

DRUG TESTING FAQ

Who is drug tested at Virginia Tech?

Any athlete that is on a current roster is eligible to be drug tested. This also includes the spirit squad, high techs, and mascot.

What is the difference between Virginia Tech's Year-Round Drug Testing Program and the NCAA drug testing program?

The major differences are who will be testing you and the penalties for a positive test. If selected for Virginia Tech's drug test, the athlete is tested through an independent company Aegis. The penalties are contingent upon the offense and the drug that is found positive. This may range from 10% of your season to being suspended from the team.

The NCAA will drug test at minimum once a year at your institution. If an athlete tests positive for a banned substance, the penalty results in a loss of one year of eligibility. The athlete will not get this year back regardless of transfer.

How am I selected for drug testing?

For Virginia Tech Year-Round Drug Testing, the drug testing coordinator sends updated rosters to Aegis. A representative of Aegis will send the drug testing coordinator a list of 25 names each week. The drug testing coordinator will then notify the athletes selected by email. If a coach suspects an athlete is using an illegal substance, they may also ask the drug testing coordinator to add an athlete to the team.

The NCAA selects athletes off a roster submitted by the compliance department at Virginia Tech. Once the NCAA selects the athletes, they will then send a drug testing roster to the drug testing coordinator. Usually there is notification 24 hours prior to the test. Recently, however, the NCAA has been known to do a no-notification test. This means the drug testing coordinator will know the sport the NCAA is drug testing 24 hours prior to the test. However, the drug testing coordinator will not know the names of the athletes being tested until they arrive.

The NCAA may also test at championship events (i.e. ACC tournaments, regional tournaments, and NCCA championships). If there is a championship event, the athlete will be told after completion of the game or match.

Will I be tested in the summer?

All athletes are subject to Virginia Tech Year-Round Drug Testing if they are enrolled in summer classes or are participating in strength and conditioning activities during the summer.

The NCAA will test during the summer as well. If the athlete is home for the summer or in a summer league, they will contact the athlete and drug test through Drug Free Sport. The athlete is required to fill out a summer contact form that will ask the athlete their summer league, phone number, and vacation days. This information will be given to the NCAA in the event of a notified summer drug test.

If I test positive who will be told of my results?

The drug testing coordinator will get a report from Aegis. They will then report these results to Mike Goforth, the Director of Sports Medicine. Mike Goforth will then report these results to the substance abuse committee (the Athletic Director, the Associate Athletic Directors, the athlete's Head coach, the Head Team Physician, the Sports Psychologist) and the athlete's parents. A meeting will then take place with the athlete. The athlete will then be subject to follow-up drug testing.

I am currently prescribed to take ADHD medications. Will this affect my eligibility?

Currently, the NCAA requires documentation from your prescribing physician. This includes a written report summary of comprehensive clinical evaluation. Please note that this includes the original clinical notes of the diagnostic evaluation. The evaluation should include individual and family history, address any indication of mood disorders, substance abuse, and previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD. This should also include, supporting documentation, such as completed ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores. The evaluation can and should be completed by a clinician capable of meeting the requirements detailed above.

Also, documentation must include medications and dosages, as well as follow-up evaluations. No documentation of this material will result in a positive drug test with the NCAA.

If you test positive for ADHD medication during the Virginia Tech drug test, we will use a system of checks and balances to make sure that all documentation is on file. This will ensure no athlete puts themselves at risk for a loss of eligibility. If you do not have a prescription for ADHD medication and "self-medicate", this will result in a positive drug test.

Who should I give my information to?

All current Virginia Tech athletes who are prescribed ADHD medications are required to meet with Dr. Bennett, our team psychologist. This will insure that we have the appropriate documentation necessary in the event of a positive test. Also, Dr. Bennett will coordinate with the prescribing physician to ensure that there is proper follow-up care while at Virginia Tech and the athlete is taking the medication appropriately with no side-effects.

In the event of a positive drug test, the information has to come from Virginia Tech. The NCAA requires us to keep all of this information on file. Although records will remain confidential, if the athlete were to have a positive drug test, Virginia Tech will need to send the required information to the NCAA to prevent loss of eligibility. The NCAA does not except this information from the athlete. Therefore, all athletes on ADHD medication must provide us with a HIPPA release to release this information to the NCAA in the event there is a positive drug test. Your records will not be given to the NCAA unless there is a positive drug test.

I am currently using supplements, will this affect my drug test?

What you don't know can hurt you. If a supplement is not approved by the FDA (most of them are not), all of the drug information may not be on the label. We are fortunate to have a hard working Nutrition staff that will provide information to you. Therefore, all athletes taking supplements are required to report this information to Jennie Schafer, our team Nutritionist. Jennie will then provide the athlete with appropriate information on this supplement. She can look up this information to make sure it does not contain any banned substance.

I am still confused, where can I research information?

Any further questions can be directed to your staff athletic trainer. Also, further information can be provided at the following websites:

<http://www.drugfreesport.com/>

<http://www.ncaa.org/wps/wcm/connect/public/NCAA/Health+and+Safety/Drug+Testing/Drug+Testing+Landing+Page>