Participation in athletics at the University of Wisconsin-Stout is a privilege, not a right, which carries with it responsibility to the team, the athletic program, the student body, the university, and the community. Student-athletes are expected to demonstrate good sportsmanship, honesty, integrity, respect for others, as well as to abide by all team and University policies. UW-Stout **prohibits** the use of any drugs or substances listed on the NCAA List of Banned Substances during intercollegiate athletics events, seasons, and any related athletic activities. **As a student-athlete you can be subjected to drug testing at any time throughout your collegiate career as a UW-Stout Blue-Devil.** The methods for being chosen are explained in the Drug testing policy. Every student-athlete will have access to the Drug testing policy via the web or a hard copy.

As a student-athlete, you are required to keep an up-dated list of medications you are currently taking on the medical history form. The NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of a drug that is on the NCAA banned list. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, beta blockers, diuretics, anti-estrogens, anabolic agents (steroids), and peptide hormones. **Anabolic agents and peptide hormones must be approved by the NCAA before the student-athlete is allowed to participate while taking these medications.** The documentation can be a letter or copies of medical notes from the prescribing physician. The document must discuss how the diagnosis was reached and that the student-athlete has a medical history demonstrating the need for regular use of such a drug. The letter should contain information as to the diagnosis (including appropriate verification of the diagnosis), medical history and dosage information. **In all cases, a student-athlete, in conjunction with his or her physician, must document that other non-banned alternatives have been considered prior to requesting the medical exception for the use of a medication containing a banned substance.** In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student-athlete must:

1. Have declared the use of the substance to the head athletic trainer responsible for keeping medical records prior to any participation. This includes weight training, conditioning, or any sport specific training/practices.
2. Present documentation of the diagnosis of the condition.
3. Provide documentation from the prescribing physician explaining the course of treatment and the current prescription.

Many nutritional/dietary supplements contain NCAA banned substances. The U.S. Food and Drug Administration do not regulate the supplement industry; therefore purity, potency, and the safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive drug test. The use of supplements is at your own risk. Before taking any supplement you are responsible for making sure that is does not contain any substance banned by the NCAA. A positive drug test for NCAA banned substances as a result of taking nutritional supplements, regardless of the reason or purpose of taking the supplements, will result in a loss of eligibility to participate in intercollegiate athletics.

Few over the counter drugs contain NCAA banned substances but you should always check the NCAA banned list and the label of the medication before taking. Bronchaid and Primatine tablets, for example, are sold over the counter and contain ephedrine which is a banned substance. Pynephrine is a banned substance that is in a lot of supplements now on the market. **Again, before taking any supplement or medication check the label. You are responsible for what you ingest.**
Other anabolic agents
methandienone methenolone clenbuterol

(c) Substances Banned for Specific Sports:
Rifle:
alcohol pindolol
atenolol propranolol
metoprolol timolol
nadolol and related compounds

(d) Diuretics:
acetazolamide hydrochlorothiazide
bendroflumethiazide hydroflumethiazide
benzhexamide methylchlorothiazide
bumetanide metolazine
chlorothiazide polythiazide
chlorothalidone quinethiazide
ethacrynic acid spironolactone (carnoren)
flumethiazide triamterene

(e) Street Drugs:
heroin tetrahydrocannabinol
marijuana3 (THC)3

(f) Peptide Hormones and Analogues:
corticotrophin (ACTH)
human chorionic gonadotrophin (hCG)
luteinizing hormone (LH)
growth hormone (GH), somatotropin
insulin like growth hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned:
erythropoietin (EPO) sermorelin darbepoetin

(g) Definitions of positive depends on the following:
2for testosterone—if the administration of testosterone or use of other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

31.2.3.4.1 Drugs and Procedures Subject to Restrictions.
The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:

(Revised: 8/15/89)

(a) Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

(b) Local Anesthetics. The Executive Committee will permit the limited use of local anesthetics under the following conditions:
(1) That procaine, xylocaine, carbocone or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)
(2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
(3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(c) Manipulation of Urine Samples. The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 9/17/92, 7/22/97)

(d) Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only. (Adopted: 8/13/93)

(e) Additional Analysis. Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)