



UWM INTERCOLLEGIATE ATHLETICS DRUG EDUCATION AND TESTING PROGRAM

There are three parts to this program: education, counseling and testing. Education and counseling are cornerstones of the program. These program components are designed to alert student-athletes and coaches to the potential harm from substance abuse. Studies have shown that education alone is insufficient. A systematic method for testing athletes is another phase of the program. Procedures used in the implementation for this part of the program are designed to be fair, assure reliability of the tests, and safeguard the privacy of the participants. Great effort has been expended to assure that the least intrusive means are used to accomplish the goals of this program. To the extent permitted by law, information obtained in the operation of the program shall be treated with the utmost confidentiality. This program does not supersede, but is in addition to, the NCAA drug testing requirements.

There are two types of substances on which this program focuses. Substances commonly believed to be and are, hence, used as "performance-enhancing" drugs or compounds are defined and listed in Appendix A. The concern here is to avoid a situation where athletes feel compelled to take these health-endangering substances in order to feel that they are competitive. The second class of substances are the so-called "street drugs" which are defined and listed in Appendix A. The concern here is not that athletes at the college level are more likely than other students to take such substances, but only that there is evidence that their use may impair performance and reaction time to the point where injury to the athlete or others may occur during what is often highly physical competition and may lead to short and/or long term health issues.

FRAMEWORK FOR THE DRUG EDUCATION AND TESTING PROGRAM

I. Educational Component

- A. Each team and coaching staff will meet annually and as often as deemed necessary with a qualified member of the university staff or other qualified individual to discuss the danger of substance abuse. These sessions will include information regarding the use of illegal substances, misuse of alcohol, and the dangers of using reputedly performance-enhancing substances such as anabolic steroids, amphetamines, and over-the-counter items.
- B. The program will draw upon the specialized skills of university and off campus personnel. These staff will serve as discussion group leaders and speakers, as sources of information about abuse, and, in appropriate cases, as counselors.

II. Counseling Component

- A. The university has identified properly trained counselors, physicians and health educators to assist in this program. The services of these providers are available to athletes and coaches if further information or treatment is required.
- B. In addition to counseling by trained specialists available on campus, informal counseling shall be carried out by members of the Athletics Department for further assistance in this effort.
- C. To the extent permitted by law, all counseling is confidential. A system of referral to professionals in Student Health and other appropriate university departments shall be utilized. Student-athletes and coaches shall be informed of the availability of these resources and methods of entering these programs.

D. Consistent with Wisconsin law, individual counseling with licensed medical or psychological personnel will be privileged. Since some athletes may be minors, it may be appropriate in individual cases to attempt to obtain parental consent or to encourage the athlete to allow parental or spousal involvement in the treatment program.

III. Self-Identification Component

Self-identification is known as “Safe Harbor”.

A student-athlete may come forward (in confidence as limited by the program) to the director of sports medicine, staff athletic trainer, athletic training student, coach, athletic administrator, team physician or health educator admitting to the use/abuse of banned, street drugs and/or performance enhancing substances prior to their name being drawn for a random test or identified by reasonable suspicion, will not be considered a positive test. At the soonest, most reasonably possible time, a base line drug test will be performed. The student-athlete will be required to follow the drug testing and counseling protocol for first positive and is subject to team and/or individual random, unannounced drug tests. If the student-athlete’s level of drug in urine does not decrease, agreed to counseling stops and/or use of banned substances continues, the student-athlete is subject to the consequences of the next positive drug test as outlined in the program. If the drug level decreases in consecutive drug tests, counseling continues, and there is no sign of continued use of banned substances, the ongoing evaluations will not be considered positive tests. This will, hopefully, encourage student-athletes that may be using banned or street drugs to come forward, admit use, and ask for help.

IV. Testing Components

- A. The testing, whether based upon a reasonable suspicion of substance abuse by a student-athlete, full team, or random testing, is confidential as described within the policy, and utilizes methodology with appropriate sensitivity and specificity to minimize the likelihood of inaccuracy.
- B. Reasonable Suspicion Testing Process
 - 1. "Reasonable suspicion" is defined as cause founded on specific, objective facts which, when taken with rational inferences drawn from those facts, indicate that a medical evaluation and possible testing could produce evidence of improper drug use. The evidence supporting the suspicion must be reasonably reliable and presented to the student-athlete. Every effort will be taken to collect a sample from every student-athlete selected by requiring all selected SA's to report to the testing station at the assigned time and place with proper ID. Once checked in at the site, the SA will be required to give a quality sample. Injury or sickness does not preclude/excuse individuals from the testing process. There are times when, based on consideration of the sport's potential for abuse and to reflect special concerns of the Athletics Department, full teams will be selected for reasonable suspicion testing.
 - 2. It is impossible to list every example that would lead a reasonable person to suspect improper drug use. Examples include, but are not limited to:
 - a. chronic tardiness to practices/team meetings
 - b. repeated absence from class or other appointments
 - c. repeatedly skipping meals
 - d. chronic exhaustion
 - e. erratic sleeping patterns
 - f. curfew violations
 - g. repeated automobile accidents and traffic violations
 - h. unexplained absences
 - i. significant decrease in motivation

- j. erratic behavior including personality changes, increased aggressiveness, extreme nervousness, extreme and inappropriate mood swings and withdrawal from friends or teammates
- k. use or possession of drugs or drug paraphernalia as reported by witness(es)
- l. incoherent speech
- m. unexplained deterioration of academic work
- n. sloppy hygiene or dress
- o. sudden or repeated need for money
- p. appetite extremes (both loss of appetite or excessive appetite)
- q. reddish or bloodshot eyes, watery with wide or narrow pupils
- r. constant running, red nose; persistent sniffing
- s. recurrent bouts of "flu" or colds
- t. deterioration in coordination or balance
- u. needle marks
- v. other visible manifestations which indicate that a person may be engaging in substance abuse
- w. teammate(s) report of use

- 3. If there is reason to believe that a drug test of a particular student-athlete will produce evidence of improper substance use, then the head coach, athletic trainer or other athletic staff must notify the assistant athletic director for sports medicine or team physician. The Assistant Athletic Director for Sports Medicine or team physician will meet with the head coach and Director of Athletics or designee and present information leading to reasonable suspicion. The student-athlete will meet with the head coach or other athletic staff to discuss the evidence supporting the belief. At that time, the student-athlete may respond to the evidence and explain his/her position.
- 4. If they are not satisfied with the explanation given by the student-athlete, the Director of Athletics or designee will determine whether to administer a drug test.

C. Random Testing Selection Process

Specimens will be collected on a random basis throughout the year. Using the rosters of each sport team that have been entered into Healthy Roster, the electronic medical records program, the program selects names from the sport roster at random. This process does not reflect bias toward any individual student-athlete. Names will be chosen within 24 hours of testing. Previously positive SA's that are still on the team are added to the "selected" list to be tested. Names of those that have had police and/or Dean of Students office reports may be added as determined by individual circumstances of those reports. There are times when, based on consideration of the sport's potential for abuse and to reflect special concerns of the Athletics Department, full teams may be selected for testing. In addition, the department may screen NCAA qualifiers, individuals or full teams, to provide an educational experience concerning the collection process, provide information on the NCAA drug testing program, and check for illegal substance(s) use. Every effort will be taken to collect a sample from every student-athlete selected by requiring all selected SA's to report to the testing station at the assigned time and place with proper ID. Once checked in at the site, the SA will be required to give a quality sample. Injury or sickness does not preclude/excuse individuals from the testing process. Only when medically indicated by a licensed medical provider or when extenuating circumstances preclude the selected SA from testing, as determined by the Assistant Athletic Director for Sports Medicine, will the individual be removed from the selection list. They may be replaced by another randomly selected student-athlete from the same team.

D. Requirements of the testing program:

1. Notification

- a. This statement of the University of Wisconsin-Milwaukee's program with respect to substance abuse will be provided to each athlete prior to joining the team, to all student-athletes, and all members of the coaching staff on, at least, an annual basis. It is available on the UWM athletics web page.
- b. A list of substances for which tests may be conducted and their generic names will be included. (Appendix A) and is available on the UWM athletics web page and the NCAA Sports Sciences.

2. Refusal to Participate

A student-athlete may refuse to participate in the testing program, but as a result of such refusal the university may do one or more of the following if the athlete wishes to remain on the official team roster:

- 1) Require a quality sample be given and tested within 6 hours from time of notice or start of group testing, or the testing day, or timeframe as determined by the Assistant Athletic Director for Sports Medicine.
- 2) Automatically consider refusal as a first or next positive; the reprimand for that level will be invoked.
- 3) After a refusal and if not a third positive, re-ask student-athlete to provide a quality sample within timeframe as determined by the Assistant Athletic Director for Sports Medicine. If SA refuses a second time, it will be considered the next level positive. The reprimand for that level will be invoked. The student-athlete, might, by refusing testing, cause themselves to be removed from the team and lose all athletically related financial aid.
- 4) Terminate the student-athletes participation in any sport.
- 5) Terminate athletic aid.

3. Tampering

If a student-athlete tampers with a test sample, this will be considered a refusal to participate in the drug testing program. As a result, the university may terminate the student-athlete's participation in a particular sport and may terminate athletic aid.

4. Acknowledgment Form

An acknowledgment form (Appendix B), signed by the student-athlete, and by the parent or guardian if athlete is under 18, indicating that he/she has received and understands the policy and agrees to provide an appropriate sample, will be returned to the director of sports medicine. This signed acknowledgment form will be a precondition for participation in the athletic program.

5. Training

The Athletics Department will provide periodic education to coaches and athletic trainers about the medical indications of drug use.

E. Drug Screening to Test for "Street Drugs", "Performance-Enhancing Substances", and/or prescription medications.

1. Specimen Collection and Chain of Custody - If it is determined that a test will be administered, the following protocol shall be followed:
 - a. The Director of Intercollegiate Athletics and/or Assistant Athletic Director for Sports Medicine and/or team physician will determine the date and time of urine collection. Those athletes selected will be



notified at that time. The student-athlete will present him/herself at the collection site with a photo ID. It is possible the SA will be requested to provide a sample with no forewarning.

- b. The urine sample will be collected by athletics department staff or others designated to perform this duty in a manner that seeks to minimize invasion of personal privacy while insuring the integrity of the collection process.
2. For the urine collection process, the student athlete will furnish the specimen while being monitored by a monitor of the same sex. Generally, this will not entail direct observation of the act of urination, however, there may be situations when direct observation is required to insure test integrity. Direct observation may occur on a randomly selected basis, when specimen is not within an acceptable temperature range, when specimen appears tampered with or when suspicious/inappropriate behavior is observed during the collection process.
- a. If urine collection, when the specimen is provided, the monitor will determine the temperature (acceptable range 90-100 F or 32-38 C) measure specific gravity (minimum of 1.0100 is required) with a chemistry dipstick or refractometer. If the temperature and specific gravity are within acceptable ranges, the results of the urine drug test will be read and documented. Resultantly, if the drug test is negative, the result will be documented, chain of custody completed, and specimen will be discarded. If the results are non-negative, the specimen will be sealed and prepared for shipment to an outside laboratory for confirmatory testing. If the temperature is out of range, details will be recorded, the specimen will be discarded, and SA will be required to provide a second sample. Similarly, if the specific gravity is not at the minimum, details will be recorded, and SA will be required to provide a second sample. If the SA cannot provide a quality, testable sample within 5 attempts and/or 6 hours, the testing process will stop and be considered positive as it will be assumed the SA is overhydrating to "wash out" or dilute urine to be collected.
 - b. The student-athlete will be given a coded form and will observe that the code number is applied to his/her sealed specimen. The student-athlete will sign a form associated with that code. The SA does not need to declare or bring medications being taken; however, some medications may need to be verified upon laboratory analysis. When necessary, the laboratory's Medical Director will contact the SA directly to confirm prescription information.
 - c. The designated collector will place the sealed specimen in a secure area until it is shipped to the designated laboratory for testing and will make arrangements for the specimens to be taken to the laboratory. Only code numbers will be provided with the specimens. A complete chain of custody, from specimen collection through testing and return of test results, will be assured, and complete documentation maintained.
 - d. Code number assignments will be provided to the team physician/Assistant Athletic Director for Sports Medicine from the designated collector in charge of collection within 24 hours of the specimen collection. The team physician/Assistant Athletic Director for Sports Medicine will place these forms in a secure place.
 - e. If the laboratory notifies UWM that a sample is unsatisfactory for analysis or that there is any evidence of insecure sealing of the sample container, the team physician or Assistant Athletic Director for Sports Medicine will instruct a designated collector to collect an additional sample within 48 hours or as soon as possible. All other testing procedures will be followed.
 - f. Analysis of the specimens shall be obtained from an appropriately accredited or certified laboratory using the most specific and accurate method available. If there is a positive test result, the student-athlete will be given the opportunity, at his or her expense, to have the result verified by a second test using all of the same procedures described in the collection section of this policy. The sample will be tested by the same or different laboratory provided the lab is certified or is selected from a list of laboratories approved by the university as being

of good repute. In order to be considered a positive result both samples from the initial test and requested second test must be positive. If the second test sample is positive for a higher level of the same drug, or is positive for a different drug, the next reprimand will be instituted.

- F. Results/Positive Tests - a test is considered positive if the report from the drug testing company lists the test as positive for an active drug for which the lab is screening. This policy has zero level tolerance for drug use. Virtually no level above zero of a banned or non-prescribed drug is acceptable. The head coach, in consultation with the sport supervisor, has the authority to suspend or dismiss and/or institute other reprimands in addition to those listed below as a result of positive tests. All third positive tests result in removal from the team and loss of athletic scholarship aid. Positive tests are cumulative during all years of eligibility.

1. First Positive Test

- a. An individual who tests positive for a banned or non-prescribed drug(s) is required to meet with the Director of Athletics, or designee, the Assistant Athletic Director for Sports Medicine, the sport supervisor and will be shown a copy of the test results. The athlete will have the opportunity to rebut or explain them. Upon request, the student-athlete may receive a copy of the test results. Names of the student-athletes will be disclosed to the head coach and the Dean of Students Office. The Dean of Students Office will review the results and implement disciplinary processes, which may include campus disciplinary sanctions. The student-athlete may meet with the team physician, if requested by athletic administration or the student-athlete. The team physician may recommend non-participation for a specified period of time. The Director of Athletics may confer with the team physician or Assistant Athletic Director for Sports Medicine on recommendations concerning participation. Additional meetings with a counselor may be required.
- b. Refusal to or not following through on the sanctions as determined by the policy, Director of Athletics or designee and/or Dean of Students Office within 15 days of notification, or other agreed to time period, will result in immediate suspension from intercollegiate athletic participation, including all countable athletically related activity (i.e. practice, film study, competition). Non-renewal of athletic aid may result from this suspension. The aforementioned suspension will be determined by the Director of Athletics or designee.
- c. All individuals with first positive test will be retested in accordance with paragraph 2.e below within nine months of the first positive test and may be tested multiple times at any time. All positives will be tested every time there is a random test. There is an appeal process and it is described in Section V.

2. Second Positive Test

- a. If an individual tests positive a second time, the student-athlete will meet with the Director of Intercollegiate Athletics or designee, the Assistant Athletic Director for Sports Medicine, and the sport supervisor and will be shown a copy of the test results. Other considerations will be used to determine compliance with the policy such as attending educational/counseling sessions and following through with appointments. There will be a mandatory 20% suspension from competitions in the competitive season as defined by NCAA "competitive season". The results are shared with the Dean of Students Office. They will review the results and implement disciplinary actions/processes, which may include campus disciplinary sanctions.

- b. Refusal to participate in the meetings described in F.2.a. will result in suspension from intercollegiate athletic participation, including practices as determined by the Director of Athletics. Non-renewal of athletic aid may result from this suspension.
- c. In addition to notification to the head coach, Director of Athletics and Dean of Students Office, parents, spouse or guardian may be notified with the consent of the athlete or as otherwise permitted by law.
- d. Student-athletes following the program who do not represent an unreasonable hazard to themselves or other competitors may be allowed to return to athletic participation with recommendation from the counselor, other counselor, and/or team physician to the Director of Athletics.
- e. All individuals with positive test samples will be retested at any time within nine months of the second positive test in accordance with the procedures outlined above. They may be tested multiple times and will be tested every time there is a random drug test. There is an appeal process and it is described in Section V.

3. Third Positive Test

- a. If an individual tests positive a third time, the student-athlete will meet with the Director of Athletics or designee, the Assistant Athletic Director for Sports Medicine, and the sport supervisor and will be shown the results. Names of the student-athletes will be disclosed to the head coach and the Dean of Students Office. The results are shared with the Dean of Students Office. They will review the results and implement disciplinary processes, which may include campus disciplinary sanctions. Other considerations will be used to determine compliance with the policy such as attending educational/counseling sessions and following through with appointments. There will be an immediate suspension from all participation from the time of the meeting with the Director of Intercollegiate Athletics or designee. Continued education and counseling will be encouraged. Non-renewal of athletic aid will follow such suspension.
- b. The confirmatory testing and notification provisions apply in accordance with the procedures outlined above.
- c. Test results are cumulative throughout a student-athlete's athletic participation at UW-Milwaukee.
- d. No provision contained herein shall prevent the Assistant Athletic Director for Sports Medicine or a coach from temporarily removing a student-athlete from participation if there is an immediate danger to the health and safety of the student-athlete or others. The coach will report such an incident to the Director of Intercollegiate Athletics at the earliest possible time following the removal.

V. Hearings, Appeals and Reinstatement

A. Hearings

- 1. Student-athletes who test positive under the terms of this program will be entitled to a hearing to appeal the results of the findings before the Director of Intercollegiate Athletics or his/her designee prior to imposition of any sanction. Request for such a hearing must be made within 24 hours of notification that a sanction is being considered. The hearing will be held no later than 96 hours after the student-athlete so requests. An extension of time for the hearing may be granted upon a showing of good cause by either person/people. An athlete requesting such an extension may be placed on interim suspension during the extension.
- 2. The Director of Intercollegiate Athletics or designee will notify the athlete of his or her decision within 24 hours after the hearing.

B. Appeals

1. Determinations made under section IV may be appealed to the Student-Athlete Appeals Committee, a subcommittee of the Athletic Board. Such request for appeal(s) must be made within five business days of the determination in question.
2. The Student-Athlete Appeals Committee shall adopt fair hearing procedures, which shall not be adversarial in nature. Procedures shall also provide for confidentiality. The procedure can be found in the Student-Athlete Handbook. The decision of the Student-Athlete Appeals Committee is final.

C. Reinstatement

An individual sanctioned under the testing protocol procedures may be reinstated on recommendation of the counselor, medical personnel and the team physician/director of sports medicine, with the concurrence of the Director of Intercollegiate Athletics and head coach. Such reinstatement may be subject to specific conditions, including periodic testing to ensure compliance.

D. Other Actions

The student-athlete will be subject to university student disciplinary action as a result of a positive drug test(s). The university will not voluntarily supply personally identifiable test data or results of a test to any law enforcement agency.

(06/17/19)

DESCRIPTIONS OF PROHIBITED SUBSTANCES

The University's drug testing program in intercollegiate athletics is based upon the prohibition of any chemical substances that are not medically necessary (Medically necessary is defined as: taken under the orders of a physician, with notice to the head athletic trainer) and the abuse of legal prescription medications, whether prescribed to the athlete or to others. If an athlete has any questions about a given drug, he/she should feel free to consult the athletic training staff. The student-athlete may check a drug/medication by going to www.drugfreesport.com DFS Axis Log In: NCAA Division I; Password: NCAA1

In an effort to be as specific as reasonably possible and to limit testing to circumstances where it is strictly necessary as an adjunct to the education program, the University has designated a list of performance-enhancing and street drugs that is more limited than the NCAA list of banned drugs. The University does, however, specifically reserve the right to revise these lists at any time (with appropriate notice prior to testing for the substances added), as new evidence becomes available about new drugs or new problems with old drugs. The criteria of seriousness of health concerns and likelihood of abuse despite education will be used in determining whether to add drugs to each list.

The following substances are banned for use by athletes unless proven to be medically necessary:

I. Reputedly "Performance-Enhancing" Substances – Zero tolerance level

- A. Anabolic steroids and diuretics(as listed on the NCAA Banned Drug list)
- B. Amphetamines, cocaine and related psychomotor and central nervous system stimulants including all listed on the NCAA Banned Drug list and:

amphetamine	ephedrine	pemoline
benzphetamine	ethylamphetamine	phendimetrazine
chlorphentermine	fencamfamine	phenmetrazine
cocaine	meclofenoxate	phentermine
diethylpropion	methylamphetamine	pipradol
dimethylamphetamine	methylphenidate	prolintane

II. "Street Drugs" – Thresholds will be in accordance with NCAA Drug Testing Standards

A. Heroin and related narcotic analgesics, including but not limited to:

codeine
heroin
methadone
morphine

B. Hallucinogens, including but not limited to:

angel dust
LSD
marijuana and THC, synthetic marijuana/THC's
mescaline
PCP
ecstasy

TESTING PROGRAM FOR SUBSTANCE ABUSE - Appendix B

UNIVERSITY OF WISCONSIN-MILWAUKEE

INTERCOLLEGIATE ATHLETICS

DRUG TESTING PROGRAM

STUDENT-ATHLETE STATEMENT OF CONSENT AND UNDERSTANDING

I acknowledge, by my signature, that I have the opportunity to read the "UNIVERSITY OF WISCONSIN-MILWAUKEE DRUG EDUCATION AND TESTING PROGRAM FOR UWM STUDENT-ATHLETES" and I understand the contents. I have also read the list of banned substances that is attached to this document. I understand that by deciding to participate in UWM Intercollegiate Athletics, I also specifically agree to provide urine and/or saliva samples per the Program policy & procedures and will submit to testing for substance use, as provided by the Program. In return for the opportunity to participate in intercollegiate athletics, I am making this Statement of Consent and Understanding.

I understand and agree that my failure or refusal to cooperate or comply with the Program's requirements, including providing urine and/or saliva samples, may ultimately result in the termination of my participation in UWM's intercollegiate athletics program and termination of athletic aid administered by the Department of Intercollegiate Athletics and/or Financial Aid.

I hereby authorize the Team Physician to act as my physician for the limited purpose of conducting analysis of my urine or saliva for substance use, according to protocol described in the Program. I further authorize the Team Physician and/or Assistant Director of Athletics for Sports Medicine to disclose any positive test results only to the following persons and only under the circumstances provided in the

Program: (a) counselors or other treatment agency to which I may be referred, (b) my sport's Head Coach, (c) the Director of the Department of Athletics, or those acting for the Director, the Dean of Students at UW-Milwaukee, and (d) my parents and/or spouse. The Assistant Director of Athletics for Sports Medicine may act in place of the Team Physician in relative to this policy.

Signature	SAMPLE	
Name (print)		Sport

Parent or guardian if student-athlete is under 18 years of age.

Signature	Date
Name (print)	

(6/18)

NCAA AND UWM BANNED-DRUG CLASSES

Some Examples of NCAA and UWM Drug Testing Program Banned Substances in each class

NOTE: This is not a complete list of banned drugs

Please see the NCAA banned drug list at:

https://ncaaorg.s3.amazonaws.com/ssi/substance/2020-21NCAA_BannedSubstances.pdf

It is your responsibility to check with the appropriate or designated athletics staff before using any substance. Review the label of any product, medication or supplement BEFORE you consume it!

2021-22 NCAA Banned Drugs

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Narcotics;
6. Cannabinoids;
7. Peptide Hormones, growth factors, related substances and mimetics
8. Hormone and metabolic modulators
9. 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:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.(ie: Albuterol)
6. Tampering of Urine Samples

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. **Any product containing a dietary supplement ingredient is taken at your own risk.**

There is no complete list of all banned substances

Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances.

Do not rely on this list to rule out any label ingredient.

1. Stimulants: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMA, methylhexanamine), "bath salts" (mephedrone); octopamine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentaine citrate); phenethylamines (PEAS); dimethylhexylamine (DMHA, Octodrine); heptaminol etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140); DHCMT (oral turanibol) etc.

3. Alcohol and Beta Blockers (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics (water pills) and Other Masking Agents: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Exceptions: finasteride is not banned

5. Narcotics: Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine

6. Cannabinoids: marijuana; tetrahydrocannabinol (THC), synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

7. Peptide Hormones and Analogues: Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.

Exceptions: insulin, Synthroid are not banned

8. Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione); letrozole etc.

9. Beta-2 Agonists: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

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. 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 Drug Free Sport, 877-202-0769 or www.dfsaxis.com pick: "Axis Login" then pick organization "NCAA 1" then use password: ncaa1

UWM SPORTS MEDICINE POSITION STATEMENT ON PERFORMANCE ENHANCING SUBSTANCES & NON-THERAPEUTIC DRUGS

Each year student-athletes and coaches look for the "edge" over their opponents. At times, student-athletes make decisions to take a performance enhancing substance based on information read about or hear from others. Examples may include injectable substances, pills, powders, and/or drink mixtures purchased from other people, through the mail, or at retail "nutrition" stores. These are marketed to the public or sold on the internet as "performance enhancing" but research in the area of enhancing performance has shown doubtful improved overall performance. Some examples of these include but not limited to:

protein powders/pills, creatine, amino acid supplements, alcohol, amphetamines, barbiturates, caffeine, ephedrine, cocaine, LSD, PCP, Marijuana or synthetic marijuana, tobacco products, nitric oxide, beta blockers, diuretics, Beta-2 agonists, and anabolic-androgenic steroids & precursors, like:

- testosterone
- epitestosterone
- human growth hormone
- EPO
- androstenedione
- DHEA, and

herbal substances, like:

- ma huang
- ephedra
- kava (aka: ava, ava peper, awa, kava root, Kawa, rauschpfeffer, sakau, tonga, yangona)
- gensing
- gotu kola
- bitter orange (aka: citrus aurantium amara, zhi shi)

UWM and the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports understands athletes are searching for safe, legal, and effective ways to improve their athletic performance. Many of these are banned by the NCAA, UWM, professional sports, national sport organizations, and are illegal. Furthermore, many of them may cause or trigger other health issues like heart conditions, liver disease, and muscle injuries. Some of these items are combined, or “stacked”, in the same product, which may have, at the minimum, an additive effect or even a multiplying effect of the action/reaction to/of the body. These additive or multiplying effects can be very dangerous and have very negative outcomes especially on the heart, for example.

Additionally, most of these compounds have little or no positive influence on exercise performance and are, generally, very expensive when compared to the amount of food an athlete can buy for the same amount of money. Making better food choices, eating a well balanced diet with enough calories, replenishing fluids lost during activity, strength training, correct technique/skill training, and sport specific cardiovascular conditioning are the best ways to enhance performance.

Student-athlete and coaches work long and hard at training, conditioning and developing skills. Sometimes coaches are unaware that student-athletes are ingesting these substances. **It should be noted the student-athletes have tested positive for NCAA banned substances and reported no banned substance use, but have reported the use of “nutritional” substances and supplements.**

Each student-athlete needs to recognize that with the use of these types of performance enhancing products, they are at risk of being disqualified by the NCAA and UWM if they test positive for banned substance. Therefore, **the UWM athletics department position is one where we highly discourage the use of performance enhancing products by our student-athletes.** Student-athletes work hard to achieve athletic excellence and, hopefully, every member of our athletic teams will have the opportunity to compete at the highest level possible, maybe in a NCAA level championship, making an Olympic team, or further competition past college. **Do not let testing positive for a banned substance ruin that experience.**

It is important that you are informed and understand the following:

Current medical information about performance enhancing products and “nutritional” supplements does not support the performance enhancement claims of the manufactures. Many compounds obtained from friends, specialty “nutrition” stores, and mail order businesses may not be subject to the strict regulations set by the Food and Drug Administration. Therefore, the content of many of these compounds is unknown and may not be represented accurately on the list of ingredients, if listed at all. This is very likely with amphetamine-like substances.

Some substances may contain small amounts of banned substances such as testosterone or other anabolic steroids or may be anabolic steroids, but not labeled as such. It may contain an anabolic precursor(pro-hormone). Anabolic steroids and anabolic pro-hormones are banned substances. Many athletes have tested positive for steroid use have admitted to taking pro-hormone substances (those that promote the bodies release of the actual hormone).

Use of these and all substances like these is at the student-athlete’s risk.



A positive test for a banned substance, whether it be a testosterone/epitestosterone ratio than 6 to 1 (the NCAA cutoff) or another anabolic steroid or metabolite is still considered a positive test whether you intended to take it or it was a non-listed ingredient.

It is not possible for the NCAA or UWM drug-testing and drug education committee to determine a student-athlete's intent when he/she takes a seemingly harmless substance and then tests positive for a banned substance. The appeal process is designed to allow student-athletes to present medical information about the presence of a banned substance. ***Student-athletes who have appealed positive tests on the basis that they did not know the substance they were taking contained banned substances have not been successful!! The NCAA reprimand for a positive drug test is a one year suspension. Don't let this be you.***

This information will be distributed to all student-athletes at the pre-season sport medicine meeting each year and will in the student-athlete handbook.

If you have any questions, please contact an athletic trainer to get them answered.

07/02/20