New Mexico Junior College Intercollegiate Athletic Department  
Drug Testing Program and Policy

• Philosophy, Goals and Definitions
  • Philosophy
    • Drug abuse is defined as the misuse of any chemicals or drugs. New Mexico Junior College (NMJC) recognizes that drug abuse is a persistent health problem of major proportion affecting our society physically, mentally and socially. Therefore, New Mexico Junior College has taken the position of zero tolerance to drug abuse. Student athletes, as members of the college community and the greater society, may have social, environmental and personal characteristics which could foster abuse. Furthermore, some individuals are vulnerable to peer and social pressures which may encourage excessive and irresponsible use of drugs. Drug abuse can affect the student athlete's personal life, safety, health, academic and athletic performance. This program is in accordance with the clear trend among institutions of higher education participating in intercollegiate athletics. It is the intention of New Mexico Junior College to implement this program in such a way as to recognize and protect, as much as possible, the dignity and privacy of its student athletes, as well as acting in the best interest of this college.

  • Goals
    • Testing: Identify student athletes who have use problems or potential problems by incorporating procedures for the accurate identification of testing results.

    • Policy: Provide factual knowledge regarding drug abuse and/or use and provide a deterrent to drug abuse. To work toward drug free maximum health, enhance academic performance and athletic performance for the student athlete, the NMJC Athletic Department has instituted the policy of zero tolerance toward drug abuse.

  • Definitions
    • Positive Drug Test: A urinalysis or any other recognized test for drugs that indicates the sample contains illegal or banned drugs.

    • Negative Drug Test: A urinalysis or any other recognized test for drugs that indicates the sample does not contain illegal or banned drugs.

• Procedure of implementation
  • Orientation: Prior to the commencement of any practice sessions, the Athletic Director will conduct an orientation session for all student athletes concerning drug use and abuse and will make a presentation about the purposes and procedures of the drug testing program, counseling available and policies regarding drug use and abuse. Attendance at these orientation sessions will be required by all student athletes. This
policy will be reviewed with each student athlete as well as placed on the school website so that the student-athletes will have it available for review at all times. A copy of the Informed Consent and Release of Liability Statement. Each athlete will thereafter be asked to sign the statement acknowledging receipt and understanding the program and providing voluntary consent to the administration of urinalysis testing required by the program and release of testing information to a limited select group. Failure to provide consent will result in loss of scholarship.

- **General Information**
  - The early recognition of signs of abuse include:
    - Inconsistency of grades and performance.
    - Personality change, withdrawal, depression, euphoria, hyperactivity
    - Financial Problems
    - Poor Conditioning
    - Change in friends
    - Police involvement, DWI, and fighting

- **Confidentiality**
  
  - All matters involving the application of this policy to individual student athletes will remain confidential except for disclosures made pursuant to the Informed Consent and Release of Liability Statement, and will oppose the disclosure of such information to any other persons within or outside the college.

  - A member of the New Mexico Junior College Athletic Department staff as designated by the Athletic Director shall establish procedures to ensure the integrity and chain of custody of the testing samples and results. New Mexico Junior College is not a law enforcement business. NMJC is an educational institution that is committed to success of its student athletes. However, this policy Provides confidentiality, only to the extent provided by FERPA.

  - Student Athletes who are taking drugs pursuant to a prescription are required to register this fact with the Athletic Trainer in writing, and to supply such additional information as may be requested by the Athletic Trainer. This information helps to determine the physical eligibility of a student to participate in the intercollegiate athletic program. Further, it is possible but infrequent that some prescription drugs may result in a positive test in this program. This information will be kept confidential pursuant to the guidelines of Part IIB of this policy.
• Consent
  • Student Athletes are free to refuse to consent to drug testing under this program. However, any student athlete who declines participation in the program or fails or refuses to submit a signed Informed Consent and Release of Liability Statement will not be permitted to receive an athletic grant-in-aid or to participate in intercollegiate athletics at NMJC.

• Drug Testing Policy
  • First Positive Drug Test
    • Failure to report for or refuse a drug test will result in a positive test
      • 2-week suspension from all athletic activities
      • Suspended from 10% of the teams total schedule.
  • Second Positive Drug Test
    • The student-athlete will be released from the athletics program and the athletic scholarship will be revoked immediately.

• Types of Drug Testing
  • The College may drug test by the following methods
    • Random sample of all athletic teams
    • Entire Athletic team
    • Reasonable Cause
    • Post-Accident
    • Return to Participation

• Testing Process
  • Each student athlete signs a Drug Testing Release form for each sport team tested and may be randomly selected in a sports team drug testing.

  • At the discretion of either the Athletic Director or designee, sports team urinalysis or random testing is done throughout the school year at the Athletic Department expense.

  • The Athletic Director will conduct a program awareness meeting early in the school year with each sports team to discuss the program.

  • Random testing can occur at any time during the academic school year

• Collection or Samples (Urine Specimens)

  • This will involve as few people as possible – Athletic Director, Athletic Trainer, Collection Contractor, and other persons as designated by Administration.
• Urine specimen should be collected in a private place, but not directly observed by non-student staff.
• There should be no prior notice of collections.
• Each student athlete will be assigned a test ID number at each test that correlates with the student athlete's specimen ID on the sample.
• Each sample will be immediately sealed, properly ID coded, and stored in a secure area until run or shipped.
• Samples will be preserved per contractors guidelines.
• Chain of Custody will be utilized.

• Procedures for Positive Urine or Identification of Student Athlete's Drug Use by Other Means

  **All positive tests are automatically retested for accuracy and confirmation.**

  • The student athlete will be informed by the Athletic Director and/or Athletic Trainer and team Coach of the positive test result of the drug testing. Notification will also be made to the Vice President for Student Services for review.

  • The Athletic Director or designee, Coach and Vice President of Student Services will notify the student athlete of penalty and suspension.

• **Appeal Procedure**
  • The student athlete may appeal the decision of the Athletic Director by notifying the New Mexico Junior College Vice President of Student Services or designee of his/her desire for a hearing within seven (7) days of notification of the suspension order of the Athletic Director.

  • Upon this request, the NMJC Vice President of Student Services or designee will arrange a hearing within a reasonable time frame. The student athlete will then be afforded the opportunity to present to the NMJC Vice President of Student Services or designee any information that may be pertinent to the appeal why the decision of the Athletic Director should be set aside.

  • The NMJC Vice President of Student Services or designee will consider the matter and shall approve or disapprove the decision of the Athletic Director or designee. The Vice President of Student Services decision shall be final.

  • Any student athlete added to a team roster after initial testing will be included in the first available random testing cycle.
• Amendments or Modifications to the Program

• This program may be modified or amended, with the approval of the President of New Mexico Junior College. Such amendments or modifications shall apply to and be effective for all student athletes in the New Mexico Junior College Intercollegiate Athletic Program after appropriate notice.

New Mexico Junior College Intercollegiate Athletic Department
Alcohol Abuse and Illegal Use Policy

Philosophy, Definitions, Implementation, Enforcement

• Philosophy

• New Mexico Junior College recognizes that alcohol abuse and illegal use is a persistent health problem of major proportion affecting our society physically, mentally, and socially. Student athletes, as members of the college community and the greater society, may have social, environmental, and personal characteristics which can foster such use and abuse. Some individuals are vulnerable to peer and social pressures which may encourage excessive and irresponsible use of alcohol. Alcohol abuse can negatively affect the student athlete's personal life, safety, health, athletic and academic performance. It is the Intention of the athletic department of New Mexico Junior College to implement this policy in such a way as to recognize and protect, as much as possible, the dignity and privacy of its student athletes, as well as acting in the best interest of this college.

• Definitions

• Violation: The occurrence of a student athlete receiving an official law enforcement citation; i.e. DUI, MIP or documented infringement of NMJC Student Handbook Policy in relation to alcohol.

• Suspension: Student athletes may not participate in any NMJC Athletic Department activity.

• Dismissal: Student athlete may no longer participate in NMJC Athletic Department activities on a permanent basis. NMJC Athletic Department grant-in-aid will also be terminated.

• Implementation

• Accumulation of Alcohol Violations: This policy will be in effect during the entire term that the student athlete is involved in NMJC intercollegiate athletics. (Two Violation Policy).
• Enforcement
  • Any student athlete that is found to be consuming or in possession of alcohol while participating in NMJC sponsored trip or activity will be dismissed from NMJC intercollegiate athletic participation and NMJC grant-in-aid immediately.

• Other Violations (Two Violation Policy)
  • First Violation:
    • The NMJC Athletic Director or designee will inform the student athlete that a first documented violation of the policy has taken place.
    • Initiation of the alcohol violation policies stated in the NMJC Handbook will be engaged.
    • The Athletic Director or designee, student athlete, and coach meet together in a conference call with the student athlete's parents or legal guardian informing them of the first violation of policy.
    • Corrective action will be taken by the coach and reported to the Athletic Director for approval and direction. Such corrective action will take the form of an official warning, probation and any other corrective action as directed in team rules, verbal or written by the sport head coach. Team corrective action will be documented and submitted to the NMJC Athletic Director.

  • Second Violation:
    • The NMJC Athletic Director or designee will inform the student athlete that a second documented violation of the policy has taken place.
    • The Athletic Director or designee, student athlete, and coach meet together in a conference call with the student athlete's parents or legal guardian informing them of the violation of policy.
    • The student athlete will review the circumstances of the violation to consider termination of NMJC intercollegiate athletic participation and grant-in-aid.
    • If the student athlete is found to have committed a second violation of the policy, he/she will be terminated from NMJC intercollegiate athletic participation and NMJC grant-in-aid.

• Appeal Procedure
  • All Appeals for the evaluation and application for alcohol violation punishment shall follow the procedures stated on page 48 of the NMJC Student Handbook.
INFORMED CONSENT AND RELEASE OF LIABILITY STATEMENT
2016 – 2017

I, ________________________________, hereby acknowledge that I have received a copy of the New Mexico Junior College Intercollegiate Athletics Drug Testing Program and policy. I further acknowledge that I have read the policy; that I fully understand the provisions of the policy and procedures. I understand that as a student athlete, my performance and the reputation of my team depend in part on my conduct as an individual. I agree to accept and abide by all policies of New Mexico Junior College, including the Intercollegiate Drug Testing Program and policy, as well as the standards, rules and regulations of the NMJC Athletic Department.

As a condition of my participation in the New Mexico Junior College Intercollegiate Athletic Program, I hereby consent to undergo all of the standardized urinalysis testing or any other recognized test during the academic year, pursuant to the New Mexico Junior College Intercollegiate Drug Testing Program and policy.

I understand that positive test results may adversely affect the status of my participation in the athletic program and/or will be a breach of my financial aid agreement which permits the New Mexico Junior College Athletic Department to remove me from participation and/or suspend my financial aid agreement.

I authorize confidential release to other individuals authorized by this policy of test results you may have relating to the drug testing of my urine sample(s) in accordance with the provisions of the New Mexico Junior College Intercollegiate Drug Testing Program and policy.

I further authorize the release of such information and records to my parent(s) and/or legal guardian(s) in the event that I am found in violation of the provisions of this policy.

New Mexico Junior College -- its Board, Officers, Employees, and Agents -- are hereby released from legal responsibility of liability for the release of such information and records as authorized by this form and from any liability whatsoever arising for this request to furnish a urine sample and decisions made concerning my athletic participation based upon the results of the urinalysis.

________________________                               __________________________________
DATE                                                                               STUDENT SIGNATURE

________________________                               __________________________________
DATE                                                                               PARENT/GUARDIAN SIGNATURE

**NOTE:** Student athletes who are taking drugs pursuant to a prescription are required to register this fact with the Athletic Trainer in writing and to supply such additional information as may be requested by the Athletic Trainer. This information helps determine the physical eligibility of a student to participate in the intercollegiate athletic program. Further, it is possible that some prescription drugs may result in a positive test in this program. This information will be kept confidential pursuant to the guidelines in Part 118 of this policy. Please list any such medications below:

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
**Banned Drugs**

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

**The NJCAA, NCAA and NMJC bans the following classes of drugs**

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens; and
- 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**

- Blood doping
- Gene doping
- Local anesthetics (under some conditions)
- Manipulation of urine samples; and
- Beta-2 Agonists permitted only by prescription and inhalation.

**NJCAA, NCAA & NMJC 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 NJCAA, NCAA and NMJC approved supplement products.

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility from 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**

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

- **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, "bath salts" (mephedrone); octopamine; DMBA; etc.

  Exceptions: phenylephrine and pseudoephedrine are not banned.

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

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

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

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

- **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

- **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.

- **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclarine; etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://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!

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

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