

PC Banned Substances and Drug Testing Policy

Introduction

The Athletic Department of Presbyterian College recognizes that use of illegal drugs (including the abuse of otherwise legal drugs or substances) is a problem that pervades modern society. It is not possible to perform at the high level of athletic, academic, or social standards set at PC if even minimal exposure to substance abuse is allowed. Therefore, the PC Athletic Department has a drug and alcohol abuse prevention program to allow its Student-Athletes to progress toward their athletic and academic goals in a drug-free environment. The philosophy of this program consists of four important goals:

1. To educate Presbyterian College Student-Athletes on the effects of substance abuse on their physical, psychological, and social well-being.
2. To identify chemical abusers and to provide a mechanism of counseling and rehabilitation.
3. To remove the stigma of drug abuse from those athletes who are not abusers.
4. To reassure athletes, parents, alumni, and the community that the health, welfare, and academic progress of each of its Student-Athletes is this Department's primary goal.

Implementing these goals requires three programs:

1. Drug and Alcohol Education
2. Drug Testing
3. Drug Counseling and Rehabilitation

Campus Life Policies

Presbyterian College's Campus Life Department has drug and alcohol policies and programs that apply to all students – including but not limited to Student-Athletes. We would emphasize that the following discussion covers Athletic Department policies only. While the Athletic Department and Campus Life often cooperate in administering their programs, Campus Life policies, which are set forth in the Garnet Book, are separate from Athletic Department policies, and Student-Athletes are subject to both.

In addition, the Athletic Department and Campus Life communicate regarding drug and alcohol (and other) violations. Thus, if Campus Life becomes aware of an alcohol violation by a Student-Athlete, it will inform the Athletic Department. The Athletic Department will similarly inform Campus Life of such a violation.

Drug Education

The Athletic Department will hold drug education meetings for all its Student-Athletes. The main speakers at these sessions will be from the College and community. The objectives of these meetings are to educate our Student-Athletes on the harmful effects of drugs (especially as drug abuse affects athletic performance), and socio-legal implications of drug abuse.

Drug Testing

Each Student-Athlete, as well as his/her parent/guardian must sign the consent and release form on SportsWare. This release form states that the athlete is aware that urine and/or hair sample testing for presence of drugs is permitted. **In signing the form, each Student-Athlete as well as his or her parent acknowledges understanding that failure of the Student-Athlete to undergo voluntary testing will result in loss of athletic scholarship and the privilege to participate in any program of the Athletic Department.**

Parents/Guardians will be responsible for any financial expenses incurred due to a positive drug/alcohol test. This includes, but is not limited to, non-random drug testing and counseling/rehabilitative services.

In addition to specific circumstances outlined later in this policy, if the Athletic Department has reason to believe that a Student-Athlete is using alcohol or illegal drugs (again, including abuse of otherwise legal drugs or substances), the Department reserves the right to, but is not obligated to, investigate the matter. If after such investigation the Department concludes in its sole discretion that such conduct has occurred, the Department may treat the determination as an “offense” under this policy.

Testing will be random. There is the possibility that your son or daughter will be tested more than once in a school year, if his or her name is selected again. Analysis of urine and/or hair sample will be done under the auspices of On-Premise Solutions, LLC and/or any other drug testing laboratory/facility contracted through the PC Athletic Department. The results of the testing will be reported to the Director of Athletics, the team physician, the athlete's team sport coach, and College Campus Life officials. Parents may receive the results of their child's testing upon the receipt by the College of a specific, written request with appropriate consent of the Student-Athlete where required; the consent form includes the permission required under federal law to make these communications to parents.

Sanctions – Drug and Alcohol

The following disciplinary actions will take place for a positive test for any of the drugs listed on the Banned-Drug classes produced by the NCAA (drugs listed by the NCAA on the day of drug testing) or a “No Show” after notification for screening. Also, Student-Athletes are subject to disciplinary action if they violate the College drug and/or alcohol policy. (Refer to the Garnet Book.) This does include the abuse of prescription drugs. If your son or daughter is on **any prescription medication**, we ask that you send us a **signed** letter from the physician(s) who prescribed the medication(s). The letter should include the reason(s) why the drug is prescribed and the prescribed dosage(s). This letter will be placed in the Student-Athlete's file and serve as a confirmation if your son or daughter happens to test positive for a prescription medication.

A first or second offense under either the alcohol or banned drugs policy counts as a first or second offense under the other policy. Consequently, a Student-Athlete who has been subject to sanctions for a first offense for alcohol and who subsequently tests positive for banned drugs will be subject to applicable sanctions for a second (or third, as appropriate) offense for banned drugs, and a Student-Athlete who has been subject to sanctions for a first offense for banned drugs and who subsequently tests positive for alcohol will be subject to applicable sanctions for a second (or third, as appropriate) offense for alcohol.

BANNED DRUGS

First Offense

1. Parents and/or guardians are notified by telephone of the incident by the Student-Athlete in the presence of the Head Coach, and/or Director of Sports Medicine. The Director of Athletics is notified.
2. The Student-Athlete will be evaluated by a school counselor, and will be referred to a mandatory drug and alcohol education course. The cost of the education course is \$50.00 and the responsibility of the Student-Athlete to pay. Following completion of the education course, the Student-Athlete will then have a post-course evaluation by the school counselor, where it will be determined whether further evaluation or counseling is necessary.
3. The Student-Athlete will be suspended from 1 Game/Match/Tournament of the in-season schedule. Any additional suspension will be up to the head coach of the Student-Athlete's sport. If a second offense occurs in the off-season, then the penalty carries over to the following in-season schedule. (See Second Offense Below)
4. The Head Coach and/or Director of Sports Medicine will meet weekly with the Student-Athlete for progress reports.

5. The Student-Athlete will be scheduled for non-random drug testing for a minimum one calendar year after the first offense, or longer in the discretion of Presbyterian College officials, including, but not limited to the Director of Athletics, Director of Sports Medicine, Head Sports Coach, and Counseling services. The Student-Athlete will be responsible for paying for every drug test during this period. The cost of the drug test can vary due to agents being tested for; however, the average cost is \$30.00 per test.
6. The Athletic Department will inform Campus Life of the violation. Student-Athlete will be subject to disciplinary action by Campus Life.
7. A portion of athletic financial aid up to 50% of the total financial aid may be lost. The head coach of the Student-Athlete's sport will make this decision in collaboration with the Director of Athletics.

Second Offense

A second positive test can occur at any time after the first positive test and does not have to be in the same class of drugs as the first positive test.

1. Parents and/or guardians are notified by telephone of the incident by the Student-Athlete in the presence of the Athletic Director, Head Coach, and Director of Sports Medicine.
2. The Student-Athlete will be placed in counseling and rehabilitation sessions with a designated professional as prescribed by Presbyterian College personnel. At the discretion of Presbyterian College, the counseling may be referred to an outside counselor, in which case the costs of counseling will be the responsibility of the Student-Athlete. The Student-Athlete will be required to attend a certain number of sessions with the designated counselor, to be determined by the counselor and the Director of Sports Medicine. There will be no maximum number of sessions the Student-Athlete may be required to attend.
3. The Student-Athlete will be suspended from 50% of the competition season remaining from the date of the second offense.
4. 50% of all Athletic Financial Aid will be permanently lost. For those who do not receive Athletic Financial Aid, further sanctions will be determined by the Director of Athletics.
5. The Student-Athlete will be scheduled for non-random drug testing for the rest of his/her intercollegiate career at Presbyterian College after the second offense. The Student-Athlete will be responsible to pay for every drug test during this period. The cost of the drug test can vary due to agents being tested for; however, the average cost is \$30.00 per test.
6. The Athletic Department will inform Campus Life of the violation. The Student-Athlete will be subject to disciplinary action by Campus Life.

Third Offense

1. Parents and/or guardians are notified by telephone of the incident by the Student-Athlete in the presence of the Athletic Director, Head Coach, and Director of Sports Medicine.
2. The Student-Athlete is permanently suspended from intercollegiate athletics at Presbyterian College.
3. 100% of Athletic Financial Aid will be permanently lost (for students receiving Athletic Financial Aid).

4. The Student-Athlete will be placed in counseling and rehabilitation sessions with a designated professional as prescribed by Presbyterian College personnel, which may be required by the Dean of Student Life in collaboration with the Director of Athletics. At the discretion of Presbyterian College, the counseling may be referred to an outside counselor, in which case the costs of counseling will be the responsibility of the Student-Athlete. The Student-Athlete will be required to attend a certain number of sessions with the designated counselor, to be determined by the counselor and the Director of Sports Medicine. There will be no maximum number of sessions the Student-Athlete may be required to attend
5. The Athletic Department will inform Campus Life of the violation. The Student-Athlete will be subject to disciplinary action by Campus Life.

ALCOHOL

Since alcohol is the most frequently abused drug in our society, the Presbyterian College Athletic Department will test for it. The following disciplinary actions will take place for a positive test. Besides a positive alcohol test, the following instances will be also considered a positive test by the Presbyterian College Athletic Department.

1. Conviction or guilty plea for Driving Under the Influence
2. Conviction or guilty plea for drunken and/or disorderly conduct
3. Conviction or guilty plea for public intoxication
4. Conviction or guilty plea for open container (illegal in South Carolina)
5. Conviction or guilty plea for under-age drinking (Legal age is 21 years old)
6. Any violation of the Presbyterian College Code of Conduct concerning alcohol. (Refer to the Presbyterian College Garnet Book).

First Offense

1. Parents and/or guardians are notified by telephone of the incident by the Student-Athlete in the presence of the Head Coach and/or Director of Sports Medicine. The Director of Athletics is notified.
2. The Student-Athlete will be evaluated by a school counselor, and will be referred to a mandatory drug and alcohol education course. The cost of the education course is \$50.00 and the responsibility of the Student-Athlete to pay. Following completion of the education course, the Student-Athlete will then have a post-course evaluation by the school counselor, where it will be determined whether further evaluation or counseling is necessary.
3. The Student-Athlete may be suspended from athletic competition for a range of between 1 game/match/tournament to a maximum of 25% of the competition season. The determination of the duration of the suspension shall be made by the head coach of the Student-Athlete's sport, in his or her sole discretion, after consultation with the Athletic Director. If the incident occurs in the off-season; the penalty carries over to the following in-season schedule.
4. Any athletic financial aid may be lost. The head coach of the Student-Athlete's sport will make this decision in collaboration with the Director of Athletics.
5. The Head Coach and/or Director of Sports Medicine meet weekly with the student for progress reports.

6. The Student-Athlete will be scheduled for non-random screening as deemed necessary by the counselor and Director of Sports Medicine. The length of time the Student-Athlete may be tested will be determined by the counselor and Director of Sports Medicine. The Student-Athlete will be responsible to pay for every drug test during this period. The cost of the drug test can vary due to agents being tested for; however, the average cost is \$30.00 per test.
7. The Athletic Department will inform Campus Life of the violation. Student-Athlete may be subject to disciplinary action by Campus Life.

Second Offense

1. Parents and/or guardians are notified by telephone of the incident by the Student-Athlete in the presence of the Athletic Director, Head Coach, and/or Director of Sports Medicine.
2. The Student-Athlete will be placed in counseling and rehabilitation sessions with a designated professional as prescribed by Presbyterian College personnel. At the discretion of Presbyterian College, the counseling may be referred to an outside counselor, in which case the costs of counseling will be the responsibility of the Student-Athlete. The Student-Athlete will be required to attend a certain number of sessions with the designated counselor after a consultation with the counselor and the Director of Sports Medicine. There will be no maximum number of sessions the Student-Athlete may be required to attend.
3. The Student-Athlete may be suspended from athletic competition for up to the entire competition season. The determination of the duration of the suspension shall be made by the head coach of the Student-Athlete's sport, in his or her sole discretion, after consultation with the Athletic Director. If a second offense occurs in the off-season, then the penalty carries over to the following in-season schedule.
4. Any athletic financial aid may be lost. The head coach of the Student-Athlete's sport will make this decision in collaboration with the Director of Athletics.
5. The Head Coach and/or Director of Sports Medicine meet weekly with the Student-Athlete for progress reports.
6. The Student-Athlete will be scheduled for non-random screening as deemed necessary for one calendar year from
7. The time of the second offense. The Student-Athlete will be responsible to pay for every drug test during this period. The cost of the drug test can vary due to agents being tested for; however, the average cost is \$30.00 per test.
8. The Athletic Department will inform Campus Life of the violation. Student-Athlete may be subject to disciplinary action by Campus Life.

Third Offense

1. Parents and/or guardians are notified by telephone of the incident by the Student-Athlete in the presence of the Athletic Director, Head Coach, and/or Director of Sports Medicine.
2. The Student-Athlete will be permanently suspended from intercollegiate athletics at Presbyterian College.
3. 100% of Athletic Financial Aid will be permanently lost (for students receiving Athletic Financial Aid).
4. The Student-Athlete will attend counseling sessions with a designated professional as prescribed by Presbyterian College personnel, which may be required by the Dean of Student Life in collaboration with the Director of Athletics. At the discretion of Presbyterian College, the counseling may be referred to an outside counselor, in which case the

costs of counseling will be the responsibility of the student. The Student-Athlete will be required to attend a certain number of sessions with the designated counselor, to be determined by the counselor and the Director of Sports Medicine. There will be no maximum number of sessions the Student-Athlete may be required to attend.

5. The Athletic Department will inform Campus Life of the violation. Student may be subject to disciplinary action by Campus Life.

Self-Reporting

Presbyterian College wants to provide help and support to any students who are seeking to overcome a drug or alcohol problem. For that reason, in certain circumstances the Athletic Department will impose reduced penalties on a Student-Athlete who self-reports a drug or alcohol problem. For purposes of this policy, “self-reporting” shall refer to **voluntary** notification by a Student-Athlete to the Athletic Director, Head Coach of the Student-Athlete’s sport, and/or a Presbyterian College Certified Athletic Trainer that the Student-Athlete may have a drug and/or alcohol problem and wants professional help. Such a notification shall **not** constitute “self-reporting” if it occurs after the Student-Athlete has been notified he or she is scheduled for a drug screening, after substantial evidence of a drug or alcohol infraction has come to the attention of College personnel, or after the Student-Athlete has been observed using prohibited drugs, alcohol, or being under the influence of banned substances. The Athletic Department will respond to self-reporting of a drug or alcohol problem as follows:

1. The Student-Athlete will be enrolled in an appropriate counseling program, approved by the Athletic Director and Director of Sports Medicine. At the discretion of Presbyterian College, the counseling may be referred to an outside counselor, in which case the costs of counseling will be the responsibility of the student. If the Student-Athlete fails to complete the agreed program, this failure will be treated as an “offense” under this policy, and punished accordingly.
2. The Student-Athlete’s parents will be informed of the self-report.
3. If the Student-Athlete is selected for testing under the Athletic Department’s testing policy in the time immediately after a self-report, and tests positive, that positive test will not be treated as a separate offense if it is determined by the Athletic Director, in his or her absolute discretion, that there is a reasonable likelihood that the positive test is a result of conduct that occurred only before the self-report. (Like the remainder of Presbyterian College’s policies, this provision does not modify or affect NCAA policies or procedures.)
4. If, before self-reporting for the first time, the Student-Athlete had no prior offenses under this policy, the initial self-report will not constitute an offense under this Athletic Department policy.
5. The Athletic Department will notify the Campus Life Department of all self-reports. Similarly, if the Campus Life Department receives a self-report of drug or alcohol use from a Student-Athlete, it will notify the Athletic Department.
6. If a Student-Athlete self-reports after he or she has one or more offenses under this policy, or after previously self-reporting, that later self-report will be regarded as an offense under this policy. (Thus for example, a self-report following an offense will be regarded as a second offense. A second self-report by a Student-Athlete with no offenses will be treated as a first offense.) However, the Athletic Director may, in his or her absolute discretion, reduce the sanctions for that offense in light of the fact that it arises from a self-report.
7. Self-reporting will not exonerate the Student-Athlete from any offenses committed, damages done, or injury caused while under the influence of drugs or alcohol, nor will it necessarily affect the outcome of any Campus Life proceeding for a violation of College Policies.

Drug Trafficking/Dealing

A Student-Athlete will be terminated from team membership upon conviction or evidence of trafficking/dealing in any illegal substance or prescription medications. This will include the loss of all athletic financial aid

IMMEDIATELY! This sanction is in addition to Campus Life sanctions for this violation of the Student Code of Conduct.

Drug and Alcohol Counseling

When counseling is directed by the Athletic Director and/or Director of Sports Medicine, on-campus professional resources will typically be utilized first, if those resources are appropriate. If necessary, other providers of counseling and rehabilitative services will be solicited. The nature of the problem will determine the counseling/rehabilitation services required.

I. NCAA Drug Testing Information

The NCAA will randomly drug test participants in all sports at Division I Institutions for the use of illegal/banned drugs and performance enhancers. The drug testing can occur anytime (including the summer). The NCAA also conducts random drug testing for all sports during NCAA post-season championship tournaments. The selection of Student-Athletes for testing and the imposition of penalties for violations are under the control of the NCAA. Presbyterian College does not control or administer these tests. Please understand that the NCAA drug testing is separate from, and occurs in addition to Presbyterian College's regular drug testing program.

NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance. In addition, you should regularly consult the list of banned substances published by the NCAA, which is available at drugfreesport.com/rec with a password: ncaa 1. General information on banned substances is reproduced below, but you are responsible for obtaining the most current information.

The NCAA bans the following classes of drugs, including all chemically related substances:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

Presbyterian College and the Student-Athlete will be held accountable for use of any drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions Short of a Ban

- Blood Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation
- Caffeine if concentrations in urine exceed 15 micrograms/ml

NCAA Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility for using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

Note to Student-Athletes: There is no complete list of products containing banned substances. Do not rely on this list to rule out any supplement ingredient.

Some **Examples** of NCAA Banned Substances in Each Drug Class (this list is not exhaustive):

Stimulants

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

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

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; testosterone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only)

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

Diuretics (water pills) and Other Masking Agents

Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs

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

Peptide Hormones and Analogues

Growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens

Anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists

Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.

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

II. NCAA Attention Deficit Hyperactivity Disorder Guidelines

In general, the stimulants used to treat Attention Deficit Hyperactivity Disorder (“ADHD”) are banned as performance enhancing drugs. The NCAA does recognize an exception to this ban for bona fide medical use of these drugs, but the standards for this exception are high. To qualify, a Student-Athlete will have to document that he or she has been diagnosed with ADHD, is being monitored, and has a current prescription on file. Without this required information, a positive test for these drugs will result in discipline by the NCAA [and Presbyterian College] and a likely loss of eligibility.

There is not a specific form on SportsWare for establishing that the use of ADHD drugs is bona fide. Please ask the Student-Athlete’s physician to prepare a letter or certification with the following information. Please provide this to your doctor to assist him or her in preparing the necessary Request for Medical Exception.

The following must be included in supporting documentation:

- Student-athlete name.
- Student-athlete date of birth.
- Date of clinical evaluation.
- Clinical evaluation components including:
 - Summary of comprehensive clinical evaluation (referencing DSM-IV criteria)— attach supporting documentation.
 - ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary— attach supporting documentation.
 - Blood pressure and pulse readings and comments.
 - Note that alternative non-banned medications have been considered, and comments.
 - Diagnosis.
 - Medication(s) and dosage.
 - Follow-up orders.

Additional ADHD evaluation components if available:

- Report ADHD symptoms by other significant individual(s).
- Psychological testing results.
- Physical exam date and results.
- Laboratory/testing results.
- Summary of previous ADHD diagnosis.
- Other comments.

Documentation from prescribing physician must also include the following:

- Physician name (Printed).
- Office address and contact information.
- Specialty.
- Physician signature and date.

III. PC Concussion/Traumatic Brain Injury Protocol

INTRODUCTION

The Presbyterian College Sports Medicine Department recognizes and acknowledges that concussions or traumatic brain injuries (TBI) need immediate attention. The NCAA Executive Committee has developed a consistent, association-wide approach to Concussion Management. It is the responsibility of all Student-Athletes to report injuries and illnesses to their Athletic Trainer. A concussion is defined as a generally short-lived impairment of neurological function brought on by a traumatic force applied to the head or body. Symptoms are usually rapid in onset, but of short duration and generally resolve spontaneously. It is usually a functional disturbance and not a structural one. Loss of consciousness may or may not be involved. Exact recovery periods from these types of head injuries are uncertain and will often vary.

The Presbyterian College Sports Medicine staff adheres to all established NCAA Concussion Policies and Legislation. All members of the Presbyterian College Sports Medicine staff will practice within the scope of their professional practice. The Presbyterian College Sports Medicine Staff in conjunction with the Team Physician will determine whether or not a concussion has occurred. The Team Physician will make the final determination of return-to-play once the Student-Athlete is asymptomatic and post-injury assessments are within normal limits.

PRESEASON EDUCATION

- All Presbyterian College Student-Athletes are required to sign a statement in which the Student-Athlete accepts the responsibility for reporting his or her injuries and illnesses to the Presbyterian College medical staff, including the signs and symptoms of concussions. Prior to any start to athletic activity each Student-Athlete is presented with the NCAA Student-Athlete Concussion Fact Sheet. Once the Student-Athlete reviews the Fact Sheet, he or she is required to sign a statement of acknowledgement and understanding of the information provided on the Fact Sheet.
- All football players will be required to review and sign the Helmet Warning Sheet at the start of each preseason.
- All Presbyterian College coaches, strength and conditioning coaches, and sports medicine staff are required to watch a course video called “Heads Up”. This course is an educational tool created by the Learning Center of the Centers for Disease Control and Prevention. A “course completion certificate” is kept on file for each participant. Each of these athletic department personnel is also presented with the NCAA Coaches Fact Sheet. After reviewing the Coaches Fact Sheet, each such personnel is required to sign a statement of acknowledgement and understanding of the information provided on the Coaches Fact Sheet.
- Although many sports, including football, currently have specific rules in place that address purposeful physical conduct to the head or neck region, all athletics staff, Student-Athletes, and officials should continue to emphasize that purposeful or flagrant head or neck contact in any sport should not be permitted. In the case of football, official meetings are held at the start of each preseason to go over the rules applicable to football and proper techniques of tackling.

PRE-PARTICIPATION BASELINE ASSESSMENT

- The Team Physician will conduct a pre-participation physical on all Student-Athletes (including cheerleaders) to determine pre-participation clearance. As part of this process, all Student-Athletes are asked to report on their medical history forms their history of head injuries and concussions.
- As part of the pre-participation physical, all new (first year/transfers) Student-Athletes will receive a baseline concussion assessment. In addition to including the brain/concussion history, this assessment will involve neuro-cognitive computer testing, symptom evaluation from SCAT 5, & BESS Balance testing.

- This baseline concussion assessment is performed every 2 years unless a concussion is sustained. Once a Student-Athlete is diagnosed with a concussion, this assessment will be performed to aid in the determination of when the Student-Athlete may return to participation. In addition, Student-Athletes who sustain a concussion will receive a new baseline assessment every year (or more if deemed necessary by the Team Physician).
- The Team Physician determines all pre-participation clearance(s).

RECOGNITION AND DIAGNOSIS OF CONCUSSION – HALT OF PHYSICAL ACTIVITY

- Medical personnel (ATC or ATC/Team Physician) with training in the diagnosis, treatment, and initial management of acute concussion must be “present” at all NCAA varsity competitions in the following contact/collision sports: basketball, football, women’s lacrosse & soccer. To be “present” means that such medical personnel will be on-site at either the campus or the arena of competition. Medical personnel may be from Presbyterian College or from an opposing team or in very rare circumstances may be independently contracted out.
- In addition, medical personnel (ATC or ATC/Team Physician) with training in the diagnosis, treatment and initial management of acute concussion will be “available” at all NCAA varsity practices in the following contact/collision sports: basketball, football, women’s lacrosse, soccer, acrobatics & tumbling, cheerleading and wrestling. To be “available” means that, at a minimum, medical personnel may be contacted at any time during practice via telephone, messaging, email, beeper or other immediate communication means. Further, a case of potential acute concussion can be discussed through such communication, and immediate arrangements can be made for the student-athlete to be evaluated.

SIGNS AND SYMPTOMS OF A POSSIBLE CONCUSSION (including but not limited to):

- Amnesia
- Confusion
- Headache
- Balance Problems
- Double or Fuzzy Vision
- Nausea/Vomiting
- Feeling irritable
- Slowed Reaction Time
- Loss of Consciousness
- Dizziness
- Sensitivity to Light or Noise
- Feeling Sluggish or Foggy
- Concentration or Memory Problems
- Difficulty Sleeping

- When a student-athlete exhibits signs, symptoms, or behavior consistent with a possible concussion, he or she shall be removed from practice or competition and evaluated by a Certified Athletic Trainer and/or the Team Physician.
- The student-athlete will be evaluated and monitored for a minimum of 15 minutes to determine his or her status as it relates to being concussed.
- Once a student-athlete has been diagnosed with a concussion, he or she shall be immediately removed from all physical activity for the remainder of the day. In addition, the student-athlete will not be allowed to participate in any academic activities. NO athlete suspected of having a concussion is permitted to return to play while symptomatic.
- Clinical assessment at the time of injury will include a Graded Symptom Checklist (GSC), Sports Concussion Assessment Tool 5 (SCAT 5), along with physical, neurological, cognitive and balance examinations. There will also be a clinical assessment for cervical spine trauma, skull fracture and intracranial bleeding.

POST-CONCUSSION MANAGEMENT:

- The Emergency Action Plan (see EMERGENCY ACTION PLAN procedures below) for that particular venue will be activated if any of the following exist: Glasgow Coma Scale < 13, prolonged loss of consciousness, focal neurological deficit suggesting intracranial trauma, repetitive vomiting/emesis, persistently diminished/worsening of mental status, spinal injury, and/or other neurological signs/symptoms.
- If the concussion occurs when the Student-Athlete is away from campus, the student-athlete will be examined by a doctor of the host school and shall then have a follow-up examination by PC's Team Physician upon return.
- After the initial clinical evaluation, the symptom checklist should be repeated and a follow-up with the Team Physician may be indicated.
- Upon discharge, the student-athlete's caregiver (parent, guardian, roommate) will be provided with a Concussion Take Home Instruction sheet.
- A letter and/or phone call will be placed to the Academic Coordinator/Assistant Athletic Director for Compliance, who will in turn send a letter to the student-athlete's professors. The student-athlete is responsible for following-up with his or her professors for classes/assignments missed (See RETURN TO LEARN procedures below)
- The student-athlete will be monitored daily for progression of symptoms during rest, physical and mental exertion. This includes a Graded Symptom Checklist (GSC), BESS and other serial evaluations.
- Once the Student-Athlete is asymptomatic, a complete post-injury neuro-cognitive computer test and SCAT 5 (including BESS) is taken. This is compared to baseline.
- After the neuro-cognitive computer test and SCAT 5 are taken, another clinical evaluation is performed by the Team Physician. The Team Physician in turn directs the Presbyterian College Sports Medicine staff to initiate the Return-to-Play Guidelines (RTP).
- The Team Physician will determine referral options for Student-Athletes with prolonged recovery in order to consider additional diagnosis and best management options. Additional diagnoses include but are not limited to: post-concussion syndrome, sleep dysfunction, migraine or other headache disorders, mood disorders such as anxiety and depression, and ocular or vestibular dysfunction.

EMERGENCY ACTION PLAN

- Presbyterian College Sports Medicine personnel will execute the Presbyterian College Sports Medicine **Emergency Action Plan** for further medical care and/or transportation as deemed necessary. A detailed **Emergency Action Plan** is in place for each athletics venue.

RETURN TO PLAY GUIDELINES (RTP)

- In order to be cleared for return to full participation, a Student-Athlete must go through each of the Stages outlined below. These Stages commence only after examination by the Team Physician, who shall determine whether the Student-Athlete has returned to baseline and is ready to begin Stage 1.
- The Student-Athlete will have limited physical and cognitive activity until he/she has returned to baseline.
- After beginning stage 1, a Student-Athlete may progress to subsequent stages **ONLY** if symptoms do not worsen and no new symptoms appear.
- If the Student-Athlete exhibits concussion symptoms at any Stage, the Team Physician shall be informed and the Student-Athlete must return to Stage 1 and begin the progression again.
- The Athletic Trainer and the Team Physician will monitor the progression of the Student-Athlete through the Stages. The Presbyterian College Sports Medicine staff will use memory, concentration and balance techniques, along with other examinations deemed appropriate during their evaluations of the concussed Student-Athlete to determine how quickly the RTP progression is performed.
- Each Stage must be completed over 5 successive days and a minimum of **ONE DAY** will be devoted to each Stage.

Stage 1: Light aerobic exercise without resistance – 20 minutes on stationary bike.

Stage 2: Light strength training (body weight exercises – push-ups, squats, sit-ups), sports specific exercise without head impact (NO CONTACT – NO PADS).

Stage 3: Non-contact practice with progressive resistance training.

Stage 4: Full contact practice after medical clearance from Team Physician

Stage 5: Return to competition

RETURN TO LEARN (RTL)

- Presbyterian College Team Physicians, Sports Medicine Staff, the Provost Office, the Academic Coordinator/Assistant Athletic Director for Compliance and the Presbyterian College Student Life Staff will work together to determine the Return-To-Learn status of a post-concussed Student-Athlete.
- **When a Student-Athlete has been diagnosed with a concussion, he or she will be held from practice, competition, and classroom activities the day of the concussion.**
- The Academic Coordinator/Asst. Athletic Director for Compliance will be the point person when dealing with the Student-Athlete's professors and any accommodations that may be needed in the Student-Athlete's return to the classroom and activities that are associated with a full academic return. As noted previously, it is the responsibility of the Student-Athlete to follow-up with his or her professors as far as class/assignments that may have been missed.
- RTL will be managed through a step-by-step protocol (similar to RTP) based on the needs of the individual and will involve a multidisciplinary team. This team includes team physicians, sports medicine staff, coaches, psychologists, school counselors, neuropsychologists, faculty athletic representatives, academic coordinators, professors, college administrators and appropriate personnel that oversee disability support services in the Academic Success Office.
- The Presbyterian College Academic Success Office will be utilized when long-term accommodations under the Americans with Disabilities Act (ADA) may be needed.
- A Student-Athlete that has been diagnosed with a concussion is seen daily by a member of the Presbyterian College Sports Medicine Staff to determine if the Student-Athlete's recovery has progressed to allow them to attempt to go to class, study hall, and tutoring sessions for that day. The Academic Coordinator/Assistant AD for Compliance will be notified of the decision and in turn relay that decision to the Student-Athlete's professors. This process will continue until the Student-Athlete has returned to full classroom activity. (SEE RTL RECOMMENDED GUIDELINES)

- If, at any point, the symptoms worsen and/or return as a result of academic activities, the individual will be re-evaluated by the Team Physician and, if appropriate, a multidisciplinary team, when symptoms are prolonged and remain after two weeks. Persons evaluating the Student-Athlete will consider whether any schedule modifications or academic accommodations may be necessary. As stated previously, outside resources may be used in individual cases that are consistent with ADA. Such resources include learning specialists.

RTL RECOMMENDED GUIDELINES

- Stage 1: Brain Rest in Dorm:** No mental exertion. Stay at home/dorm. No reading, texting, video games, computer, or homework. No driving. Progress to next stage after 24 – 48 hours without worsening of symptoms.
- Stage 2: Restful Dorm Activity:** Up to 30 minutes of light mental exertion. No prolonged concentration. Stay at home and no driving. Progress to next stage when able to handle up to 30 minutes of light mental activity without worsening of symptoms.
- Stage 3: Half-day Return to School:** Gradually return to classes when symptoms have decreased to manageable levels. Balance rest with gradual re-introduction of school. Use sunglasses and earplugs as needed. Sit in front of the class. Use pre-printed large font (18) class notes. Complete necessary assignments only. No tests or quizzes. Limit homework time. Multiple choice or verbal assignments better than long writing. Tutoring or help as needed. Stop work if symptoms worsen.
- Stage 4: Full-day Return to School:** Progress to attending classes for full days. No more than 1 quiz/test per day. Give extra time or untimed quizzes/tests. Tutoring or help as needed. Progress to next stage when able to handle all class periods in succession without worsening of symptoms and clearance for full return to academics and athletics.
- Stage 5: Full Recovery:** No symptoms are present. No accommodations are needed. May return to normal school schedule and course load.

MULTIPLE CONCUSSIONS

- Any Student-Athlete who has multiple concussions while at Presbyterian College will be given ongoing monitoring, and his or her clearance to participate in athletics will be determined on a case-by-case basis.
- Students who have had multiple concussions may also suffer from developmental disorders (e.g. learning disabilities, attention-deficit hyperactivity disorder), or a psychiatric disorder (e.g. anxiety, depression). Such individuals may be referred to a neuropsychologist to administer and interpret neuro-cognitive assessments. These assessments may help determine readiness to return to scholastic and athletic activities. It should be noted that RTL and RTP take longer to complete when developmental or psychiatric disorders exist.
- **ALL DOCUMENTATION** pertaining to the Student-Athlete's neuro-cognitive assessment will be included in the Student-Athlete's medical records.

REDUCING EXPOSURE TO HEAD TRAUMA

- The Presbyterian College Sports Medicine Staff and Team Physicians will review the Concussion Policy annually and will be responsible for updating this policy and making the necessary revisions. As part of this annual review, the following principles will be followed: Adherence to Inter-Association Consensus: Year - round Football Practice Contact Guidelines, Adherence to Inter-Association Consensus: Independent Medical Care Guidelines, reducing gratuitous contact during practice, taking a “safety first” approach to sport, taking the head out of contact & coaching proper technique.
- As stated previously, it is the responsibility of the sports medicine staff, the athletics staff, Student-Athletes and officials to continue to educate and emphasize that purposeful or flagrant head or neck contact in any sport should not be permitted and current rules of play should be strictly enforced.