions regarding nutritional supplements, please visit the National Center for Drug Free Sport Resource Exchange Center (REC) web site at www.drugfreesport.com, or contact our Director of Athletic Training.



Types of Testing

Drug testing will routinely be done by urinalysis. The College, however, reserves the right to use saliva, hair and/or blood testing as determined by established protocol. Drug testing procedures will follow blind, randomized testing guidelines. Additionally, the College may conduct focused testing under the following circumstances:

- Reasonable suspicion of drug use
- Pre-participation testing
- Pre-competition testing
- Monitor drug intervention programs
- Event testing
- Follow-up to previous positive tests

Student-Athlete Self-Referral

Bridgewater College is concerned with the health and safety of all athletes. Student-athletes may self-refer for substance abuse help without risking their participation eligibility. Student-athletes who self-refer will be required to complete medically supervised substance abuse programs and will be subject to drug testing in order to assess the efficacy of their treatment. All self-referrals must occur prior to drug testing notification. However, self-referral will not protect the athlete from an NCAA-administered drug test and sanctions.

Confidentiality

Drug testing results will be maintained in a confidential manner according to federal and state laws.

Appeal

The appeal process for positive drug testing results in a formal hearing before the Drug Advisory Committee. The Drug Advisory Committee has the authority to uphold, increase, or reduce punitive sanctions against a student-athlete. The student-athlete remains ineligible to participate in the College's athletic programs until the appeal has been exhausted.

Cost to the Athlete

Following a positive drug-test, student-athletes must pay for all subsequent drug testing, counseling, and substance abuse programming required by the sanctions. No athlete will be allowed to participate in athletics without complying with all of the terms of the sanctions.

Sanctions

Student-athletes who test positive for drugs found on the NCAA Banned-Drug Classes List will face suspension from intercollegiate athletics participation at Bridgewater College. According to existing College policy, a positive test for an illegal drug may also result in suspension from school.

Sanctions may include:

- Removal of student-athlete from participation in sports (practice/competition)
- Attendance at substance abuse course
- Counseling sessions
- Monthly drug testing (cost to student-athlete)
- Suspension or expulsion from school

Drug Testing

Drug testing will occur at various times throughout the academic year. The most current list of banned drugs is found at www.ncaa.org/health-safety. Student-athletes are eligible for randomized drug testing selection throughout the entire academic year, not just during their traditional or non-traditional season. Permission for drug testing is a requirement for intercollegiate participation.

Participation Forms

Every athlete must submit a valid physical, medical history and emergency treatment information annually. An athlete will not be allowed to participate until complete documentation exists. Students expecting to participate in the intercollegiate program should bring a copy of these documents with them for sports registration. Keeping a personal copy allows seamless registration in the event the forms are lost in the mail or not sent by the physician.

Medications

Athletes who require emergency medications for asthma or allergies (e.g. emergency inhalers and Epi-Pens) must provide the athletic training staff with these medications. Participation will not be allowed until the athletic training staff has direct access to these medications.

Athletic Insurance

Parents and/or athletes are responsible for primary insurance coverage for athletic injuries. The College subsidizes this insurance with a secondary plan, which will assist in payment of athletic injuries (not illnesses). All requirements of pre-authorization for your personal insurance must be completed prior to medical referral. The College's secondary plan will not pay if an athlete neglects to inform the athletic training staff of medical needs or if the athlete fails to follow appropriate primary insurance procedures.

Before You Play

- Know the NCAA Banned-Drug Classes List and understand the drug testing policy/procedures.
- Provide valid physical, medical history, and emergency treatment information.
- Give the medical staff a spare emergency inhaler and/or Epi-Pen, if warranted.
- Understand primary and secondary insurance procedures.
- Maximize your performance by making good hydration, eating and sleeping choices.

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INTERCOLLEGIATE ATHLETES



DRUG TESTING & SAFE PLAY CRITERIA



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COLLEGE

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