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<td><strong>Head Team Physician</strong></td>
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<td><strong>Associate Team Physicians</strong></td>
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<td>Dr. Justin Young</td>
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<td>Curt Watanabe</td>
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Concussion Management Plan

Administrative Issues

- An Emergency Action Plan (EAP) is maintained for each venue.
- All coaches receive education regarding the EAP and the Concussion Management Plan, including recognizing the signs and symptoms of a concussion.
- Student-athletes (SAs) receive education regarding concussion including recognizing the signs and symptoms of concussions, the importance of properly fitting equipment, and the avoidance of high-risk sport activities (e.g., leading with head).
- Pre-participation physical evaluations are performed annually for all UHMAD SAs.
- SAs complete a signed Student-Athlete Agreement that requires the reporting of all injuries and illnesses, including signs and symptoms of concussion, to UHMAD athletic medicine staff.
- Athletic trainers are on site and available for all at risk practices and games. Physicians are on site and available for at risk home events. The host institutions’ medical staffs are utilized for away contests when no UHMAD athletic medicine or athletic training staff is available.
- Athletic trainers and team physicians maintain documentation of the following: baseline neurocognitive testing results, initial injury evaluations, daily symptom assessments, changes in status regarding activities, and final clearance for return to play.
- A Concussion Information Sheet is given to SAs that have sustained a concussive injury.

Pre-Participation Evaluations for 1st Year Student-Athletes

- Evaluations include questions regarding concussion risk modifiers, e.g., prior concussion history, learning disabilities requiring stimulant medications, migraines, and seizure history.
- Baseline neurocognitive testing [e.g., the Sports Concussion Assessment Tool (SCAT 2), computerized neuropsychological testing (e.g., ImPACT)] is obtained on all at risk sport student-athletes (baseball, basketball, diving, football, cheerleading, pole vaulting, soccer, softball, and water polo).
- If the athletic medicine staff is aware that a SA has a significant history of prior concussions or other concussion risk modifiers, the team physician may request additional testing, including computerized (e.g., ImPACT) or paper and pencil neuropsychological (NP) testing, and additional consultation and/or testing.

Sideline Evaluation

- When a SA exhibits signs/symptoms of a concussion, he/she is removed from play and not allowed to return to play until evaluated and cleared by a licensed health care provider.
- A SA with increasing symptoms related to a head injury, e.g., worsening headache, nausea or vomiting, increased confusion, garbled speech, lethargy or extreme sleepiness, trouble using their arms or legs, convulsions or seizure activity is transported urgently to the hospital emergency department using emergency services/ambulance. Any SA with neck pain is treated as if a cervical spine injury is present (i.e., cervical spine immobilization, and emergency department transfer).
• If a SA has minimal signs/symptoms of a concussion, and no athletic trainer or team physician is immediately available, the athletic trainer/team physician is contacted to determine a plan for the evaluation of the SA. If unable to contact the UHMAD athletic medicine staff, University Health Services Mānoa may be contacted at 808-956-8965. Campus security is available for transportation.
• When an athletic trainer/team physician is not available during away/road contests, the host institutions’ medical staff is utilized.
• If a SA is assessed or diagnosed with a concussion, the SA is not allowed to return to play on that day.

Management

• All concussed SAs are evaluated by a physician. The timing of this evaluation is dependent on the athletic trainer’s assessment and clinical judgment. The athletic trainer contacts the team physician to discuss appropriate follow-up.
• The team physician’s responsibilities include:
  o Determination of whether additional testing and/or consultation is/are indicated.
  o Educating the SA regarding the importance of reporting all and any symptoms.
  o Determining if any modifications to schoolwork or other demands are necessary (e.g., communication with deans, parents, advisers, and others).
• Follow-up/ongoing management
  o Daily assessment of symptoms.
  o Post-Injury NP testing as determined by team physician.
  o Interpretation of post-injury NP testing may include a consultant neuropsychologist at the team physician’s discretion.
  o Continued daily follow-up with the athletic trainer/team physician once the SA is asymptomatic and ready to progress in physical activities.
• Return to Play Decision
  o Decisions about the timing of absolute rest, progression of activity, and return to play are each individualized and made by the team physician. Contributing factors to this decision making may include information provided by the athletic trainer, SA, neurocognitive testing results, and any additional outside consultations.
  o Concussion risk modifiers considered in the return to play decision making are:
    ▪ Age
    ▪ Prior knowledge of the history of concussions (i.e., number, specifics of injuries, severity of injuries, and how recent)
    ▪ Learning disabilities (e.g., Attention Deficit Hyperactivity Disorder)
    ▪ Migraine history
    ▪ Seizure history
    ▪ Other (e.g., emotional readiness, anxiety, depression, parental concerns)
  o The concussed SA is not allowed to perform any cardiovascular exertion until he/she is symptom-free.
  o A SA with signs/symptoms of concussion at rest or exertion is not allowed to continue play.
  o The progression in activities is step-wise with incremental increases in physical exertion and exposure to contact as follows:
- Cardiovascular challenge (15-20 minutes)
- Unlimited cardiovascular activity, sport-specific activities
- Non-contact drills
- Full-contact drills
- Return to game play
  - Rate of progression in activities and final clearance is determined by the team physician
    - No return to contact is allowed until neurocognitive testing is considered to be normal
    - If NP testing is interpreted as abnormal, NP testing is repeated as appropriate, with at least 48 hours between repeat testing.

- Return to Play Learn Decision
  - The return to learn decision is made by the team physician and supported, as needed by academic advisors.

- Clearance and Final Follow-Up
  - Final clearance is made by the UHMAD team physician
  - SA receives education regarding the importance of reporting all symptoms.
  - Repeat NP testing for returning SA who sustained a concussion during the previous season to establish new “baseline.”
INTERNAL MANAGEMENT REGULATION AND PROCEDURES FOR DRUG EDUCATION AND TESTING OF STUDENT-ATHLETES AT THE UNIVERSITY OF HAWAII AT MANOA

I. STATEMENT OF PURPOSE OF THIS REGULATION

A. The protection of the health and safety of our student-athletes is one of the highest priorities of the Athletics Department at the University of Hawai‘i at Mānoa. Student-athletes who use illegal or prohibited substances may harm not only themselves but also those with whom and against whom they compete.

B. The purpose of these regulations and procedures regarding the education and drug testing of student-athletes is to protect the student-athletes at the University, to protect the integrity of the intercollegiate athletics program, to provide a deterrent to the use of prohibited drugs, and to do so without unnecessary interference in the student-athletes’ private lives. Student-athletes, for the purposes of this Regulation, means any student at the University who appears on the University’s official National Collegiate Athletic Association (“NCAA”) squad list for any sport or who intends to participate in varsity intercollegiate athletics.

C. This policy is not to be construed as a contract between the institution and the student-athletes at University of Hawaii at Mānoa. However, signed consent and notification forms shall be considered affirmation of the student-athletes’ agreement to the terms and conditions contained in this policy.

D. The specific objectives of the University’s education and drug testing program established by this Regulation include the following:

1. To educate student-athletes about substance use and abuse and the effects it may have on their health and well-being as well as the health and well-being of their teammates and competitors;
2. To prevent the student-athletes’ use of prohibited substances (described in Schedule A NCAA Banned Drugs, attached to this Regulation) including performance-enhancing substances which may provide an unfair advantage over opponents;
3. To identify any student-athlete that may be using prohibited substances and to identify the prohibited substance(s);
4. To require student-athletes who test positive for any prohibited substance to participate in drug assessment, education, and/or counseling programs;
5. To provide reasonable safeguards to assure that student-athletes are medically competent to participate in practice or competition;
6. To attempt to assure that student-athletes are fit for the rigors of intercollegiate athletic practice or competition in an effort to minimize the risks of serious injury to the student-athlete and others;
7. To encourage discussion about questions the student-athletes may have about the use of a prohibited substance or other drugs;
8. To help assure that the University’s intercollegiate athletic teams will be in compliance with NCAA drug testing rules, so that the University’s student-athletes and/or teams will not be disqualified from participating in University or any NCAA-sponsored competition; and
9. To uphold and safeguard the integrity of the University’s athletic programs.
10. To operate a program of monitoring that is separate and distinct form the NCAA Drug Testing Program.

II. EDUCATION

All student-athletes shall:

A. Attend a presentation by the University Athletics Department staff which includes the institution’s drug education and testing program provided in this policy.

B. Participate in and fully complete all Alcohol, Tobacco, & Other Drug education programs provided by the Athletics Department (e.g. “My Playbook Program”).

C. A student-athlete’s failure to comply with part II.A. will result in non-clearance for athletics practice or competition. A student-athlete’s failure to comply with part II.B. at the first possible time after initial participation in the intercollegiate athletics program at the University may be cause for immediate suspension from all team activities until such time as the student-athlete comes into compliance with this part. Any non-clearance or suspension may be reconsidered upon the presentation of pertinent facts or mitigating circumstances made to the Athletics Director or Designee within 72 hours of receiving notice of the non-clearance or suspension.

III. PROHIBITION

Prohibited substances are those listed in Schedule A (NCAA Banned Drugs) attached to this regulation. NCAA testing may include any and all of these substances. The University will only test for those substances that are listed on Schedule A at the time of testing.

IV. ADMINISTRATION OF THIS REGULATION

A. This Regulation shall be administered by the Athletic Department of the University of Hawaii at Manoa.

B. It is the intention of the University to implement this Regulation in such a way as to recognize and protect, as much as possible, the dignity and privacy of its student-athletes.

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C. Prior to testing, the University shall make presentations to the University's various athletic squads and respond to questions about the purpose and procedures of this Regulation. Student-athletes will be required to review this Regulation on the compliance software program.

D. The Compliance Drug Testing Site Coordinator shall receive and compile all written laboratory reports for analysis and review, and share these reports and the information contained in the reports only with the following persons: Athletics Director or Designee, Head Coach of the student-athlete's team, the Team Physician, the Head Trainer and other persons authorized by law. A student-athlete who has a positive test result shall be permitted to obtain a copy of his/her laboratory reports upon request by the student-athlete.

E. The University will use its best efforts to prevent the information regarding the drug testing results of a student-athlete from being released to any person other than the persons identified in this part IV. D unless the release is authorized by the student-athlete's written consent or is otherwise pursuant to law. All persons in the employ of the University with knowledge of the test results will use their best efforts to protect the confidentiality of the test.

V. CONSENT FORM

A. Each student-athlete will be asked to sign an Agreement, Consent and Receipt form ("Consent Form") provided by the University through its compliance software program.

B. The Consent Form shall provide, among other things, that the student-athlete has been informed of and understands this Regulation and voluntarily consents to submit to drug testing for prohibited substances and that the student-athlete agrees to be bound by all of the terms of this Regulation. Further, by signing the Consent Form, the student-athlete will consent to a release of the drug testing information to a limited group of people responsible for the administration of this Regulation, his or her parent(s) or guardian(s) and to other persons authorized by law. The University shall provide sufficient time for the student-athlete to review this Regulation and the Consent Form, and to ask questions that the student-athlete may have. The University will use its best efforts to answer all questions asked by the student-athletes.

C. Any student-athlete who does not wish to sign the Consent Form may choose not to do so. Student-athletes who do not sign the Consent Form shall not be permitted to participate in intercollegiate competition or practice.

D. As used in this Regulation, "intercollegiate competition or practice" means all University or NCAA-sponsored competition or practice.

VI. GENERAL STANDARDS

A. Evidence of presence of a banned substance and/or metabolite will be from analysis of the student-athlete's urine and confirmation by an approved certified and/or accredited laboratory through mass spectrometry in combination with gas chromatography, liquid chromatography or isotope mass spectrometry, or other approved methods. The method of testing for erythropoietin (EPO) is isoelectric focusing (IEF) with immunoblotting, and other approved methods. Drug testing agency will be selected by the University to analyze urine specimens from student-athletes.

B. Testing for performance-enhancing drugs will be done at a World Anti-Doping Agency (WADA) accredited laboratory.

C. Types of Drug Testing:

The University may test the student-athletes' urine at the following times:

1. Student Athletes/Teams

   Around the time of their pre-season physical examination, any incoming or returning student-athlete or team(s) may be required to provide to the University a urine sample in the manner described in part VIII of this Regulation.

2. NCAA championships or licensed post season bowl games

   Prior to any athletic squad’s participation in NCAA championships or licensed post season bowl games, all student-athletes on that athletic squad who are subject to participation in the NCAA’s year around drug testing program may be requested to provide to the University a urine sample in the manner described in part VIII of this Regulation.

3. Random Testing

   The University may test any student-athlete chosen through a random selection process administered at any time throughout the year, including summer (if student-athletes are engaged in mandatory or voluntary team practices/activities or individual workouts under the supervision of any member of the coaching staff) as described in part VII of this Regulation.

4. Previous Positive Test

   The University may test those student-athletes who previously tested positive during the time for intercollegiate competition and practice of the student-athletes' squad or when engaged in voluntary or mandatory summer workouts and returned to participation. The frequency of retesting shall be as follows:

   a. For marijuana and/or THC: a retest for marijuana or THC shall not occur less than 30 days after a prior positive test result for marijuana or THC. However, a student-athlete with a prior positive test result for marijuana or THC may be retested in the time limits established part VI.C.4.c of this Regulation, for substances other than marijuana or THC.

   b. For anabolic steroids: a retest for anabolic steroids shall not occur less than 180 days after a prior positive test for anabolic steroids. However a student-athlete with a prior positive test result for anabolic steroids may be retested in the time limits established in part VI.C.4.c of this Regulation, for substances other than anabolic steroids.
c. For all other prohibited substances: a retest shall not occur less than 5 days after a prior positive test result.

5. **Reasonable Suspicion**

The University may test a student-athlete at such other time that the University has a reasonable suspicion or belief that the student-athlete in question may be using prohibited substances at any time a student-athlete is engaged in intercollegiate competition or practice of the student-athlete’s squad, or voluntary or mandatory summer workouts run by a member of the coaching staff. “Reasonable suspicion” or “reasonable belief” on the part of the University justifying a urine test means those circumstances where the University reasonably believes, based upon specific and articulable facts together with rational inferences from those facts, that a student-athlete may be consuming prohibited substances in violation of this Regulation. Based upon this standard, “reasonable suspicion” or “reasonable belief” may include, but is not limited to:

a. Specific evidence of the use of a prohibited substance by a student-athlete, including hearsay evidence deemed reliable by the Medical Review Officer, Athletics Director or Designee;

b. Evidence of a rapid, marked change in the athletic performance of a student-athlete;

c. Evidence of a student-athlete exercising obviously impaired judgment or thought processes; or

d. Evidence of apparent drug-induced impairment, or intoxication on the part of the student-athlete, such as irritability, loss of temper, poor motivation, missing appointments, not attending class, staggering or difficulty walking, slurred speech, and excessive talking, that is not explained by the student-athlete to the appropriate University official in a satisfactory manner.

6. The University may not test any student-athletes’ urine after the student-athlete either totally ceases to participate in the University’s athletic programs for intercollegiate competition and practice or is no longer receiving scholarship benefits from the University or participating in athletic conditioning or practice with teams in a non-competitive capacity.

**VII. RANDOM SELECTION PROCEDURE**

A. All student-athletes listed on an official NCAA squad list, maintained by the Director of Compliance, shall be eligible for random selection.

B. The Drug Testing Coordinator shall instruct the drug testing agency to select student-athletes by using a two-step process. First, the agency shall select ten (10) student-athletes from a list of all student-athletes eligible for random selection. Second, the agency shall select two (2) student-athletes from a list of student-athletes eligible for random selection from within an individual team, selected at the discretion of the Athletics Director or Designee.

C. The drug testing agency will then notify the Drug Testing Coordinator through secure e-mail of the students to be tested.

D. The Drug Testing Coordinator shall then notify the student-athletes no more than twenty-four (24) hours in advance; providing the date, time, and location where the student-athlete must appear.

E. Failure to report for and submit to a random drug test will be considered a positive test in accordance with part IX.A.1 of this Regulation.

**VIII. DRUG TESTING PROCEDURE**

A. Only those persons authorized by the institution will be allowed in the collection room.

B. 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.

C. 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.

D. 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.

E. The institutional collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.

F. The student-athlete will be responsible for keeping the collection beaker closed and controlled.

G. 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.

H. 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.

I. 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.

J. Upon return to the collection room, the student-athlete will begin the collection procedure again.

K. Once an adequate volume specimen is provided; the institutional collector will escort the student-athlete to the specimen processing table.

L. The specimen processor will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.
M. 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.

N. 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.

O. If the laboratory determines that a student-athlete’s sample is inadequate for analysis, at the client’s discretion, another sample may be collected.

P. 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.

Q. 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.

R. 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 (50 mL in A vial; 60 mL in B vial).

S. 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.

T. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.

U. 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.

V. The student-athlete is then released by the institutional collector.

W. 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.

X. 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.

Y. The samples then become the property of the client.

Z. If the student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.

IX. POSITIVE TEST RESULT

A. A “positive test result,” for the purposes of this Regulation, shall occur:
   1. When the student-athlete fails or refuses to provide a urine sample to the University upon the University’s request pursuant to part VI.C. of this Regulation;
   2. When, under the drug testing procedure described in part VIII, laboratory tests confirm positive results for a prohibited substance(s);
   3. When the student-athlete tests positive in an NCAA sponsored drug test.

B. Whenever a positive test result occurs, the student-athlete shall be immediately verbally notified of the positive test result by the Medical Review Officer. The student-athlete who is notified of a positive test result may, within 72 hours from the time of notification, request a meeting with the Medical Review Officer to review the test procedures used, to discuss the situation of the student-athlete, and to allow the student-athlete to provide pertinent facts or mitigating circumstances, including medical justification for the use of the prohibited substance.

C. If, following the meeting between the Medical Review Officer and the student-athlete, the Medical Review Officer is satisfied that the positive test result is based upon a defective testing procedure, that the student-athlete was not properly subject to testing at the time the urine specimen was provided to the University (as established in part VI.C. of this Regulation), or that the positive test result is otherwise improper under this Regulation, the Medical Review Officer shall nullify the positive test result and no consequences under part X of this Regulation shall occur and no record of the positive test result shall be made.

D. Upon confirmation of the positive test and consideration of the facts and circumstances provided by the student-athlete, the Medical Review Officer will relay the positive test result and the consequences to be imposed under part X of this Regulation. The information will be relayed to the Athletic Director or Designee, who will provide that the written notification may be left at the residence of the student-athlete if the student-athlete cannot be located within a reasonable period of time.

X. APPEAL PROCESS

A. The student-athlete who is notified of a positive test result may, within 72 hours from the time of receipt of the written notification of the positive test result, request a meeting with the Athletics Director or Designee to provide any information that
the student-athlete feels is relevant to the situation. All requests for a meeting must be in writing. The meeting with the Athletics Director or Designee will occur as soon as reasonably possible following the student-athlete’s request for a meeting.

B. The consequences imposed by the Athletics Director or Designee set forth in the written notification of the positive test result shall take effect 72 hours after the time of delivery of the written notification to the student-athlete unless the student-athlete has requested a meeting with the Athletics Director or Designee under part IX.C. If a meeting with the Athletics Director or Designee is requested, consequences imposed by the Athletics Director or Designee shall take effect immediately after the meeting with the Athletics Director or Designee, unless the Athletics Director or Designee establishes a different time.

C. The student-athlete may appeal the decision of the athletics director or Designee to the Committee on Drug Testing for restoration of the student’s athletic eligibility or the duration of the ineligibility. If the student-athlete appeals, the consequences will be delayed until the appeals hearing is held and the committee affirms the declaration.

D. The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athletes must present his or her own case. Either the student-athlete or the other parties involved may request an extension of time to the Director of Athletics, who will consider whether to grant the extension upon a showing of good cause. The proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential.

XI. CONSEQUENCES OF POSITIVE TESTS

A. Upon receipt of written notification of a positive test result, the student-athlete will be immediately prohibited from further participation in intercollegiate competition and practice until further plans for treatment and/or sanctions have been resolved.

B. All student-athletes who have a confirmed positive test result for other than a performance-enhancing drug shall be subject to the following consequences:

1. **1st positive test result** - no mandatory suspension from intercollegiate competition and practice. However, a student-athlete may be withheld from participation in intercollegiate competition and practice if his or her continued participation may represent a health and safety risk to the student-athlete and/or others, as determined by the medical evaluation and substance abuse assessment described in Part X.E;

2. **2nd positive test result** - medical evaluation and 30-day suspension from all intercollegiate competition and practice; and

3. **3rd positive test result** - medical evaluation and one-year suspension from all intercollegiate competition and practice.

4. Any prior positive test result of a student-athlete under this Regulation, (except those nullified under part IX.G. of this Regulation) regardless of when it occurred, shall count as a prior positive test result for purposes of this part X.B. of this Regulation.

C. All Student Athletes who Test Positive for Performance-Enhancing Drugs Will Be Subject to the Following Heightened Sanctions, In Addition to Those Listed Under Part B Above:

1. **1st Offense** - The student-athlete will remain ineligible for competition through the time period ending one calendar year after the student-athlete’s positive test, and until the student-athlete re-tests negative.

2. **2nd Offense** - Permanent expulsion from all teams, and termination of athletically-related financial aid.

D. Consequences of Manipulation: Any attempt to manipulate the results of a testing procedure, by providing urine in any way other than explicitly proscribed by the drug testing procedure in part VIII of this Regulation, or by ingesting any substance with the intent of masking the presence of banned substances, or any use of diuretics will result in an automatic one year ban from University-sponsored intercollegiate athletics.

E. A student-athlete receiving a positive test shall complete a physical examination by the Team Physician including a substance abuse assessment and actively participate in drug assessment, counseling and/or a treatment program designated by the University Medical Review Officer. Following a suspension, the student-athlete complete re-entry testing prior to participating in any varsity athletic intercollegiate practice or competition. The student-athlete must be medically released by the team physician prior to participating in any varsity intercollegiate athletic practice or competition and shall provide an additional urine sample that shall indicate no evidence of any prohibited substances.

1. The student-athlete’s failure to actively participate in designated drug assessment and/or education and/or counseling and/or treatment programs shall be an independent basis for on-going suspension of the student-athlete from all intercollegiate competition and practice and, in manner set forth in part X.F. of this Regulation, may cause the loss of the student-athlete’s athletics grant-in-aid or scholarship. The student-athlete’s participation in drug assessment and/or education and/or counseling and/or treatment programs shall be closely monitored by the Head Coach of the student-athlete’s team. The Head Coach shall report such progress to the Athletic Director for informational and decision-making purposes.

F. In addition to the other consequences set forth in this part X, for each positive test result, the student-athlete may be subject to the loss and/or non-renewal of his/her grant-in-aid or scholarship in accord with the terms of the financial aid agreement.
between the student-athlete and the University (as set forth in the University of Hawaii Athletic Agreement) and in accord with the University rules (including but not limited to the Student Conduct Code) and the NCAA Constitution, Bylaws and Rules.

G. In addition to the other consequences set forth in part X, for each positive test result, the student-athlete may also be subject to other sanctions in the manner and on the terms set forth in the Student Conduct Code.

H. Positive test results shall be made part of the student-athlete’s record kept by the University, except as provided in part IX.G. of this Regulation.

XII. STUDENT-ATHLETE DUTY TO REPORT / SAFE HARBOR

A. Student-athletes shall report to the University, in writing, his/her use of growth hormone (human, animal, or synthetic) and/or local anaesthetics and/or cortico-steroids, and such other substances proscribed by the NCAA Constitution, Bylaws or Rules, and shall provide to the University such information about such substances as required by the NCAA Constitution, Bylaws or Rules.

B. A student-athlete eligible for the Safe Harbor Program may refer himself/herself for voluntary evaluation, testing and treatment for alcohol or drug problems. A student-athlete is not eligible to enter the Safe Harbor Program:
   1. More than one (1) time;
   2. After he/she has been informed of an impending drug test;
   3. After documentation of a positive drug test; or
   4. Thirty (30) days prior to NCAA or Conference postseason competition.

C. University of Hawaii at Manoa will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative sanctions except those listed in this section (i.e. the team physician may suspend the student from play or practice if medically indicated). A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan.

D. If a student-athlete is determined to have new banned substance use and/or alcohol use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate disciplinary actions as detailed in the University of Hawaii Department of Athletics Drug Testing Policy and Procedures. Entering the Safe Harbor Program will be treated as one of the disciplinary action phases and any positive test indicating new banned substance use and/or alcohol use after the initial Safe Harbor Program test will be treated as the next subsequent positive.

E. While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by University of Hawaii. Students in the Safe Harbor Program may be selected for drug testing by the NCAA.

F. The Director of Athletics, Team Physician, Head Athletic Trainer, and the student-athlete’s Head Coach may be informed of the student-athlete’s participation in the Safe Harbor Program. The athletic trainer assigned to the student-athlete’s sport may also be notified if medically appropriate. The assistant coaching staff may also be informed at the discretion of the Head Coach. Other University employees may be informed only the extent necessary for the implementation of this policy.

XIII. SEVERABILITY

This regulation is severable. If any part of this Regulation is found to be invalid, the remaining part of it remains valid.

This Regulation and its administration is subject to change at any time. However, any change will only be implemented by action of the Athletics Director or Chancellor of the University of Hawaii at Manoa, and will not be applied retroactively if that would adversely affect a student-athlete’s rights.

XIV. FORMS

The following forms will be used to comply with this policy:
- Student-Athlete Consent Form
- Student-Athlete Notification Form
- Banned Drug Classes

XV. EFFECTIVE DATE

This Regulation shall take effect on ____________________

CONCUR:

ROBERT BLEY-VROMAN
Chancellor, University of Hawaii, Manoa

BEN JAY
Athletics Director, University of Hawaii, Manoa

Rev 11/14
SCHEDULE A

2014-15 NCAA Banned Drugs

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

The NCAA bans the following classes of drugs:

- 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

**Note:** Any substance chemically related to these classes 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.

Drugs and Procedures Subject to Restrictions

- Blood and Gene 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 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 banned substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

**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-androstatrienone): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, 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 (carrenone); 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; ATD, clomiphene etc.

**Beta-2 Agonists:** Bambuterol; fomoterol, salbutamol, salmeterol etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting). Any substance that is chemically related to the class, 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 the Resource Exchange Center, 877-202-0769 or [www.drugfreesport.com](http://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.

Last Updated: November 19, 2014
AGREEMENT, CONSENT, AND RECEIPT

(CONSENT FORM)

I. DEFINITIONS
"Consent Form" means this document entitled "Agreement, Consent, and Receipt" and provided pursuant to the Regulation. "I" means the student-athlete signing this Consent Form and includes student-athletes under the age of 18 who sign this form through their parents or guardians as well as on their own behalf. "Prohibited Substances" means the substances described in Schedule A (NCAA Banned Drugs) attached to the Regulation (as it may from time to time be amended). "University" means the University of Hawaii at Manoa. "Regulation" means the Internal Management Regulation and Procedures for Drug Education and Testing of Student-Athletes at the University of Hawaii at Manoa (______________).

II. UNDERSTANDINGS
A. I understand that I do not need to sign this Consent Form.
B. I understand that if I do not sign this Consent Form, then I will not be eligible to participate in the University’s athletic programs for intercollegiate competition and practice.
C. I understand that any positive test result (as defined in part VIII of the Regulation) will become part of my records at the University and will not be available to other persons except those authorized below and except as provided by Family Education Rights and Privacy Act, 20 U.S.C. §1232g, Hawaii Rev. Stat. Ch. 92F, and other applicable laws.
D. I understand that my urine specimen will be tested for the presence of any of the prohibited substances listed in Schedule A (NCAA Banned Drugs).

III. AGREEMENT AND CONSENT
A. I consent to be tested for evidence of the presence of any prohibited substance in my body through the analysis of my urine in the manner and at such times as specified in the Regulation.
B. I hereby acknowledge that I have been given a complete copy of the Regulation and this Consent Form and have read them.
C. I have been given the opportunity to ask any question about the Regulation and this Consent Form, and to have my questions answered by the University.
D. I understand the Regulation and this Consent Form, and agree to be bound by ALL of the terms of the Regulation and will cooperate with respect thereto.
E. I know and accept that the Regulation contains consequences if tests show forbidden amounts of a prohibited substance in my body. Among the consequences are being suspended from the team, participation in a drug assessment, education, counseling, and/or treatment programs, loss of scholarships or other financial aid, and other consequences spelled out in part IX of the Regulation.
F. I know and accept that the Regulation prohibits me from taking prohibited substances, including illegal drugs, drugs prescribed by my doctors, and non-prescription drugs.
G. I know that I can suffer consequences under the Regulation even though I did not know I was violating the Regulation. To minimize this possibility, I agree to inform the team physician of ALL drugs or medications I take or intend to take. I also will send copies of Schedule A of the Regulation and parts VII and X of this Regulation (identifying the prohibited substances) to all of my doctors so my doctors will know which substances are prohibited by the Regulation.
H. I agree that all urine provided by me under the Regulation becomes the sole property of the University.
I. I consent to my parent(s) and/or guardian(s) being notified in the event that a test of my urine shows the presence in my body of a prohibited substance.
J. I consent to the release of all drug test results based upon analysis of my urine to the Athletics Director or his designee, the Head Coach of my team, the Team Physician, the Head Trainer, and other persons authorized by law.

IV. FOR STUDENT-ATHLETES UNDER THE AGE OF 18
I will notify the University, in writing, within seven days after my 18th birthday if I do not wish to agree to this Consent Form and the Regulation. By my failure to so notify the University and by my continued participation in an intercollegiate athletic program (competition or practice) after I attain the age of 18, I understand that I will continue to be bound by this Consent Form and the Regulation.

V. GENERAL
A. This Consent Form is severable. If any part of this document is found to be invalid, the remaining parts remain valid.
B. This Consent Form, together with the Regulation, is the entire understanding I have with the University concerning testing for prohibited substances. Neither I nor the University can alter the terms of this Consent Form except in writing, signed by me, and my parent(s) or guardian(s) if I am under the age of 18, and by the University.

Rev 11/14
CONSENT AND RECEIPT

I hereby consent and acknowledge receipt of a copy of (1) this consent form and (2) the Regulation, and been given the opportunity to ask question regarding the Drug Education & Testing Program implemented for the Department of Intercollegiate Athletics at the University of Hawaii at Manoa. I understand the policies, procedures and my responsibilities as described in such policy.

University of Hawaii, its officers, employees, and agents are hereby released from legal responsibility and/or liability for the release of any information and/or record as authorized by this consent form. I fully and forever release and discharge the aforementioned parties from any claims, demands, rights of action, or cause of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from my participation in University of Hawaii at Manoa’s Drug Education & Testing Program including those claims, demands, rights of action, or cause of action arising out of any positive result under such Drug Education & Testing Program.

________________________________________  __________
Signature of Student-Athlete               Date

________________________________________  __________
Signature of Parent/Guardian               Date
(if student-athlete is under the age of 18)

________________________________________  __________
Print Name of Student-Athlete               Date of Birth

________________________________________  __________
(ID#)                                      Sport
Nutrition Program

• Meal Plans or Meal Money in Scholarships
• Per Diem ($45) and/or meals while on the road
• Pre & Post Game Meals
• Weight Room: Fruit, Milk, Juice and Muscle Milk Products
Nutrition Program

• Snacks – Can be provided anytime
• Supplemental Meals – Available to all Student-Athletes on days when they have team practices.

2014-2015  Budgeted: $300,000
            Spent: $254,005

2015-2016  Budgeted $400,000
            Spent $158,198 as of 1/31/2016