

Drug Testing Program-Designation of Athletics Department Resource and Education Related to Banned Drugs and Nutritional Supplements

The University of Colorado Boulder (CU Boulder) will meet the obligation of NCAA Proposal 2010-8, adopted in January 2011, by designating the Head Athletics Trainer as the Athletics Department's resource for questions related to NCAA banned drugs and the use of nutritional supplements. In addition, the Assistant Director of Strength & Conditioning is designated as the staff member in CU Boulder's Strength/Conditioning program, who reviews, evaluates and determines whether supplements available to all student-athletes through sponsorship agreements with the Athletic Department (e.g. Gatorade, Muscle Milk) at CU Boulder, is in compliance with NCAA legislation.

CU Boulder will educate athletics department staff members who have regular interaction with student-athletes that:

- 1.) The NCAA maintains a list of banned drug classes and provides examples of banned substances in each drug class on the NCAA website;
- 2.) Any nutritional supplement use may present risks to a student-athlete's health and eligibility;
- 3.) Questions regarding NCAA banned drugs and the use of nutritional supplements should be referred to CU Boulder's designated department resource, Director of Sports Medicine.

CU Boulder will provide two educational sessions each academic year to current student-athletes. Typically, these education sessions will be conducted at the beginning of each semester in a team meeting with the sport program by an assigned Athletic Trainer for that sport program. In addition, a member of the Compliance staff will provide a rules education session with the student-athletes in their first team meeting of the academic year with the Compliance Office, as they review the required NCAA Student-Athlete packet.

CU Boulder will provide one educational session each academic year to the head, assistant and volunteer coaches and members of the strength and conditioning staff. The educational session will be conducted by the Director of Sports Medicine and the Assistant Director of Strength and Conditioning. In addition, educational information will be disseminated by each Athletic Trainer to the members of the coaching staff of their assigned sport program, on an annual basis.