Penn State Behrend Athletics

Student-Athlete Drug, Alcohol and Tobacco Policy

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Penn State Behrend College

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**Intercollegiate Athletics Alcohol Code of Ethics**

(For full disclosure of the PSU alcohol policy see <http://www.sa.psu.edu/ja/pdf/PoliciesRules.pdf>)

In order to develop a positive culture at Penn State Behrend regarding alcohol, student-athletes need to be leaders in the fight against alcohol misuse. In the quest for excellence, both on and off the playing field, student-athletes need to make smart choices and realize the long-term athletic, career and health benefits of choosing not to drink alcohol and/or drink responsibly after age 21.

According to University Code of Conduct illegally possessing, distributing, manufacturing, selling or being under the influence of alcohol or other drugs is inconsistent with the core values of the University community. Intercollegiate Athletics expects representatives of its department (administration, coaches, staff members, student-athletes) to observe the following as **unacceptable behaviors:**

* Use of alcohol before during or after department-sponsored athletic events either at home or during road trips. If questions regarding appropriate behavior arise, the teams’ administrator should be contacted (i.e. international trips or foreign tours).
* Use of alcohol that interferes with scholastic success, athletic performance, personal relationships, finances or leads to legal problems.
* Irresponsible use and/or being intoxicated in a public place.
* Use of alcohol while wearing department-issued Penn State Behrend Athletic Team Gear with sport specific name on it.
* Use of alcohol with recruits; specifically the individual host(s), responsible for the safety and well being of the recruit, regardless of the recruit’s or host’s age.

**Drug Policy Summary**

(For full disclosure of the PSU alcohol policy see <http://www.sa.psu.edu/ja/pdf/PoliciesRules.pdf>)

University policy and Intercollegiate Athletics do not condone the medically-unsupervised use, possession, sale, manufacture or distribution of drugs that are illegal. Any violation of this policy either on or off campus may result in disciplinary action, including separation from the University, and the violator may be required to participate in a drug abuse assistance program.

The student-athlete will annually, prior to participation in intercollegiate competition during the academic year, sign a statement in a form prescribed by the NCAA in which he or she consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the statement annually, failure to appear for a scheduled drug test and/or a positive drug test will result in the student-athlete’s ineligibility for participation in all intercollegiate competition.

The NCAA website that lists banned substances can be viewed at [http://www2.ncaa.org/legislation\_and \_governance/eligibility\_and\_conduct/drug\_testing.html](http://www2.ncaa.org/legislation_and%20_governance/eligibility_and_conduct/drug_testing.html). The site should be checked regularly as it is continually updated. If there is a concern about a substance, student-athletes should see their team physician or athletic trainer.

**Policy on Distribution of Nutritional Supplements**

The Penn State Behrend Athletic Department and the Sports Medicine Staff, recognize that under specific conditions a nutritional supplement may be an appropriate intervention for a student-athlete. However, all agree that nutritional needs of student-athletes should be ideally met by choosing and eating appropriate foods and beverages.

As part of a University policy, Penn State Behrend student-athletes will be approved to take nutritional supplements only under the following conditions:

* When the Sports Medicine Staff determines that an athlete could benefit from nutritional supplementation. Documented rationale for supplementation will be the protocol.
* Individuals other than the Sports Medicine Staff or Team Physician are not reliable sources of supplement distribution.
* Any nutritional supplement recommended for use by either the Sports Medicine Staff or Team Physician will be research-tested for safety, efficacy and legality as it applies to NCAA rules and regulations for ergogenic aids.

**A complete list of banned drug classes (with examples) as determined by the NCAA is attached to this handbook.**

**Warning Regarding the Use of Nutritional/Dietary Supplements**

*“All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Failure to check out any supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. Student-athletes are responsible for anything they ingest.”*

**Tobacco Usage Policy**

The use of tobacco products by student-athletes, coaches, officials and game personnel during practice and competition is **PROHIBITED**.