

The logo for Fairleigh Dickinson University features a blue silhouette of a knight's horse head facing left, with a red outline. Above the horse, the name "FAIRLEIGH DICKINSON" is written in a red, semi-circular arc. Below the horse, the word "Knights" is written in a large, red, stylized font with a white outline.

# **Fairleigh Dickinson University Student-Athlete Drug Testing and Education Program**

**Metropolitan Campus  
Athletic Department**

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## **INTRODUCTION**

The following policy statement has been adopted and shall be administered by the Fairleigh Dickinson University, Metropolitan Campus Athletic Department (“Athletic Department”). Fairleigh Dickinson University reserves the right to make changes to this policy as needed. This policy should not be construed to create a contract between the student-athlete and Fairleigh Dickinson University, only signed consent and notification forms shall be deemed confirmation of the student-athlete’s agreement to the terms and conditions contained in this policy manual. This policy constitutes the drug testing program for the Athletic Department, which is separate and distinct from the NCAA drug testing program (including all sanction phases). Information regarding the NCAA drug testing program is available at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting).

Note: For the purposes of this policy, the term “student-athlete” shall refer to any scholarship and non-scholarship student at Fairleigh Dickinson University, Metropolitan Campus, who is listed on the NCAA or institutional squad list, including any student-athlete who has exhausted their eligibility but is still receiving financial aid. Student-athletes who have career-ending injuries and fifth year student-athletes with no eligibility are also subject to this drug testing program.

## **PURPOSE**

First and foremost, Fairleigh Dickinson University is concerned with the health, safety and welfare of the student-athletes who participate in its programs and represent the University in competitive athletics. The use of illegal drugs, misuse of legal drugs and dietary supplements, and the use of performance enhancing substances are inconsistent with the standards expected of student-athletes at Fairleigh Dickinson University and pose a substantial health and safety risk to all those involved in intercollegiate practice and competition. The Athletic Department is committed to enhancing the quality of life of every student-athlete in our program. The implementation of such a drug education and testing policy hopes to deter misuse or abuse of substances that can adversely affect the health and/or safety of all student-athletes. The specific purpose of this drug testing program is:

1. To educate student-athletes about the risks associated with drug and alcohol use;
2. To deter drug and alcohol use and abuse by student-athletes;
3. To identify student-athletes whose use of drugs poses a safety hazard to other students, student-athletes, prospective student-athletes, and/or themselves;
4. To ensure the integrity and competitive fairness of the Fairleigh Dickinson University intercollegiate athletics program; and
5. To provide an opportunity to obtain treatment or rehabilitation by referral to an appropriate professional counselor or rehabilitation facility.

In the interest of the personal health and safety of student-athletes competing in Fairleigh Dickinson University’s intercollegiate athletics program, the University does not condone and will not ignore substance abuse or use by a student-athlete.

## **POLICY**

The unauthorized use of banned substances identified by the NCAA, or any state or federal law, by a member of an intercollegiate athletic team at Fairleigh Dickinson University’s Metropolitan Campus is expressly prohibited, regardless of whether such use or abuse occurs before, during or after the team’s competitive season.

The unauthorized use of banned drugs constitutes an abuse of the privilege of participating for and representing Fairleigh Dickinson University in intercollegiate athletic competition. Such unauthorized use or abuse may result in sanctions, including temporary dismissal from intercollegiate athletic competition, loss of a student-athlete’s grant-

in-aid, a permanent prohibition of intercollegiate athletic competition at Fairleigh Dickinson University, suspension, or expulsion from Fairleigh Dickinson University.

At the beginning of the academic year, all student-athletes engaged in intercollegiate athletic competition shall participate in a mandatory drug and alcohol education program at the beginning of every academic year and shall be subject to year-round testing as described in this policy. Student-athletes will be asked to execute the *Informed Consent/Release of Liability* form, acknowledging that he or she has received, read and understands a copy of this policy, and shall consent to participation in the drug and alcohol testing and education program, as well as consent to University year-round team and individual drug testing, NCAA related drug testing, and year-round drug testing based upon reasonable suspicion that a student-athlete may have been abusing prohibited substances. No student-athlete will be permitted to participate in intercollegiate athletics unless he or she executes the form. (See Appendix A for the *Informed Consent/Release of Liability* form.)

A student-athlete who refuses to sign the required forms, fails to arrive at the collection station at the designated time without justification, fails to provide a sample according to protocol, leaves the collection station before providing a specimen according to protocol, or attempts to alter the integrity or validity of the sample and/or collection process, will be in breach of protocol and treated as if there was a positive result for a banned substance.

### **THE DRUG TEST PROGRAM COMMITTEE**

To assist Fairleigh Dickinson University in remaining as fair and unbiased as possible a committee consisting of University officials has been established and shall be known as the Drug Test Program Committee, hereafter referred to as the Committee for reference in this document.

The Committee shall be comprised of:

- Metropolitan Campus Dean of Students
- Student Counseling and Psychological Services (S-CAPS) representative
- Associate Athletic Director of Administration representative
- Head Athletic Trainer

The Committee is responsible for:

- Deciding to test an individual student-athlete on the grounds of reasonable suspicion;
- Assisting the Athletic Department in determining proper sanctions, if any, to be imposed for positive test results, including preparing an appropriate treatment plan under the Safe Harbor Program; and
- Reviewing written proposals for positive test result appeals, determining if the request for an appeal hearing is approved or denied, and conducting appeal hearings according to the policy stated herein.

All committee members shall receive written notice of any meeting. Three (3) committee members shall be deemed a quorum for any meeting and/or any decision. Whenever possible, such meetings shall be in person. Committee members shall abide by all confidentiality and privacy policies of the University in sharing information about particular student-athlete(s).

### **BANNED SUBSTANCES**

A list of banned substances will be provided to every student-athlete at the beginning of each academic year. The NCAA bans the following classes of drugs (see appendix K for the 2018-2019 NCAA Banned Drug Classes):

- A. Stimulants;
- B. Anabolic Agents;
- C. Alcohol and Beta Blockers;
- D. Diuretics and Other Masking Agents;
- E. Street Drugs;
- F. Peptide Hormones and Analogues;



- G. Anti-estrogens; and
- H. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned. The University and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting). (See Appendix B for examples of banned substance and appendix F for a more comprehensive list of banned substances.)

## **NUTRITIONAL, DIETARY AND MEDICINAL SUPPLEMENTS**

Before consuming any nutritional/dietary supplement product, the student-athlete should review the product and its label with the Athletics Department staff and/or Head Athletic Trainer. Many dietary supplements are contaminated with banned drugs not listed on the label. Dietary supplements are not well regulated and may cause a positive drug test result. If the student-athlete does not conduct the above review, any product containing a dietary supplement ingredient is taken at the student-athlete's own risk. If the student-athlete is required, by a licensed physician, to take medication and/or supplements, of any kind, the student-athlete must complete the *Student-Athlete Supplement Notification* form. (See Appendix C for the *Student-Athlete Supplement Notification* form.)

Note: Information about the ingredients in medication and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS at [www.drugfreesport.com/axis](http://www.drugfreesport.com/axis) (password ncaa1).

Fairleigh Dickinson University and the NCAA recognize that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows an exception to be made for those student-athletes with a documented medical history demonstrating the need for treatment with the banned medication. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, anabolic agents, beta blockers, diuretics, peptide hormones, anti-estrogens, and beta-2 agonists. No medical exception review is available for substances in the class of street drugs.

## **METHODS OF SELECTION**

Student-Athletes will be selected for tested as follows:

1. **Unannounced random testing**  
All student-athletes may be subject to periodic unannounced random testing. On various occasions during the academic year, a percentage of the members of each team will be selected, at random, to be tested. The selection of individuals will be made through a blind drawing of names from the team roster by the Athletic Department's drug testing vendor. The Athletic Department will notify the student-athlete of the date and time to report to the collection station. They will be given no more than 24 hour prior notification.
2. **Unannounced team testing**  
All student-athletes may be subject to periodic unannounced team testing. During the academic year, any team may be selected to be tested. The Athletic Department will notify the Head Coach(es) of the date and time to have their team report to the collection station. The head coach will then call a team meeting to announce to the team that they have been selected for team drug testing. They will be given no more than a 24 hour prior notification.
3. **Testing on the grounds of reasonable suspicion**  
A student-athlete may be subject to testing when there is reasonable suspicion that the student-athlete may be engaged in the use of any of the drugs prohibited by this policy. The decision to test a student-

athlete on the grounds of reasonable suspicion hereby are:

1. Arrest or conviction for a criminal offense related to the possession, use or trafficking in drugs of the type prohibited; and/or
2. A member of the Athletic Department observing possession or use of substances that reasonably appear to be drugs of the type prohibited by this policy.
3. Athletics Department is notified by the Dean of Students that the student-athlete is being investigated for association of drug/alcohol use or paraphernalia

If the decision is made to test an individual student-athlete on the grounds of reasonable suspicion, the personnel reporting the suspicion must fill out the Reasonable Suspicion Reporting Form in appendix I. The Athletic Department will notify the student-athlete of the date and time to report to the collection station. The Department of Intercollegiate Athletics will also notify the Head Coach(es) informing them of the student-athletes to be tested.

4. **Post-season Testing**

A team may be subject to testing post-season, prior to NCAA competition.

5. **Exit Testing**

A student-athlete may be subject to an exit testing upon completion of any sanction detailed below.

**NOTIFICATION OF SELECTION FOR TESTING**

A student-athlete will be notified of and scheduled for testing by Fairleigh Dickinson University's Athletic Department. The Athletic Department will notify the student-athlete via email of the date and time to report to the collection station with no more than 24 hours' notice.

Note: In lieu of notifying each student-athlete individually when conducting unannounced team testing, the head coach(es) will be responsible for informing their team that they have been selected for team testing.

After being notified by the Athletic Department or the head coach(es), the student-athlete must report to the Rothman Center Athletic Training Room and must read and sign a copy of the *Student-Athlete Notification* form no less than 12 hours prior to their scheduled testing time. (See Appendix D for the *Student-Athlete Notification* form.) Any student-athlete who fails to sign the required forms and/or fails to arrive at the collection station at the designated time without justification, will be in breach of protocol and treated as if there was a positive result for a banned substance.

**SAFE HARBOR PROGRAM**

A student-athlete who voluntarily approaches the Director of Athletics, designated athletics administrator or Head Athletic Trainer for help with his/her alcohol or drug problem, prior to a University request for the student-athlete to be available for testing, will be accorded confidentiality and professional help. A voluntary request for assistance will result in therapeutic treatment without loss of scholarship aid or participation on the team provided the student-athlete agrees to the terms of his/her rehabilitation. Student-Athletes participating in the Safe Harbor Program must also complete the *Waiver to Release Information to Head Athletic Trainer* form (see Appendix E).

The Committee will be responsible for assisting the student-athlete in preparing an appropriate treatment plan. This plan may include regular drug testing upon entrance to the Safe Harbor Program. If the student-athlete tests positive for a drug or banned substance upon entering the Safe Harbor Program, that positive test will not result in any

sanctions. If subsequent testing reveals results consistent with an ongoing banned substance use, or, if the student-athlete fails to comply with the guidelines of the Safe Harbor Program, the student-athlete will be removed from the Safe Harbor Program and will be subject to appropriate sanctions.

- A student-athlete may use the Safe Harbor Program one (1) time during his or her enrollment at Fairleigh Dickinson University.
- A student-athlete will be permitted to remain in the Safe Harbor Program for a period not to exceed thirty (30) days.
- While in the Safe Harbor Program, student-athletes will be exempt from the institutional drug testing program, but will remain eligible to participate in the NCAA's year-round testing program.
- A student-athlete who voluntarily asks for assistance but does not follow the terms of his/her rehabilitation will be sanctioned according to the Positive Test Sanctions outlined herein.
- Drug usage by a Fairleigh Dickinson University student-athlete which is discovered independently by University authorities will be subject to the policy outlined herein.

### **TESTING PROTOCOL**

The method of testing by the Fairleigh Dickinson University Athletic Department is via urinalysis by an independent third-party administrator. (See Appendix F for a copy of the *Fairleigh Dickinson University Athletic Department Sample Collection Protocol*.)

### **TEST VERIFICATION AND APPEALS**

A licensed laboratory capable of analyzing urine samples chosen by the Athletic Department will initially conduct urinalysis of Sample-A only to determine the results of the sample provided by the student-athlete.

A student-athlete seeking to contest a laboratory finding that he or she has a banned substance in his or her urine Sample-A may, within three (3) days following the receipt of notice of said laboratory finding, present evidence of the inaccuracy of said finding to the Head Athletic Trainer. Upon request from the student-athlete, the Head Athletic Trainer shall provide the student-athlete with the name of laboratory determined by the Drug Free Sport to be capable of analyzing urine samples for the presence of prohibited substances. The student-athlete may authorize the re-testing of his/her urine Sample-B (see Appendix G for a copy of the *Approval for Opening of Sample-B* form) by the laboratory retained by the University and shall further authorize the transmission of test results from the laboratory to the Head Athletic Trainer. The student-athlete is responsible for all associated costs in transportation and re-testing.

If the laboratory presents to the Head Athletic Trainer a finding that the student-athlete does not have banned substances in his/her urine Sample-B, the Head Athletic Trainer must rely upon those test results and shall conclude that the student-athlete's sample does not contain banned substances. If Sample-B is confirmed as a positive test, the student-athlete has the right to request an appeal hearing as outlined below.

A student-athlete who believes that his or her Sample-B test results are inaccurate may request to contest the findings by way of a formal appeal in the presence of the Committee. A student-athlete who believes they have been cited in error for violations of this policy must notify the Director of Athletics, stating in writing the reasons the student-athlete believes the test results were inaccurate within three (3) business days from receiving notification about the test results from the Head Athletic Trainer. The student-athlete must also complete the *Acknowledgement of Appeal Process* form (see Appendix H). Written requests will be forwarded to the Committee from the Director of Athletics.



The Committee will meet to review the appeal and hold a hearing within seven (7) business days of the student-athlete's written request for a hearing. The student-athlete will be present during the hearing and may be accompanied to the hearing by a personal advisor, who may be present during the hearing but may not address the Committee unless, in the Committee's sole discretion, it would be helpful to do so. The Committee may pose questions to the student-athlete and/or the personal advisor present at the hearing. A decision by the Committee will be rendered within 24 hours of the hearing, will be in writing, delivered to the student via her/his student email address and shall be deemed final.

## **POSITIVE SANCTIONS**

Note: A positive drug test result under the NCAA or conference drug testing program will be counted as a positive drug test result under this policy. Furthermore, a student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code (e.g., USOC, USADA) shall not participate in NCAA intercollegiate competition for the duration of the suspension.

A student-athlete whose sample is found to contain prohibited substances during the course of his or her matriculation at Fairleigh Dickinson University will be subject to the following:

### **A. First positive test sanctions**

If, as a result of mandatory drug testing under this policy, a student-athlete's sample is found to contain prohibited/banned substances, the student-athlete will meet with the Director of Athletics, Head Athletic Trainer and his/her head coach to review the test results. In addition, the University may notify the Dean of Students if deemed necessary by the Committee of a student-athlete's drug test which is determined to be positive under this policy. As a result of a positive test, the student-athlete will be referred to SCAPS and undergo a mandatory counseling session with a licensed therapist. The initial counseling session will be scheduled following the meeting. The counselor will then determine the appropriate course of action in terms of counseling. Student-athlete and therapist must sign medical release of counseling completion – appendix L. The counselor may discharge the student-athlete at any point they feel necessary. If so, the Athletics Department will need a note signed by the therapist to indicate such. In addition to counseling, the student-athlete will have to perform four hours of community service. Community service will be coordinated by the Assistant Athletic Director, Academics and Student-Athlete Support Services. The community service commitment must be completed within five weeks of the initial meeting with the Athletic Director.

The student-athlete will retain his/her eligibility and scholarship providing he/she abides by the conditions set forth by the Committee and the Athletic Department pertinent to the student-athlete's rehabilitation which may include additional testing and/or counseling. Should a subsequent retest as a condition of a first positive drug test reveal the confirmation of the continued use of a prohibited substance, the sanctions set forth below under second positive test sanctions will apply.

The Student-athlete's head coach has the option to impose additional sanctions, including, but not limited to, indefinite suspension, revoking team privileges, travel, and/or termination of some or all future athletics financial aid. Team rules and sanctions for each program will be communicated in writing at the start of the academic year by the head coach.

## **B. Second positive test sanctions**

If, as a result of a second positive drug test under this policy, a student-athlete's sample is found to contain prohibited/banned substances, the student-athlete will meet with the Director of Athletics, Head Athletic Trainer and his/her head coach to review the test results. In addition, the University may notify the Dean of Students if deemed necessary by the Committee of a student-athlete's drug test which is determined to be positive under this policy. As a result of a second positive test, the student-athlete will be suspended for 20% of his/her team's regular season competition schedule. The student-athlete may practice but they may not travel with the team.

In order for the student-athlete to remain eligible for future participation in intercollegiate athletics at Fairleigh Dickinson University, he/she must abide by any and all conditions set forth by the Committee and the Athletic Department pertinent to the student-athlete's rehabilitation which may include additional testing and/or counseling. As a result of a positive test, the student-athlete will be referred to SCAPS and undergo a mandatory counseling session with a licensed therapist. The counseling session will be scheduled following the meeting. The counselor will then determine the appropriate course of action in terms of counseling. Student-athlete and therapist must sign medical release of counseling completion – appendix L. The counselor may, however, discharge the student-athlete at any point they feel necessary. If so, the Athletics Department will need a note signed by the therapist to indicate such. In addition to counseling, the student-athlete will have to perform eight hours of community service. Community service will be coordinated by the Assistant Athletic Director, Academics and Student-Athlete Support Services. Community service commitment must be completed within eight weeks of initial meeting with the Athletic Director.

Failure to meet all mandated sanctions may result in a withdrawal of all athletically-related financial aid at the earliest possible date consistent with the Bylaws and Constitution of the National Collegiate Athletic Association. Should a subsequent retest as a condition of a second positive drug test reveal the confirmation of the continued use of a prohibited substance, the sanctions set forth below under Third positive test sanctions will apply.

The Student-athlete's head coach has the option to impose additional sanctions, including, but not limited to, indefinite suspension, revoking team privileges, travel, and/or termination of some or all future athletics financial aid. Team rules and sanctions for each program will be communicated in writing at the start of the academic year by the head coach.

## **C. Third positive test sanctions**

A third positive drug test will result in permanent cancellation of the student-athlete's athletics eligibility and the permanent cancellation of athletically-related financial aid. If this occurs after the add-drop period, athletically-related financial aid will be dropped at the conclusion of the semester. The student-athlete may no longer practice, compete or travel with the team.

## **D. Opportunity for a hearing**

If a student-athlete loses his or her athletic eligibility or athletically-related financial aid as a result of testing positive, he or she will be granted an opportunity for a hearing through the University's athletic aid appeal process.

## **REFUSAL TO PARTICIPATE**

Any student-athlete who refuses to participate in the mandated Fairleigh Dickinson University Athletic Department Drug Testing Program outlined in this policy will lose their eligibility for intercollegiate and club sports. Those who fail to report for testing without adequate explanation as determined by the Committee may lose their athletics eligibility and/or athletically-related financial aid and/or may be subject to further University sanctions as outlined in the University's Code of Student Conduct. If a student-athlete loses his or her athletic eligibility or athletically-related financial aid as a result of testing positive, he or she will be granted an opportunity for a hearing through the University's athletic aid appeal process.

## **RECOURCES**

NCAA Sports Science Institute website ([www.ncaa.org](http://www.ncaa.org)) and the Drug Free Sport AXIS. Website ([www.drugfreesport.com/axis](http://www.drugfreesport.com/axis)). Log in: NCAA Division I. Password: ncaa1.

## **PROGRAM AMENDMENTS**

This policy may be amended from time to time at the discretion of the Committee. Amendments will be distributed to all student-athletes in advance of their implementation. No amendments will be applied retroactively.



**APPENDIX A**

**INFORMED CONSENT/RELEASE OF LIABILITY  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING POLICY**

I, \_\_\_\_\_ (print name), a student-athlete at Fairleigh Dickinson University, acknowledge that I have been notified of Fairleigh Dickinson University's Student-Athlete Drug Testing and Education Program policies and procedures ("Policy"). I have been given the chance to ask questions about it, fully understand its provisions, and the consequences of positive testing(s). I understand that a copy of the Policy is available for my review in the office of the Athletic Department and on the University's website.

I understand that drug use is a violation of team rules for all intercollegiate athletics at Fairleigh Dickinson University's Metropolitan Campus and as such, I agree to abide by all the rules established under this Policy. Accordingly, I hereby consent to be tested in accordance with procedures adopted under this Policy.

I further understand that this consent and my test results will become part of my educational records in accordance with the Family Education Rights and Privacy Act of 1972 ("FERPA"), 20 USC § 1232g.

I hereby release Fairleigh Dickinson University and its trustees, officers, employees, and agents from legal responsibility or liability for any action related to the implementation of the Drug Testing and Education Program or the release of information and records as authorized by the terms of this policy.

Student-Athlete: \_\_\_\_\_

Sport: \_\_\_\_\_

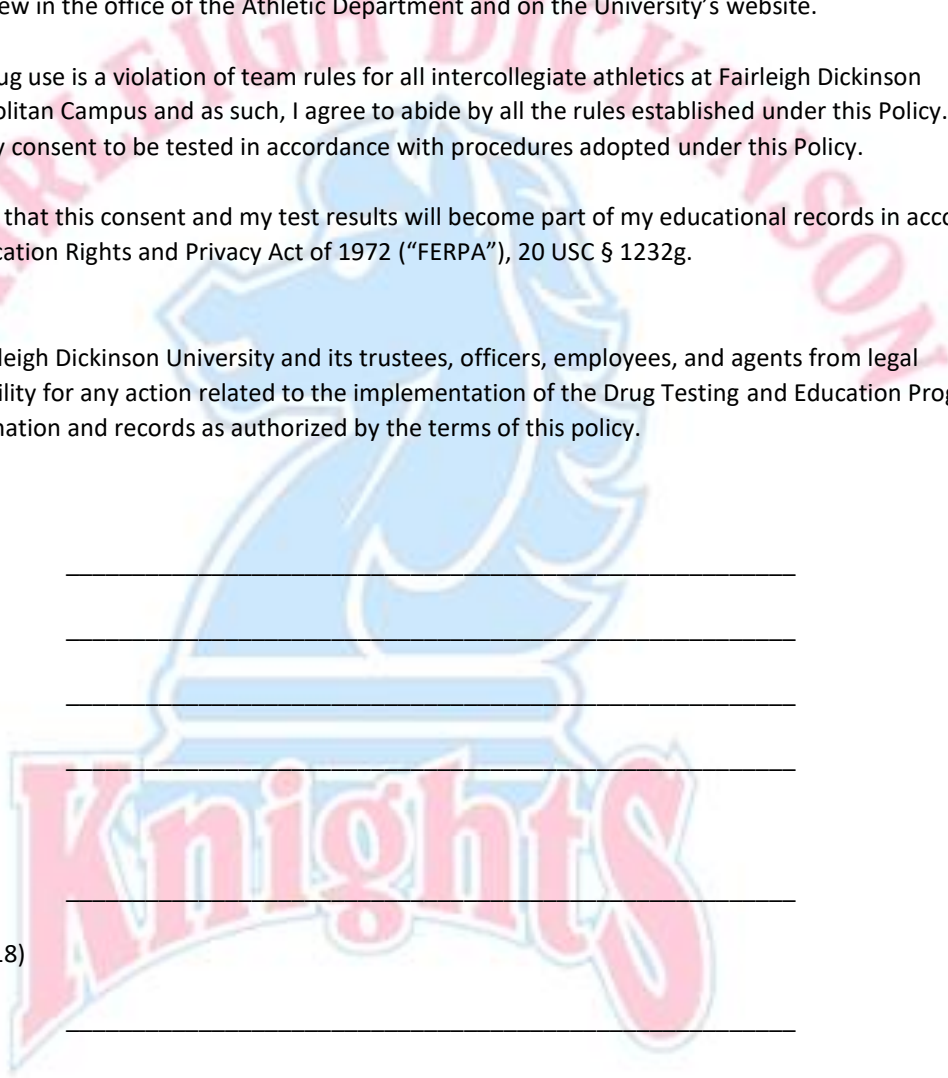
Age \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

(if Student is under 18)

Date: \_\_\_\_\_





## APPENDIX B

### LIST OF BANNED SUBSTANCES

#### FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING POLICY

Note: Before consuming any nutritional/dietary supplement product, ensure the student-athlete review the product and its label with the Metropolitan Campus Head Athletic Trainer. Many dietary supplements are contaminated with banned drugs not listed on the label. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at the student-athlete's own risk. It is the student-athlete's responsibility to check with Head Athletic Trainer before using any substance. If the student-athlete is required, by a licensed physician, to take medication and/or supplements, of any kind, the student-athlete must complete the Student-Athlete Supplement Notification Forms.

The following is a list of several banned substances identified by the NCAA and Fairleigh Dickinson University. In addition, any substance chemically related to these classes is also banned. Fairleigh Dickinson University and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Banned substances include, but are not limited to:

**STIMULANTS:** Amphetamines (Adderall), caffeine (guarana), cocaine, ephedrine, fenfluramine (Fen), methamphetamine, methylphenidate (Ritalin), phentermine (Phen), \*pseudoephedrine, synephrine (bitter orange), mathylhexaneamine, "bath salts" (mephedrone), or similar.

**ANABOLIC AGENTS:** Androstenedione, boldenone, clenbuterol, DHEA (7-Keto), epi-trenbolone, etiocholanolone, methasterone, methandienone, nadrolone, norandrostenedione, ostarine, stanozol, stenbolone, testosterone, trenbolone, or similar.

**ALCOHOL AND BETA BLOCKERS:** Alcohol, atenolol, metoprolol, nadolol, pindolol, propranolol, timolol, or similar.

**DIURETICS and OTHER MASKING AGENTS:** Water pills, bumetanide, chlorothiazide, furosemide, hydrochlorothiazide, probenecid, spironolactone (canrenone), triameterene, trichlormethiazide, or similar.

**STREET DRUGS:** Heroin, marijuana, tetrahydrocannabinol (THC), synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073), or similar.

**PEPTIDE HORMONES AND ANALOGUES:** Growth hormone (hGH), human chorionic gonadotropin (hCG), erythropoietin (EPO), or similar.

**ANTI-ESTROGENS:** Anastrozole, tamoxifen, formestane, ATD, clomiphene, or similar.

**BETA-2 AGONISTS:** Bambuterol, formoterol, salbutamol, salmeterol, or similar.

**APPENDIX C**

**STUDENT-ATHLETE SUPPLEMENT NOTIFICATION (1 of 2)  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

I, \_\_\_\_\_ (print name), acknowledge that I am currently taking and/or have (within the past 6 months) taken the following ergogenic aids, creatine powder, amino acids, protein supplements, or other similar substances, hereinafter referred to as "Supplements". (Use the back of this form if necessary.)

NAME	DOSAGE	MAIN INGREDIENTS	COMMENTS

I understand and agree:

- A. Fairleigh Dickinson University Metropolitan Campus Athletic Department neither approves of nor condones the use of Supplements;
- B. I have been informed of the Fairleigh Dickinson University Metropolitan Campus Athletic Department, National Collegiate Athletic Association (NCAA), and United States Olympic Committee (USOC) policies with regards to the use of Supplements and have had any questions about these policies answered;
- C. The use of Supplements may result in serious harm to me, possible permanent injury to my health, and even death;
- D. I risk losing my eligibility to participate in intercollegiate athletics if I test positive for a NCAA banned substance.

I fully accept any and all risks and liability associated with my use, in any form, of Supplements.

I further understand and agree that Fairleigh Dickinson University, its officers, employees, and agents are not responsible for any harm and possible permanent injury to my health caused by my past, present, and/or future use of Supplements. I agree to hold harmless, indemnify, and irrevocably and unconditionally release Fairleigh Dickinson University, and their trustees, officers, employees, and agents from any and all liability, and demands, claims and causes of action relating to my use of Supplements.

I understand the statements in this form, and have had all questions about the information in this form answered to my satisfaction.

\_\_\_\_\_  
Student-Athlete Signature  
(be sure to include sheet 2 of 2 with this submission)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (if under 18 years old)

\_\_\_\_\_  
Date

**STUDENT-ATHLETE SUPPLEMENT NOTIFICATION (2 of 2)**  
**FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**  
**(FOR OFFICIAL USE ONLY)**

Date: \_\_\_\_\_

Dear \_\_\_\_\_  
(Print student-athlete's name)

We are in receipt of the attached Supplement Notification Form in which you indicated that you are currently taking and/or have taken (within the past 6 months) the following substance(s) which is (are) considered "banned" and in violation of NCAA Bylaws 31.2.3.4 and Fairleigh Dickinson University's Drug Testing Program.

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Effective immediately, you must discontinue taking the aforementioned product(s) and discard appropriately. Per NCAA Bylaw 31.2.3, any student-athlete who is found to have utilized a banned substance as a result of a drug test administered by the University or NCAA shall, in the case of NCAA-administered drug test be declared ineligible for further participation in postseason and regular-season competition for a period of one (1) calendar year after the positive drug test and shall be charged with the loss of a minimum of one (1) season of competition in all sports.

The Fairleigh Dickinson University Metropolitan Campus Athletic Department neither approves of nor condones the use of "Supplements", and its trustees, officers, employees, and agents are not responsible for any harm and possible permanent injury to your health caused by your past, present, and/or future use of "Supplements". If you continue to use the aforementioned product(s), you may be also be risking serious harm, including possible permanent injury and/or death, to yourself.

If at any time you have any questions regarding the listed items and/or "Supplements" in general, please do not hesitate to contact a the Head Athletic Trainer.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**APPENDIX D**

**STUDENT-ATHLETE NOTIFICATION  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

I, \_\_\_\_\_ (print name), acknowledge being notified to appear for Fairleigh Dickinson University drug testing and have been notified to report to the drug-testing station at:

\_\_\_\_\_, on \_\_\_\_\_ at \_\_\_\_\_ am / pm.  
(Location) (Date) (Time)

- I will eat and drink normally until approximately 10:00 pm the night before the test and I will then discontinue excessive hydration techniques.
- I will be prepared to provide an adequate specimen and will not overhydrate. I understand that providing numerous diluted specimens may be cause for following-up drug testing.
- I will not void (go to the bathroom) when I first wake.
- I understand that I must bring a form of picture identification with me.

By signing, I have been notified of my participation in the Fairleigh Dickinson University drug testing program, and am aware of what is expected of me in preparation for this drug-testing event.

Student-Athlete's Signature: \_\_\_\_\_

I can be reached at the following telephone number on day of test: \_\_\_\_\_

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**(FOR OFFICIAL USE ONLY)**

Student-Athlete: \_\_\_\_\_

Sport: \_\_\_\_\_

Date of Notification: \_\_\_\_\_

Time of Notification: \_\_\_\_\_ am / pm



**APPENDIX E**

**WAIVER TO RELEASE INFORMATION TO ATHLETICS DEPARTMENT STAFF  
FAIRLEIGH DICKINSON UNIVERSITY METROPOLITAN CAMPUS DRUG TESTING and EDUCATION  
PROGRAM**

I, \_\_\_\_\_ (print name), consent to allowing the substance abuse counselor to communicate my compliance with the assessment meeting(s) (as stated in the Fairleigh Dickinson University Metropolitan Campus Student-Athlete Drug Testing and Education Program policy) to the Head Athletic Trainer.

I understand that only verification of my attendance at meetings will be communicated, not content of the meeting(s).

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (if under 18 years old)

\_\_\_\_\_  
Date



## APPENDIX F

### SAMPLE COLLECTION PROTOCOL (1 of 2) FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM

1. Upon entering the collection station, the student-athlete will provide photo identification and/or a client representative/site coordinator will identify the student-athlete and the student-athlete will officially enter the station.
2. The student-athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker lid.
3. A collector, serving as validator, will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a volume of at least 50 mL is provided (100 mL testing for anabolic steroids).
4. Validators shall be of the same gender as the student-athlete and must observe the voiding process and should be members of the official drug-testing crew. The procedure does not allow for validators to stand outside the immediate area or outside the restroom; the student-athlete must urinate in full view of the validator (validator must observe flow of urine). The validator must request the student-athlete raise his/her shirt enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
5. Student-athletes may not carry any item other than his/her collection beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the official drug-testing crew chief or the University's representation for documentation. Student-athletes will rinse and dry hands, with water only, prior to urination, and wash with soap and water following urination.
6. Once a specimen is provided, the student-athlete is responsible for keeping the collection beaker closed and controlled until turned over to the collection crew.
7. Fluids and food given to student-athlete who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
8. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the collector, specimen must be discarded.
10. Upon return to the collection station, the student-athlete will begin the collection procedure again.
11. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and if in range measure the pH of the urine in the presence of the student-athlete.
12. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the student-athlete. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.
13. If the urine has a specific gravity greater than 7.5 (with reagent strip), the specimen will be discarded by the student-athlete. The student-athlete must remain in the collection station until another specimen is provided by the student-athlete.

**SAMPLE COLLECTION PROTOCOL (2 of 2)**  
**FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

14. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
15. The laboratory will make final determination of specimen adequacy.
16. If the laboratory determines that student-athlete's specimen is inadequate for analysis, at the University's discretion, another specimen may be collected.
17. If a student-athlete is suspected of manipulating specimens (e.g., via dilution), the University will have the authority to perform additional tests on the student-athlete.
18. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the student-athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
19. A collector will record the specific gravity and pH values.
20. The collector will pour approximately 35 mL of the specimen into the "A vial" and the remaining amount (approximately 15 mL) into the "B vial" (another A=35 mL, B=15 mL in a second split sample kit for anabolic steroid testing, which will be shipped to a WADA accredited laboratory) in the presence of the student-athlete. Therefore, two split sample kits will be used when testing for both "drugs of abuse" and anabolic steroids. The vials will be packaged identically, but shipped to two different laboratories.
21. The collector will place the cap on each vial in the presence of the student-athlete, the collector will then seal each vial in the required manner under the observation of the student-athlete and witness (if present).
22. Vials and forms (if any) sent to the laboratory shall not contain the name of the student-athlete.
23. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding.
24. The student-athlete, collector, and witness (if present) will sign certifying that the procedures were followed as described in this protocol. Any deviation from the procedures must be described and recorded in detail. If deviations are alleged, the student-athlete will be required to provide another specimen.
25. After the collection has been completed, the specimen will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
26. The specimens become the property of the University.
27. If the student-athlete does not comply with the collection process, the collector will notify the University's representative/site coordinator.



**APPENDIX G**

**APPROVAL FOR OPENING OF SAMPLE-B  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

I, \_\_\_\_\_ (print name), would like to appeal my positive drug test and have Sample-B tested. I understand that in accordance with the Fairleigh Dickinson University Metropolitan Campus Athletic Department Drug Testing and Education Program that this test will be conducted at an approved laboratory of my choosing.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Director of Athletics Signature

\_\_\_\_\_  
Date





**APPENDIX H**

**ACKNOWLEDGEMENT OF APPEALS PROCESS  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

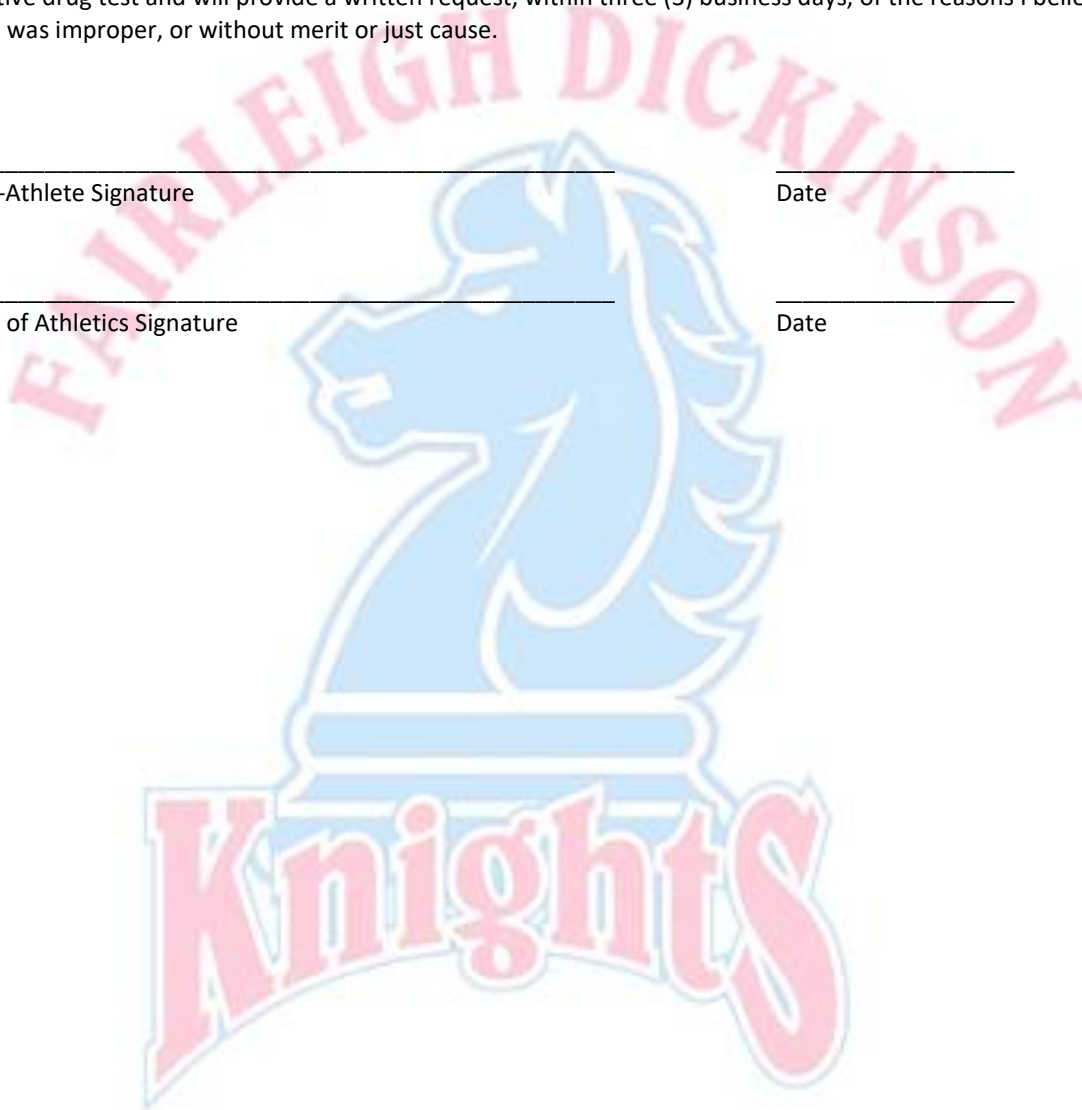
I, \_\_\_\_\_ (print name), would like to appeal my positive drug test and will provide a written request, within three (3) business days, of the reasons I believe the decision was improper, or without merit or just cause.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Director of Athletics Signature

\_\_\_\_\_  
Date



**APPENDIX I**

**DRUG TESTING REASONABLE SUSPICION REPORTING FORM  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

I, \_\_\_\_\_, under the reasonable suspicion clause that is

Staff Name

outlined in the Fairleigh Dickinson University Drug Education and Drug Testing Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant

\_\_\_\_\_ be referred to the Director of Athletics or his/her designee

Student-Athlete

for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past \_\_\_\_\_ hours and/or \_\_\_\_\_ days.

**Please check below all that apply: The Student-Athlete has shown:**

- |  |  |
|--|--|
| <input type="checkbox"/> irritability  | <input type="checkbox"/> physical outburst (e.g. throwing equipment) |
| <input type="checkbox"/> loss of temper                                      | <input type="checkbox"/> emotional outburst (e.g. crying)            |
| <input type="checkbox"/> poor motivation                                     | <input type="checkbox"/> weight gain                                 |
| <input type="checkbox"/> failure to follow directions                        | <input type="checkbox"/> weight loss                                 |
| <input type="checkbox"/> verbal outburst (e.g. to faculty, staff, teammates) | <input type="checkbox"/> sloppy hygiene and/or appearance            |

**The Student-Athlete has been:**

- |  |   |
|--|---|
| <input type="checkbox"/> late for practice     | <input type="checkbox"/> staying up too late    |
| <input type="checkbox"/> late for class        | <input type="checkbox"/> missing appointments   |
| <input type="checkbox"/> not attending class   | <input type="checkbox"/> missing/skipping meals |
| <input type="checkbox"/> receiving poor grades |   |

**The Student-Athlete has demonstrated the following:**

- |   |  |
|---|--|
| <input type="checkbox"/> dilated pupils   | <input type="checkbox"/> over stimulated or "hyper"  |
| <input type="checkbox"/> constricted pupils   | <input type="checkbox"/> exc-essive talking  |
| <input type="checkbox"/> red eyes   | <input type="checkbox"/> withdrawn and/or less communicative                                       |
| <input type="checkbox"/> smell of alcohol on the breath                               | <input type="checkbox"/> periods of memory loss  |
| <input type="checkbox"/> smell of marijuana   | <input type="checkbox"/> slurred speech  |
| <input type="checkbox"/> staggering or difficulty walking                             | <input type="checkbox"/> recurrent motor vehicle accidents and/or violations (provide dates _____) |
| <input type="checkbox"/> constantly running and/or red nose                           | <input type="checkbox"/> recurrent violations of Student Code of Conduct policy                    |
| <input type="checkbox"/> recurrent bouts with a cold or the flu (provide dates _____) |  |

Other specific objective findings include:

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**Signatures:**

Name of Staff

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Signature of Staff

Date

Reviewed By:

---

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Director of Athletics/Designee

Date

Name of Counselor Consulted

Date Consulted

Reasonable Suspicion Upheld

Reasonable Suspicion Denied



## APPENDIX J

### COLLEGE/ UNIVERSITY URINE COLLECTION GUIDELINES FOR CLIENTS FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM

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1. Only those persons authorized by the institution will be allowed in the collection room.
2. When arriving to the collection room, the student-athlete will provide photo identification or a client representative will need to identify the student-athlete. The student-athlete will then print his or her name and arrival time on the Roster Sign-In Form.
3. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with the institutional collector to complete the necessary information before proceeding with the specimen collection process.
4. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by the institutional collector (same gender) to the restroom to provide a specimen. The student-athlete will rinse his or her hands with water (no soap) and then dry their hands. Then the student-athlete will place a specimen barcode from the Custody & Control Form onto the beaker.
5. The institutional collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.
6. The student-athlete will be responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the institutional collector), opened and consumed in the collection room. These items must be free of any other banned substances.
8. If the specimen is incomplete, the student-athlete must remain in the collection room until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the student-athlete must leave the collection room for a reason approved by the institutional collector, the specimen must be discarded.
10. Upon return to the collection room, the student-athlete will begin the collection procedure again.
11. Once an adequate volume specimen is provided; the institutional collector will escort the student-athlete to the specimen processing table.
12. The specimen processor will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.
13. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the institutional collector observing. The student-athlete must remain in the collection room until another specimen is provided. The student-athlete will provide another specimen.
14. Once the specimen processor has determined the specimen has a specific gravity above 1.005 the sample will be processed and sent to the laboratory.



**COLLEGE/ UNIVERSITY URINE COLLECTION GUIDELINES FOR CLIENTS**  
**FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

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15. If the laboratory determines that a student-athlete's sample is inadequate for analysis, at the client's discretion, another sample may be collected.
16. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the institutional collector will collect another specimen from the student-athlete.
17. Once a specimen has been provided that meets the on-site specific gravity, the student-athlete will select a sample collection kit from a supply of such.
18. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into the vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).
19. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.
20. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.
21. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials in the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.
22. The student-athlete is then released by the institutional collector.
23. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the "drugs of abuse" laboratory and one sample is placed in the shipping container for shipment to the "anabolic steroids" laboratory.
24. After the collection has been completed, the samples will be forwarded to the appropriate laboratory and copies of any forms forwarded to the Sport Drug Testing Department.
25. The samples then become the property of the client.
26. If the student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.



## 2019-20 NCAA Banned Substances

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes.

- a. Stimulants.
- b. Anabolic agents.
- c. Alcohol and beta blockers (banned for rifle only).
- d. Diuretics and masking agents.
- e. Narcotics.
- f. Cannabinoids.
- g. Peptide hormones, growth factors, related substances and mimetics.
- h. Hormone and metabolic modulators (anti-estrogens).
- i. Beta-2 agonists.

Note: Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting). There is no complete list of banned substances.

### Substances and Methods Subject to Restrictions:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

### NCAA Nutritional/Dietary Supplements:

**Warning: Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**

- Nutritional/Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXISTM for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) (password ncaa1, ncaa2 or ncaa3).

### Some Examples of Substances in Each NCAA Banned Drug Class.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.

#### Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); "bath salts" (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine); heptaminol etc. exceptions: phenylephrine and pseudoephedrine are not banned.

#### Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140)); DHCMT (oral turanibol) etc.

#### Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

#### Diuretics and Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc. exceptions: finasteride is not banned

#### Narcotics:

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine

#### Cannabinoids:

marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

#### Peptide Hormones, growth factors, related substances and mimetics

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc. exceptions: insulin, Synthroid are not banned

#### Hormone and metabolic modulators (anti-estrogens) :

anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.

#### Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS, 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

**APPENDIX L**

**DRUG TESTING MEDICAL RELEASE OF COUNSELING COMPLETION  
FAIRLEIGH DICKINSON UNIVERSITY DRUG TESTING and EDUCATION PROGRAM**

I hereby give permission to the Fairleigh Dickinson Drug Testing Committee to obtain information regarding my attendance at the mandatory counseling with a professional counselor/ therapist.

\_\_\_\_\_  
Student Athlete Name (Printed)    Student Athlete Signature    Date

**To the Licensed Counselor/Therapist: Please sign and date this form each session to confirm that the above student-athlete did attend the mandatory counseling outlined in the FDU Drug Testing and Education program. No further information will be requested.**



Session 1: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 2: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 3: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 4: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 5: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 6: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 7: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 8: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 9: \_\_\_\_\_  
Therapist/Counselor Signature    Date

Session 10: \_\_\_\_\_  
Therapist/Counselor Signature    Date