

WATAUGA COUNTY HIGH SCHOOL

STUDENT ATHLETE/PARENT PLEDGE OF COMMITMENT AND SUPPORT

Student Athlete:

As a participant in the Watauga County High School Athletic Program, I commit myself to continuously work toward the goal of excellent physical fitness.

I agree to remain chemically free from tobacco, alcohol, and/or other drugs. I fully understand that this pledge extends to seven days per week.

If I have a problem and/or I need help fulfilling this contract, I understand all of the coaches will be available to help me. The Daymark Recovery Services substance abuse counselor and school counselors will be available to help me.

I have read and understand the athletic policies and consequences for violation of these policies, and I pledge to follow said policies and to help my teammates abide by them.

Parents/Guardians:

As parents/guardians of a student participating in the Watauga County High School Athletic Program, I/we support our child's agreement to abide by all training rules by the Watauga High School Athletic Department, as well as others established by the coach.

To demonstrate my/our support, I/we pledge to;

1. Abstain from using illegal drugs and the use of alcohol and/or tobacco in such a way that we are setting a poor example for our child
2. Assert our authority as parents in supporting and guiding our child.
3. Provide support for our child if it becomes apparent that a problem exists. We will seek information and assistance when needed.
4. Not enable our child's unhealthy habits by covering up or providing alibis if training rules are broken. We will hold our child accountable for his/her actions.
5. Support the coach and other school personnel by providing information and support in dealing with our child.
6. Communicate with school personnel any knowledge or information of person(s) who are violating training rules and/or are in need of help.
7. Provide a safe and legal atmosphere in our home at all times.
8. Heighten our awareness of our child's behavior, psychological needs, social habits, and academic status.

School Year _____

**WATAUGA COUNTY HIGH SCHOOL
STUDENT ATHLETE/PARENT DRUG TESTING CONSENT FORM**

A student athlete and his/her parent/guardian must sign this consent form before the student athlete is allowed to participate in any game or practice.

I, _____ student name _____, have read and do hereby declare that I will be a participant in the Board of Education approved policy on the Drug Screening of Athletes. I authorize the school to administer drug testing and to release the results of the test to my parent(s)/guardian(s), athletic director, head coach, principal, personnel director, and the superintendent or his/her designee.

I, _____ parent name _____, as the parent/guardian have read and consent to and authorize the Watauga County School System to conduct a drug test on my son /daughter; and to the release of information concerning the results of such test to me, athletic director, head coach, principal, personnel director, and the superintendent or his/her designee

_____/_____
Student's Signature *Date*

Sport(s)

Parent/Guardian's Signature *Date* *Phone #*

Address

By signing this form, I am confirming that I/we have read the Watauga High School Drug Testing Policy and agree to its terms.

Watauga High School

Drug Education and Screening for Student Athletes

Athletic Department Drug Screening and Education Program

High School officials and coaches of athletic teams believe that students who are selected for the privilege of membership on teams, should conduct themselves as responsible representatives of the school. As recognized representatives of their school, members are expected to exhibit appropriate behavior during the season or out of season, in uniform or out of uniform, on campus or off campus.

The purpose of the Drug Screening of Student Athletes Program is to identify student athletes who are using drugs in order that assistance can be provided to them through counseling, education, and treatment. The drug screening program is not intended to punish students or to eliminate them from participation in interscholastic sports. It is fully recognized that student athletes are considered leaders in the school system, and for this reason, should serve as positive role models for the rest of the student population. It is also believed that this program will help motivate our young people to reject the peer pressure placed on them to experiment with or become involved in drug use.

POSITIVE TEST RESULTS WILL NOT RESULT IN SUSPENSION FROM SCHOOL OR NOTIFICATION OF LEGAL AUTHORITIES.

GOALS

Goals of the program are:

1. To educate our student athletes about the dangers and problems associated with drug use.
2. To prevent drug use by student athletes.
3. To identify any student athlete who may be using drugs and to determine the identity of the drug(s).
4. To educate student athletes involved in drug use about the effect to the athletic team and its members.
5. To assist parents in providing opportunities for counseling and treatment for any student athlete who is determined to be using drugs.
6. To provide reasonable safeguards that every student athlete who participates in Watauga High School athletics is physically competent.
7. To remove the stigma of drug use from those student athletes who do not use drugs.
8. To develop a drug-free athletic program that produces student athletes who can serve as role models and influence their peers to lead healthy and responsible lives.

GENERAL PROCEDURES

The program will be applied to all interscholastic sports teams, male and female and is intended for all students who try out for or become members of any Watauga High School interscholastic team, hereafter called school. Also included are members of all cheerleading teams. These persons shall be referred to herein as "student athletes". Student athletes shall be considered part of the random test pool for the entire school year.

Cost of random testing shall be paid by the Watauga County Board of Education. Student athletes will receive instruction in the dangers of drugs and alcohol as a part of the program to educate and encourage students to respect their bodies, to develop and pursue athletic ability and to continue throughout their lives to exercise, participate in sports and maintain healthy drug-free lives. The elimination of drug and alcohol use shall be a part of this program.

An explanation of the program shall be made available to all student athletes and parents. Testing shall typically be done by means of examination of urine samples. Other acceptable test(s) may be used if a urine sample cannot be provided at the time of random testing. Collection of samples shall be done in an inoffensive way that ensures the integrity and identity of the sample. The School will maintain drug test results in a secure and confidential manner so the disclosure of the information to unauthorized persons does not occur.

If there is suspension from practice or team participation, team members shall not be told the reason unless the student athlete chooses to do so. This program shall not alter other Watauga High School policies, practices or rights in dealing with drug or alcohol use or possession where there is reasonable suspicion of use or possession obtained by means other than the random sampling provided for in this program.

A "positive" test under the program shall not cause suspension or expulsion from academic and other school activities. The testing program and the results thereof apply only to the athletic program.

A "refusal" to test will be handled the same as a verified positive.

SPECIFIC PROCEDURES

Drug Education Sessions

The head coach of each athletic team will require the attendance of all prospective team members and at least one custodial parent or guardian of all prospective team members at the pre-season meeting. Each student athlete shall receive a copy of this policy. This program shall be explained to all student athletes, and an educational presentation shall be made in order to acquaint the student athletes with the harmful consequences of drug and alcohol use. In addition, the Health

Education curriculum at Watauga High School will include extensive drug education.

Consent Forms

Each student athlete shall be provided with a consent form, a copy of which is attached hereto, which shall be dated and signed by the student athlete and by the custodial parent or guardian before such student athlete is eligible to practice or participate in any interscholastic team sport. If practice for an interscholastic team sport has begun prior to delivery of consent form, then signatures by the student athlete and the by the custodial parent or guardian shall be required for continued participation by the student athlete. The consent shall be to provide, at any time requested, a sample to be tested for drugs.

Random Testing

All student athletes of Watauga High School will be subject to random testing for controlled substances and may include steroids. Random testing will be done on a percentage basis in a fair and equal manner.

Selection of student athletes for random testing will be made by scientifically valid method, such as random number table or a computer based random number generator that is matched with the student athlete's Power School number.

Each time a random selection is made, every athlete will have an equal chance of being selected. Random tests will be unannounced and spread reasonably throughout training and/or participation seasons. Athletes, who notified that they have been selected for random testing, will proceed immediately to the collection site.

Specimen Collection Procedures

When a student athlete is randomly selected for testing, only the personnel director and athletic director will be told that the student athlete is to be tested.

When a student athlete is selected for testing, specific guidelines will be followed in urine specimen collections for the purpose of drug testing. In accordance with the Department of Health and Human Services (DHHS) guidelines, a clear and well-documented procedure for collection, shipment and accession of urine specimens from the School to the laboratory has been established. Procedures will account for the integrity of each urine specimen by tracking its handling and storage from point of specimen collection to final disposition of the specimen. The School may choose to do urine specimen collections in-house or utilize the services of an outside source, which may be a doctor's office, clinic, hospital or other facility that meets the security requirements as specified by DHHS guidelines. The collection site will be a secure location to allow for maximum privacy, which included a toilet for completion of urination and source of water for

washing hands excluded from the area provided for urination. No other person will be present or gain access to the collection area during the collection process. All specimens must remain in the direct control of the collection site person. No one other than collection site persons may handle specimens prior to the being placed securely in the mailing container.

When reporting to a collection site for specimen collection each student athlete will be required to provide a photo I.D. The athletes will be asked to remove all unnecessary outer garments (i.e., coat or jacket) and secure all personal belongings (individual may retain his/her wallet).

The athlete will be allowed to provide his/her specimen in the privacy of a stall. If collection site person believes tampering or adulteration has occurred, a second specimen shall be collected immediately under the direct supervision of a same gender collection site person. Both samples will be sent to the lab. Refusal to test will be handled the same as verified positive result. In all cases the student athlete and the collection site person shall keep the specimen in view at all time prior to being sealed and labeled. The specimen will be labeled with tamperproof seals and the student athlete will sign appropriate places on the Chain of Custody and initial the seal on the bottle attesting to the fact that the specimen is specific to the individual providing the sample.

Testing Methodology

Only laboratories certified by the Department of Health and Human Services (DHHS) will be used for drug urinalysis. Every specimen is required to undergo an initial screen followed by confirmation of all positive screen results. This screen-confirmation process is highly sophisticated and will detect minute levels of prohibited substances in urine.

Reporting of Results

The laboratory is required to report the test results to School's Medical Review Officer (MRO) within five (5) working days. The report shall indicate the drug/metabolizes tested for, whether the results are positive or negative, and the specimen number assigned by the School and the drug testing laboratory identification number.

Review of Results/MRO

The medical review officer (MRO) is a licensed physician and possesses knowledge of drug abuse disorders. The MRO may be contracted to provide the services required. The MRO will review and interpret positive results obtained from the laboratory. The MRO through a verification process will assess and

determine whether alternate medical explanations could account for the positive test results. The MRO may conduct medical interviews of the student athlete, review the athlete's medical history and review any other relevant bio-medical factors. Additionally, the MRO will examine all medical records and data made available by the tested individual, such as evidence of prescribed medications. The MRO will give the individual testing positive an opportunity to discuss the test results prior to making a final decision. After the final decision is made, the MRO will notify the School as prescribed below.

If during the course of an interview with a student who has tested positive, the MRO learns of a medical condition, which could, in the MRO's reasonable medical judgment, pose a risk of safety, the MRO may report that information to the school.

The MRO/laboratory will report test results to the athletic director of Watauga High School.

The Athletic Director will then attempt to contact the parent/guardian of the student athlete to set up a meeting. The student athlete will be privately informed. He/she will be given the opportunity to be retested. The cost of this test shall be at the student/parent/guardian's expense. This retest must take place within 48 hours after the student athlete has been informed. If a positive test results in suspension from athletics, the principal will be informed.

Confidentiality

The school will maintain drug test results in a secure and confidential manner, so that disclosure of the information to unauthorized persons does not occur. Student information shall only be released as required by law or as expressly authorized.

The results may be released to the:

- Watauga County School's Personnel Director
- Student Athlete
- Student Athlete's Custodial Parent(s) or Guardian(s)
- Athletic Director
- Principal
- Head Coach
- Superintendent or his/her designee

The School may disclose information to the student/parent/guardian or to the decision maker in a lawsuit, grievance, or other proceeding initiated by or on behalf of the individual.

Reasonable Suspicion Testing

If any athlete while on school property and/or while participating in athletic events acts in an abnormal manner sufficient to cause reasonable suspicion that he/she may be using drugs, then he/she will be required to submit a controlled substance test upon the approval and direction of an officer of the School System.

RESULTS OF POSITIVE DRUG SCREENING

When a student tests positive for a drug or drugs including alcohol, the following procedures will apply:

First Positive

The student athlete and his/her parent(s)/guardian(s) will be notified. From date of notification the student shall not participate in the athletic program for a minimum of 15 school days. Parent(s)/Guardian(s) shall be encouraged to arrange and attend counseling sessions with his/her student. After the 15-day period, the student athlete will be retested (at student/parent expense). If the student athlete tests negative, he/she shall be reinstated to participate in sports provided he/she and his/her parent(s)/guardian(s) sign a form releasing the school from liability for injury or illness. A copy of test report shall be provided to the athletic director prior to reinstatement.

Second Positive

If a student athlete tests positive anytime during his/her career for a second time, the student and his/her parent(s)/guardian(s) shall be notified immediately. The student athlete shall be suspended from participation in interscholastic sports for the remainder of the sports season or a minimum period of 30 school days.

Retesting (at student/parent expense) will take place before eligibility is restored. If the student athlete tests negative, he/she shall be reinstated to participate in sports provided he/she and his/her parent(s)/guardian(s) sign a form releasing the school from any liability for injury or illness. A copy of test report shall be provided to the athlete director prior to reinstatement. The student athlete shall be subject to additional random drug testing.

Third Positive

If a student athlete tests positive anytime during his/her high school sports career for a third time, the student athlete and his/her parent(s)/guardian(s) and the principal shall be notified that the student athlete is suspended from participation in any interscholastic sport in Watauga High School for one calendar year from date of third positive.

After the third positive test, it shall be assumed that the student athlete has a serious drug problem and reinstatement to participate in interscholastic sports at Watauga High School during subsequent years will require the student athlete to present certification showing that he/she is drug free.

COUNSELING AND TREATMENT

A licensed professional who is certified to treat substance abuse must provide all counseling and treatment. (Cost to be paid by the student/parent(s)/guardian(s).)

RESOURCES

If the Watauga County Board of Education has a counselor specializing in substance abuse employed in the school, the student athlete may utilize the service.

ADDITIONAL PROCEDURES

1. Prior to each school year the Athletic Director of the Watauga County High School will go over this entire policy in detail with the total coaching staff in a group setting or individually.
2. Training will be provided for all coaches pertaining to suspicion of drug use and what constitutes reasonable cause.
3. Each head coach will discuss this policy and any and all subsequent policies with their respective team(s) at the start of each sport season, as well as, at regular intervals throughout that season.
4. Each student athlete, together with his/her parent(s)/guardian(s) will sign a pledge to abstain from the use of illegal substances by the student athlete.
5. Parent(s)/guardian(s) of student athletes will pledge to properly chaperone functions being hosted in their home by not permitting the use of illegal substances. In addition, the parent(s)/guardian(s) of the student athlete will also pledge to check with the parent(s)/guardian(s) hosting a function in their home regarding appropriate supervision.
6. The signed pledge will be collected by the head coach or designee prior to the student athlete participating in any interscholastic athletic event. The pledge will remain on file with the athletic director or head athletic trainer throughout the school year.
7. Any time a member of the coaching staff or athletic administration has reason to suspect a student athlete under his/her supervision to be involved in substance use and/or other violations of state laws, the coach and/or administrator is obligated to approach the student athlete in an attempt to seek the truth regarding the student athlete's behavior.

Replaces 5.07.22 WHS Athletics Substance Abuse

Adopted: September 9, 2019