

**UCLA DEPARTMENT OF INTERCOLLEGIATE ATHLETICS**  
**DRUG EDUCATION & TESTING PROGRAM**  
**2014-2015**  
**Policy Statement**

**Objectives**

The purpose of the drug education and testing program for UCLA student-athletes is to promote a drug-free environment for the intercollegiate athletics program. Education and counseling are the cornerstones of the program. The goals of the program are:

- To prevent an unfair competitive advantage for those who abuse certain chemical substances
- To protect the health and safety of all competitors
- To educate student-athletes regarding the potential harm resulting from substance abuse
- To provide assistance for those who are found to engage in substance abuse
- To maintain appropriate standards of behavior in intercollegiate athletics at UCLA

Procedures used are to be systematic, fair, assure reliability of tests and protect the privacy of the participants. The mandatory program provides for appropriate sanctions for student-athletes who are not in compliance with the terms and conditions described in this policy statement. Signed consent and notification forms shall be considered affirmation of the student-athlete's agreement to the terms and conditions in this policy. UCLA may amend this policy at any time.

To the extent permitted by law, information obtained in the operation of the program is confidential. The UCLA Program will be consistent with applicable NCAA regulations. UCLA will provide student-athletes and coaches with all relevant information regarding NCAA drug-testing policies and programs.

**Educational Component**

Each team and coaching staff is to meet as often as necessary (at minimum once per academic year) with a qualified member of the University staff to discuss the dangers of substance abuse. The qualified University member may include personnel from the School of Medicine, the Counseling and Psychological Services (CAPS) and the Intercollegiate Athletic Department. These sessions are to include information regarding the use of illegal substances, a review of the current UCLA and NCAA Banned Drug Classes, misuse of alcohol and the danger of using performance-enhancing substances, including anabolic steroids and amphetamines. The education session may include computer-based training. The requirements of the UCLA and the NCAA drug-testing programs will also be discussed. Although the list of banned substances may be the same or similar, the NCAA drug-testing program and the UCLA Program will remain separate and not related in any way.

**Counseling Component**

The services and referrals of University-approved counselors are made available to student-athletes and coaches as further information and/or treatment is required. To the extent permitted by law, all counseling is confidential. However, consultation with other health care professionals can occur after obtaining expressed written consent from the student-athlete, or in the case of an emergency. Student-athletes and coaches are made aware of these resources and methods of obtaining these services in pre-season team meetings and other educational programs administered by the Athletics Department. Consistent with California law, individual counseling with licensed medical or psychological personnel is privileged under the patient-physician or patient-therapist privilege. If a student-athlete is a minor, parental consent and knowledge may be necessary. In appropriate cases, attempts are made to encourage student-athletes to permit involvement of family in the treatment program. Student-athletes who sign the consent form agree to allow athletics department personnel to verify compliance with mandatory assessment/counseling sessions.

## Testing Component

The testing program is confidential and utilizes methodology with appropriate sensitivity to minimize the likelihood of inaccuracy. The substances for which testing is done may include, but is not limited to, anabolic steroids, central nervous system stimulants, narcotic analgesics and psychomotor stimulants. The testing program is as follows:

1. **Notification:** A complete description of UCLA's Drug Education and Testing Program is provided to each student-athlete and coach annually.
2. **Banned Substances:** A list of substances for which testing will be done for that year including the generic names of substances, as applicable, is available in the Athletic Training Room and at each annual team meeting where this drug-testing program is reviewed.
3. **Consent:** A consent form for student-athletes acknowledging receipt of notification and that he/she agrees to participate in the program is to be completed and returned to the University prior to a pre-participation physical examination. The consent form requires the student-athlete to submit relevant information to the team physician if he/she is taking one or more of the listed substances under medical supervision. This signed consent form is a precondition for participation in UCLA intercollegiate athletics. Parental consent is necessary for minors.
4. **Testing Protocol:**
  - a. The UCLA medical team conducts a series of drug tests throughout the academic year at an intercollegiate athletic facility on the UCLA campus in which ALL student-athletes are eligible. **Student-athletes are either chosen randomly, as part of a team, or may be recommended due to reasonable suspicion screening.** Reasonable suspicion screening may be exercised at any time. Reasonable suspicion may include, without limitation, 1) observed possession or use of drugs, 2) arrest or conviction for a criminal offense related to prohibited drugs, or 3) observed abnormal appearance, conduct or behavior reasonably interpreted as being caused by the use of prohibited drugs or substances.
  - b. The team physician liaison is responsible for compiling a computer generated list which will include student-athletes who have had previous positive tests, are recommended for reasonable suspicion, and/or are selected at random. The list is then provided to Drug Free Sport (UCLA's outside contractor) for sample collection.
  - c. **Student-athletes are notified in writing by the assigned team athletic trainer that they have been selected for drug testing no more than 24 hours prior to the test and are required to confirm this notification in writing.** If written confirmation is impossible, verbal acknowledgment via phone is acceptable. Email and text message communication is not permitted. **However, random team testing may occur without prior written notification.**
  - d. **Each notified athlete must report to the designated testing area at the time reported on the notification form.**
  - e. **Once the student-athlete has reported to the testing area, he or she must remain in the testing area until a sample has been produced.**
  - f. Drug Free Sport will oversee the sample collection in private bathroom facilities and will be responsible for filing the appropriate forms.
  - g. Each athlete selected for testing must produce 90mL of testable urine (or an amount pre-determined by the testing team) under direct supervision of the sampling control officer. **If an athlete fails to produce an adequate sample volume, and/or that sample is too dilute for testing, the sample will still be submitted to the laboratory and will be treated as a positive result for a banned substance.**
  - h. **A "no-show" is defined as a student-athlete who fails to report for a scheduled drug test at the date and time specified on the notification. Tardiness will not be tolerated. No-shows are treated as positive tests.**
  - i. Any attempt to alter or manipulate the integrity or validity of the urine specimen and/or collection process (for example, by dilution or substitution) will be treated as a positive result for a banned substance.
  - j. If a student-athlete provides such a sample(s), that student-athlete may be subject to subsequent individual testing.
  - k. At the conclusion of testing, urine samples will be delivered to the testing laboratory and results will be sent to the team physician who oversees drug testing.
  - l. Testing may continue as long as a student-athlete is a reported member of an athletic team from the Department of Intercollegiate Athletics.
  - m. The results of the tests are provided to the physician assigned responsibility for managing the drug-testing program, who notifies the appropriate individuals, as specified by this program, of positive test results. Confidentiality is maintained at all times throughout all notifications and communication.
    - i. **Any positive test in a student-athlete's career will count cumulatively with respect to the provisions of this program.**
    - ii. **Positive tests need not be on consecutive testing dates, or in the same academic year, in order to be so counted on a student-athlete's record.**

## Sanctions: Performance Enhancing Drugs (PEDs)

**First Sanction of Career:** *One or more of the following will occur:*

- a. The Medical Director, Team Physician, Senior Associate Athletic Director with responsibility for managing the drug-testing program, Head Athletic Trainer, and the student-athlete's Head Coach will be notified.
  1. The Senior Associate Athletic Director responsible for the drug-testing program will advise the student-athlete of the test results and schedule a mandatory meeting.
  2. A meeting with the Head Athletic Trainer may be mandated after the first positive test.
- b. **Immediate suspension will occur from 20% of the next available contests in which the student-athlete is eligible to participate.**
- c. A mandatory assessment session with the Counseling and Psychological Services (CAPS) is required.
- d. Additional mandatory drug education may be required for the student-athlete to complete.
- e. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.
- f. Notification of a positive test result is not required prior to a student-athlete being selected for future testing.

**Second Sanction of Career:** *One or more of the following will occur:*

- a. The Medical Director, Team Physician, Senior Associate Athletic Director with responsibility for managing the drug-testing program, Head Athletic Trainer, and the student-athlete's Head Coach will be notified. The Senior Associate Athletic Director with administrative responsibility for the student-athlete's sport if that person is not the Senior Associate Athletic Director responsible for the drug testing program will also be notified.
- b. **Immediate suspension from competition will occur for 365 days.**
- c. The student-athlete is referred to CAPS for drug counseling as determined by the designated CAPS clinician and/or the team physician responsible for the care of the student-athlete.
- d. Additional mandatory drug education may be required for the student-athlete to complete.
- e. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.
- f. Parents, a spouse or guardians may be notified with the consent of the student-athlete or as otherwise permitted by law.

**Third Sanction of Career:** *One or more of the following will occur:*

- a. The Medical Director, Team Physician, Senior Associate Athletic Director with responsibility for managing the drug-testing program, Head Athletic Trainer, Head Coach and the Senior Associate Athletics Director with administrative responsibility for the student-athlete's sport will be notified.
- b. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.
- c. **The student-athlete will be immediately and permanently dismissed from participation in intercollegiate athletics and his or her athletic scholarship will be cancelled.**

**For the purposes of this Section, performance enhancing substances and masking agents include, but are not limited to:**

- **Stimulants:**  
Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) and related compounds. Exceptions: phenylephrine and pseudoephedrine are not banned.
- **Anabolic Agents:**  
(sometimes listed as a chemical formula, such as 3,6,17-androstenedione) Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; testosterone; trenbolone; and related compounds.
- **Diuretics:**  
(water pills) and Other Masking Agents Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; and related compounds.
- **Peptide Hormones and Analogues:**  
Growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); and related compounds.
- **Anti-Estrogens:**  
Anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), and related compounds.
- **Beta-2 Agonists:**  
Bambuterol; formoterol; salbutamol; salmeterol

**These are examples. For a complete list and additional resources, go to [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).**

## Sanctions: Illicit Substances/Street Drugs

### **First Sanction of Career:** *One or more of the following will occur:*

- a. The Medical Director, Team Physician, Senior Associate Athletic Director with responsibility for managing the drug-testing program, Head Athletic Trainer, and the student-athlete's Head Coach will be notified.
  1. The Senior Associate Athletic Director responsible for the drug-testing program will advise the student-athlete of the test results and schedule a mandatory meeting.
  2. A meeting with the Head Athletic Trainer may be mandated after the first positive test.
- b. No other sanctions will be imposed by either the athletic department or the coaching staff.
- c. A mandatory assessment session with the Counseling and Psychological Services (CAPS) is required.
- d. If a student-athlete fails to schedule or attend any mandatory counseling session, the Senior Associate Athletic Director with administrative responsibility for the drug-testing program will be notified.
- e. Additional mandatory drug education may be required for the student-athlete to complete.
- f. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.
- g. Notification of a positive test result is not required prior to a student-athlete being selected for future testing.

### **Second Sanction of Career:** *One or more of the following will occur:*

- a. The Medical Director, Team Physician, Senior Associate Athletic Director with responsibility for managing the drug-testing program, Head Athletic Trainer, and the student-athlete's Head Coach will be notified. The Senior Associate Athletic Director with administrative responsibility for the student-athlete's sport if that person is not the Senior Associate Athletic Director responsible for the drug testing program will also be notified.
- b. **Immediate suspension will occur from the next competition in which the student-athlete is eligible to participate.**
- c. The student-athlete is referred to CAPS for drug counseling as determined by the designated CAPS clinician and/or the team physician responsible for the care of the student-athlete.
- d. Additional mandatory drug education may be required for the student-athlete to complete.
- e. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.
- f. Parents, a spouse or guardians may be notified with the consent of the student-athlete or as otherwise permitted by law.

### **Third Sanction of Career:** *One or more of the following will occur:*

- a. The Medical Director, Team Physician, Senior Associate Athletic Director with responsibility for managing the drug-testing program, Head Athletic Trainer, Head Coach and the Senior Associate Athletics Director with administrative responsibility for the student-athlete's sport will be notified.
- b. **Immediate suspension will occur for 10% of the current year's complete competition schedule, or a minimum of 2 competitive events, in which the student-athlete is eligible to participate, whichever is greater. If the suspension cannot be completed in the current year, it will extend into the next season in which the athlete is eligible for participation.**
- c. Compliance with the treatment plan recommended by the CAPS clinician and team physician is required as well as an in-person meeting with the aforementioned athletics department personnel and appropriate medical professionals.
- d. Failure to comply with counseling requirements may result in further suspension.
- e. Additional mandatory drug education may be required for the student-athlete to complete.
- f. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.

### **Fourth Sanction of Career:** *One or more of the following will occur:*

- a. **The student-athlete will be immediately and permanently dismissed from participation in intercollegiate athletics and his or her athletic scholarship will be cancelled.**
- b. If a student-athlete tests positive, a retest of that specimen, at the student-athlete's written request, may be performed.
- c. Scholarship may be terminated at the end of the quarter during which the positive test occurred, and will not be renewed for the following academic year.
- d. Recommendations for drug abuse treatment plans can be provided by the CAPS clinician.

### **Illicit substances/ Street drugs: The following is a non-exhaustive list:**

- **Heroin**
- **Marijuana**
- **Tetrahydrocannabinol (THC)**
- **Synthetic Cannabinoids (e.g. spice, K2, JWH-018, JWH-073)**

## **Self-Disclosure**

At any point in a student-athlete's intercollegiate career prior to his or her first positive result, the counseling services of the Student Psychological Services will be made available to a student-athlete on a priority basis if the student-athlete voluntarily discloses that he/she may have a substance abuse problem.

1. Self-disclosure must occur prior to a student-athlete being notified of a scheduled testing.
2. The student-athlete may be tested immediately at the team physician's discretion.
3. When a student-athlete avails him/herself of this opportunity, he/she will be exempt from having a test designated as a positive test for his/her cumulative record until scheduled counseling sessions are completed.
4. In no case will this exemption from testing exceed 60 calendar days from the date of disclosure.
5. This self-disclosure opportunity can be initiated by the student-athlete contacting the team physician.

## **Hearings, Appeals and Reinstatement**

Student-athletes subject to a sanction under the terms of the program are entitled to a hearing with the Institutional Drug Testing Appeals Committee prior to the imposition of the sanction. This hearing will be arranged by the Senior Associate Athletic Director. A written request for such a hearing must be made by the student-athlete within 5 business days of notification that a sanction is being considered. The hearing is to be no later than 7 business days after the student-athlete so requests. An extension of time for the hearing may be granted upon a showing of good cause by either party. Both parties must agree to the extension. Depending on the duration of the extension requested, a student-athlete requesting such an extension may be suspended from practice and competition during the extension.

A student-athlete who has tested positive in the testing program and voluntarily leaves his/her team may be subject to similar specific conditions if that student-athlete later expresses interest in rejoining an intercollegiate athletics team.

## **Other University and Civil Action**

The student-athlete will not be subject to University student disciplinary action under the *Student Code of Conduct* as a result of a positive drug test. The University will not voluntarily supply personally identifiable test data or results of a test to any law enforcement agency and has developed procedures to assure that only information necessary to the purposes of this Program is retained and all other information concerning test results is destroyed. Requirements of the Higher Education Act Amendment related to the conviction for possession or sale of illegal drugs will be handled separately by the University from the administration of the Athletic Department's drug testing program.

# Summary of Drug-Testing Protocol

## Performance Enhancing Drugs

### **First Positive Test Result**

- Medical Director, Team Physician, Head Athletic Trainer, Senior Associate Athletic Director responsible for the drug-testing program and the Head Coach are notified of test results
  - The Senior Associate Athletic Director responsible for the drug testing program will advise the student-athlete of the test results and schedule a mandatory meeting
- **Suspension from 20% of next available season contests in which the student-athlete is eligible to participate**
- Mandatory assessment session with Counseling and Psychological Services (CAPS) clinician
- Participation in future testing

### **Second Positive Test Result**

- Medical Director, Team Physician, Head Athletic Trainer, Head Coach, Senior Associate Athletic Director responsible for the sports program and the Senior Associate Athletic Director responsible for the drug testing program notified of test results
- **Immediate suspension from competition for 365 days**
- Mandatory counseling sessions as determined by the CAPS clinician working with the student-athlete
- Parents may be notified
- Participation in future testing

### **Third Positive Test Result**

- Medical Director, Team Physician, Head Athletic Trainer, Head Coach, Senior Associate Athletic Director responsible for the sports program and the Associate Athletic Director responsible for the drug testing program notified of test result
- **Immediate, permanent dismissal from the team and cancellation of athletic scholarship**

## Illicit Substances/Street drugs

### **First Positive Test Result**

- Medical Director, Team Physician, Head Athletic Trainer, Senior Associate Athletic Director responsible for the drug-testing program and the Head Coach are notified of test results
  - The Senior Associate Athletic Director responsible for the drug testing program will advise the student-athlete of the test results and schedule a mandatory meeting
- No other athletics department or team sanctions will be imposed as a result of the first positive test
- Mandatory assessment session with Counseling and Psychological Services (CAPS) clinician
- Participation in future testing

### **Second Positive Test Result**

- Medical Director, Team Physician, Head Athletic Trainer, Head Coach, Senior Associate Athletic Director responsible for the sports program and the Senior Associate Athletic Director responsible for the drug testing program notified of test results
- **Suspension from the next scheduled athletic contest in which the student-athlete is eligible to participate**
- Mandatory counseling sessions as determined by the CAPS clinician working with the student-athlete (minimum of three)
- Parents may be notified
- Participation in future testing

### **Third Positive Test Result**

- Medical Director, Team Physician, Head Athletic Trainer, Head Coach, Senior Associate Athletic Director responsible for the sports program and the Associate Athletic Director responsible for the drug testing program notified of test results
- **Immediate suspension will occur for 10% of the current year's complete competition schedule, or a minimum of 2 competitive events, in which the student-athlete is eligible to participate, whichever is greater. If the suspension cannot be completed in the current year, it will extend into the next season in which the athlete is eligible for participation.**
- Mandatory in-person meeting with the aforementioned athletics department personnel and appropriate medical professionals
- Compliance with the treatment plan recommended by the CAPS clinician is required
- Participation in future testing

### **Fourth Positive Test Result**

- **Immediate, permanent dismissal from the team and cancellation of athletic scholarship**
- Recommendations for drug abuse treatment plans can be provided by the CAPS clinician

# 2014-15 NCAA Banned Drugs

There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient. It is your responsibility to check with the appropriate or designated UCLA Athletics staff before using any substance.

## The NCAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

## Drugs and Procedures Subject to Restrictions:

- Blood Doping.
- Local Anesthetics (under some conditions).
- Manipulation of Urine Samples.
- Beta-2 Agonists permitted only by prescription and inhalation.
- Caffeine if concentrations in urine exceed 15 micrograms/ml.

## NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

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

## Some Examples of NCAA Banned Substances in Each Drug Class

- **Stimulants:**  
amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) and similar agents.
  - *exceptions:* phenylephrine and pseudoephedrine are not banned
- **Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):**  
boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; and similar agents.
- **Diuretics (water pills) and Other Masking Agents:**  
bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; and similar agents.
- **Street Drugs:**  
heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)
- **Peptide Hormones and Analogues:**  
growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); and similar agents.
- **Anti-Estrogens:**  
anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), and similar agents.
- **Beta-2 Agonists:**  
bambuterol; formoterol; salbutamol; salmeterol; and similar agents.

**\*\*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:

NCAA Health and Safety Website – <http://www.ncaa.org/health-and-safety>

Or

Resource Exchange Center (REC) @ 877-202-0769

or

[www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) -- password ncaa1

Please be aware, **this is only a partial list**. There are many other substances in these categories that are not listed here that are banned, including “street drugs”. These were only listed examples. Remember, ultimately each student-athlete is responsible for his or her own compliance with UCLA and/or NCAA drug testing policy.

## **UCLA DRUG TESTING**

### **Urine Collection Guidelines**

1. Only those persons authorized by the client representative and certified collector will be allowed in the collection room. The certified collector and UCLA representative will determine the release of a selected student-athlete from the collection room prior to completing the specimen collection process.
2. Upon arrival, student-athlete will provide photo identification and/or a UCLA representative will identify the student-athlete. The student-athlete will then print his/her name and arrival time on the Roster Sign-In Form.
3. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with collector and client representative to complete necessary information before proceeding with the specimen collection process.
4. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by a collector (same gender) to the restroom to provide a specimen. The student-athlete will place a unique barcode onto the beaker. And then rinse his/her hands with water and then dry hands.
5. The collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.
6. The student-athlete will be responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be free of any other banned substances.
8. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the certified collector and client representative, specimen must be discarded.
10. Upon return to the collection room, the student-athlete will begin the collection procedure again.
11. Once an adequate volume specimen is provided; the collector will escort the student-student-athlete to the specimen processing table.
12. The specimen collector will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.
13. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the collector observing. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.
14. If the urine is concentrated (1.005 SG or higher), the specimen processor will record the specific gravity value on the CCF.
15. Once the specimen processor has determined the specimen has a specific gravity above 1.005, the sample will be processed and sent to the laboratory.
16. If the laboratory determines that a student-athlete's sample is inadequate for analysis, at the client's discretion, another sample may be collected.
17. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the collector will collect another specimen from the student-athlete.
18. Once a specimen has been provided that meets the on-site specific gravity parameters, the student-athlete will select a sample collection kit from a supply of such.
19. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic, and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).
20. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.
21. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.
22. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.
23. The student-athlete is then released by the collector.
24. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the "drugs of abuse" laboratory and one sample is placed in the shipping container for shipment to the "anabolic steroids" laboratory.
25. After the collection has been completed, the samples will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
26. The samples become the property of the client.
27. If the student-athlete does not comply with the collection process, the collector will notify the client representative and Drug Free Sport.



**UNIVERSITY OF CALIFORNIA, LOS ANGELES**  
Department of Intercollegiate Athletics

**POLICY ON THE USE OF SUPPLEMENTS**  
2014-2015

UCLA does not condone the use of dietary supplements. Dietary supplements do not undergo federal government approval and are not tested for quality under the same guidelines as prescription and over-the-counter medications. Product claims have not, in many cases, been based on scientific research. The potential adverse and/or harmful effects of these substances have not been completely studied. As there are minimal labeling requirements for dietary supplements, some products may contain UCLA, NCAA or national governing body banned substances which are not listed on the label.

**UCLA student-athletes are responsible for each and every substance that enters his or her body.**

By signing the UCLA Sports Medicine Policy Statement on the Use of Supplements the student/athlete:

1. Understands that UCLA Sports Medicine and Department of Intercollegiate Athletics neither approves of nor condones the use of dietary supplements;
2. Has been informed of UCLA, NCAA and national governing body policies with regard to the use of supplements, and have had any question answered;
3. Understands and fully accepts the possibility of detrimental and possibly permanent (including death) effects of supplement use;
4. Understands the risk of losing eligibility to participate in intercollegiate athletics because of a positive UCLA or NCAA banned substance test due to the use of supplements, regardless of the reason or purpose for taking such supplements.

The student/athlete further understands and agrees that UCLA, its officers, employees, and agents are not responsible for any harm and possible permanent injury to my health caused by my past, present and/or future use of supplements. I agree to hold harmless, indemnify, and irrevocably and unconditionally release the State of California, UCLA, and their officers, employees and agents from any and all liability, and demands, claims and causes of action relating to my use of supplements.

I understand this form, and have had all questions about the information in this form answered to my satisfaction.

\_\_\_\_\_  
Student/Athlete Print Name

\_\_\_\_\_  
Student/Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian (if under 18) Print

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**UNIVERSITY OF CALIFORNIA, LOS ANGELES**  
Department of Intercollegiate Athletics

**CONSENT FOR DRUG TESTING**  
2014-2015

I certify by my signature below that I understand that I will be asked to participate in the drug education and testing program for student-athletes at the University of California, Los Angeles, prior to participating in the intercollegiate athletics program.

I recognize that I will be asked to provide urine samples for drug analysis and I hereby consent to have samples of my urine collected and tested in accordance with departmental policies. I agree to fully cooperate with the testing program and I will not dispute the rights of the University of California, Los Angeles, to perform such tests on me. I acknowledge that notification of a positive test is not required prior to my being selected for future testing.

I acknowledge that the UCLA drug-testing program tests for substances in the banned drug classes as determined by the National Collegiate Athletic Association (NCAA) and that a list of these banned drug classes has been made available to me. Because the NCAA's list of banned substances is subject to change, I acknowledge that a current list of these substances is available at the NCAA's website: [www.ncaa.org](http://www.ncaa.org).

I also agree to inform the team physician whenever I am taking one or more of the listed banned substances under medical supervision. I recognize that this information is necessary to assist my team physician in providing me with the best medical care should such care be needed.

In accordance with the UCLA drug-testing protocol, I specifically authorize the medical director of the UCLA drug-testing program to release to the Head Coach, Director of Athletics, the Associate Athletics Director, and their designees, all information and records relating to the testing of my urine samples. Additionally, I specifically authorize the staff of the Student Psychological Services to verify my attendance/nonattendance at counseling sessions that may be mandated by the UCLA drug-testing protocol. To the extent permitted by law, information obtained in the operation of the drug education and testing program for UCLA student-athletes shall be confidential.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name (please print)

PARENT OR GUARDIAN IF STUDENT-ATHLETE IS UNDER 18 YEARS OF AGE:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name (please print)