

NCAA Documentation Requirements for Student-Athletes Taking a Prescribed Medication Containing a Banned Substance

We realize that the majority of student-athletes are not affected by the medical exception policy but awareness is important and we ask that you continue to report all medications you are taking on the *DPU Sports Medicine Student-Athlete Medical Information and Release Form* which you complete annually. Students who for legitimate medical reasons are taking a prescribed medication containing a banned substance in one of the classes of drugs below should review medical exception procedures to see what supporting medical documentation should be submitted to their DePauw Sports Medicine file. It is the individual responsibility of each student-athlete to submit all appropriate medical documentation to their file in order to meet the requirements for a medical exception.

Applicable Drug Classes Where a Prescribed Medication Could Contain a Banned Substance

- stimulants (most ADHD medications contain a banned stimulant)
- diuretics
- anti-estrogens
- peptide hormones
- anabolic agents
- beta 2 Agonists (permitted by prescription and inhalation)

Drug Testing at NCAA Post-Season Championship Events

If a student-athlete tests positive at an NCAA post-season championship event for a banned substance in a prescribed medication, the institution is notified. The athlete's medical documentation on file is then submitted by the institution for review for a medical exception. If the athlete does not have the NCAA required medical documentation on file, their eligibility would be suspended by the NCAA until such time documentation is received and reviewed and the exception is granted. If an exception is not granted the athlete may request an appeal. Athletes who test positive and do not have a medical exception are declared ineligible for further participation in postseason and regular season competition during the time period ending one calendar year after the collection of the positive drug test specimen. Please consult with the DePauw athletic trainer assigned to your team for any questions pertaining to NCAA Medical Exception Policies and Procedures. **It is the responsibility of the student-athlete to work with their treating physician in completing the medical requirements and submitting the appropriate documentation (in advance for their DePauw Sports Medicine file) that would be needed to gain a medical exception if the student-athlete were to test positive at an NCAA Post-Season Championship Event.**

Medical exceptions may be granted for substances included in the following classes of banned drugs:

Stimulants

Primary examples for this class of drugs include but are not limited to medications for ADHD such as Concerta, Ritalin and Adderall (Strattera does not contain a banned substance)

Be aware that the NCAA has implemented stricter documentation guidelines (Medical Exception Procedures) affecting student-athletes who take an ADHD medication that contains a stimulant on the NCAA's banned drug list. If you are taking an ADHD medication you can access and print off the appropriate ADHD form for your treating physician from our sports medicine web site at: <http://www.depauw.edu/athletics/inside-athletics/sports-medicine/forms/>. If this is the first time that you have submitted documentation, please use the *NCAA Medical Exception Documentation Reporting Form to Support the Diagnosis of ADHD and Treatment with Banned Stimulant Medication* which can be used by the physician who manages your ADHD care as a guideline for the medical documentation that should be submitted to DePauw Sports Medicine. It may also be helpful to you and your physician to print off and review the *NCAA Guidelines Regarding Medical Reporting for Student-Athletes with ADHD Taking Prescribed Stimulants*. We want to particularly emphasize to student-athletes taking a medication for ADHD that **a key part of your documentation will be inclusion of an initial comprehensive clinical assessment report (past or present) establishing the diagnosis**. Once the initial documentation of a comprehensive clinical evaluation is on file with DePauw Sports Medicine, then only documentation of an annual follow-up each year thereafter with the treating physician will need to be submitted. The *Annual Medical Follow-Up Documentation Form for Student-Athletes Taking ADHD Medication with NCAA Banned Stimulant Medication* can be used by your treating physician as a guideline for completing and documenting an annual follow-up. Please submit all required documentation as soon as it is available. We have established the target dates below to complete submission which are based on the season in which you participate:

September 1 st	Fall Sport Athletes: Cross Country, Field Hockey, Football, Soccer, Volleyball
November 1 st	Winter Sport Athletes: Basketball, Swimming
February 15 th	Spring Sport Athletes: Track, Baseball, Golf, Softball, Tennis, Lacrosse

Diuretics

An example for this class of drugs includes but is not limited to Finasteride (trade name Propecia and taken for male-pattern baldness)

and

Anti-Estrogens

If you are taking a medication with a banned substance in either of these classes of drugs, you will need to have appropriate documentation on file in your sports medicine medical file at DePauw that would include: diagnosis, medical history demonstrating need, course of treatment, current prescription, prescription history and documentation that the prescribing physician has considered an alternative drug that does not have the banned substance. We have established the target dates below to complete submission which are based on the season in which you participate:

September 1st Fall Sport Athletes: Cross Country, Field Hockey, Football, Soccer, Volleyball

November 1st Winter Sport Athletes: Basketball, Swimming

February 15th Track, Baseball, Golf, Softball, Tennis, Lacrosse

Peptide hormones: such as HGH

and

Anabolic Agents: *such as Testosterone*

Any student-athlete taking a medication in this class of banned drugs for legitimate medical reasons must be pre-approved by the NCAA for a medical exception before being allowed to participate. Once appropriate documentation is received from the student-athlete, the Director of Athletics at DePauw University will request a medical exception for use. Necessary documentation would include: diagnosis, medical history demonstrating need, course of treatment, current prescription, prescription history and that the prescribing physician has considered an alternative drug that does not have the banned substance. Because medical exceptions in these categories require approval prior to sport participation, all documentation should be submitted to DePauw Sports Medicine well in advance of the first official practice whether in the non-traditional or traditional season.

Beta 2 Agonists

Common asthma medications, such as albuterol, are banned by the NCAA. However, they are permitted by inhalation with a prescription. You must have documentation on file with DePauw Sports Medicine to submit in the event of a positive drug-test at an NCAA post-season championship event. Documentation should include the diagnosis, course of treatment, and current prescription.

An excellent source that you can use to determine whether a medication or a supplement contains a banned substance is the Resource Exchange Center (REC) which is offered by the National Center for Drug Free Sport. The REC is confidential and can be accessed at www.drugfreesport.com. The password is ncaa3. You can submit the name of the medication or supplement and the REC will e-mail you within a few days to tell you whether the medication or supplement does contain a banned substance.

Thank-you for reviewing the information. Please consult with the staff athletic trainer for your sport if you have any questions. Staff athletic trainer e-mail addresses and team responsibilities are:

Rex Call	rcall	football, softball
Roger Doan	rdortch	soccer, swimming, track
Kara Campbell	karacampbell	cross country, field hockey, (w) basketball, (w) lacrosse, (w) tennis
Sunku Kwon		(m) basketball, (m) lacrosse
Michael Staley	michaelstaley	volleyball, golf, men's tennis