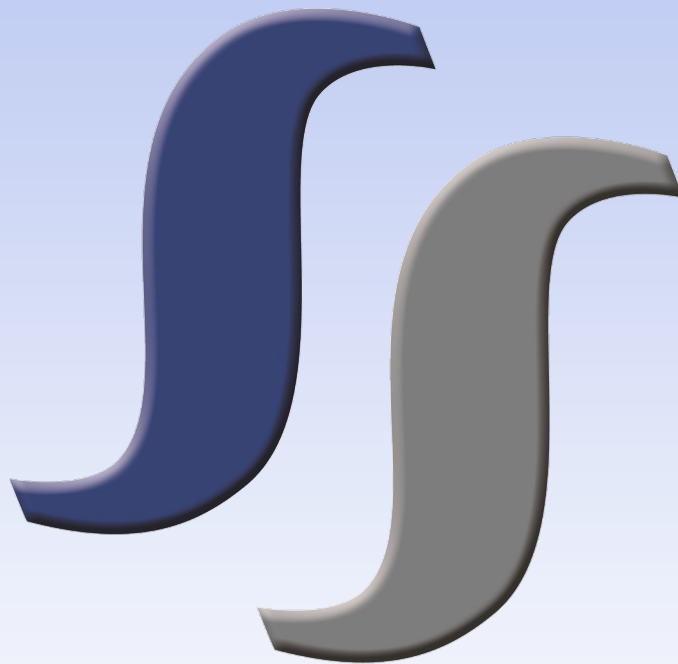


SPORT SAFE

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How to Start a Drug Testing Program at My School

Developing a policy is a team oriented effort that requires the help of numerous school officials, coaches, counselors, parents, students, and sometimes local law enforcement. Each of these individuals will have an integral part to play because they each bring perspective to the situation. With their help you can create a program that maximizes deterrence and intervention. Follow the steps below to develop the best policy for your school and your community!

Step 1. Get information to the leaders of your school!.

In most cases this will be a Principal, Athletic Director, Board Member, or Superintendent. Let them know the people that support this effort and encourage them to seek more information. It is a strong message when administrators stand up and initiate proactive programs. Student drug testing works!

Step 2. Create a task force that will include the above-mentioned parties.

Invite a representative to come and speak about the pros and cons of drug testing. This is a great opportunity to utilize **SPORT SAFE** to ensure that your district gets the right information. This meeting can take place at any time and is free to your district. Create a list of questions and concerns.

Step 3. Draft a policy.

Policies are very consistent these days due to the recent Supreme Court Rulings. Many sample policies are available on the web at www.sportsafe.com. We can also contact a school nearby that may be willing to share their efforts with you. The main points that you will discuss as a team are the purpose statement and response to a positive test. These areas are customized to fit your school's needs and require a lot of attention. Be sure the district's attorney has a chance to review your policy to insure compliance with State and Federal laws.

Step 4. Select a Vendor.

While policies are becoming consistent, drug testing methods are not. Many companies are beginning to offer their services to schools and utilizing the same methods they use for corporate DOT tests.

Other methods are now available which include saliva, sweat, hair, and urine on-site kits. While each of these methods have advantages, none compare to the industry standard of the laboratory-based urine testing. Do not be sold a device or laboratory, make an informed decision on what methods will work best for you! Contact your **SPORT SAFE** representative for a more detailed explanation of available methods.

Step 5. Present your program to the Board.

This is the most crucial stage of development because it requires a perfect blend of support and media attention. When you present your policy, be sure to have all of your supporters there to show the Board that this is the will of the community and not just a select few. Invite the media to be a part of the meeting so that your efforts will be amplified to the surrounding communities. Many schools like to ask the Board at an earlier stage for their blessing to ensure some support. You don't want to work for a month on a policy and have it turned down later by the Board in a 7-0 vote. If necessary, your representative can be there to answer questions in front of the Board. Remember that most policies need time to pass through the Board so be sure to give them plenty of time in case they ask for revisions. If all goes well, you will have a sound program in place that will effectively deter the use of drugs and alcohol in your school.



Drugs of Abuse

Time of Detection in Urine

Drug	Time of Detection
Alcohol	12 hours
Alcohol (ETG)	Up to 80 hours
Amphetamines	1 to 2 days
Anabolic Steroids	Water Soluble = 7 to 14 days Fat-soluble inj = 1-2 months
Barbiturates	1 to 14 days
Benzodiazepines	1 to 14 days
Cocaine	12 to 48 hours
Ecstasy	24-48 hours
LSD	34-120 hours
Marijuana	Occasional Use: 1 to 7 days Chronic Use: 1 to 4 weeks
Methadone	1 to 7 days
Nicotine	7 to 40 hours
Opiates	1 to 3 days
Phencyclidine	Occasional Use: 1 to 8 days Chronic Use: Up to 30 days
Propoxyphene	1 to 3 days

Drugs of Abuse

Screening and Confirmation Cutoffs

Drug Name	Screening Cut-off	Confirmation
Alcohol (ETG)	20 mg/dL (0.02%)	.02 g/dL
Amphetamines	1000 ng/mL	500 ng/mL
Anabolic Steroids		
Barbiturates	300 ng/mL	200 ng/mL
Benzodiazepines	300 ng/mL	200 ng/mL
Cocaine	300 ng/mL	75 ng/mL
Ecstasy	5 ng/mL	5 ng/mL
LSD	0.5 ng/mL	
Marijuana	20 ng/mL	10 ng/mL
Methadone	300 ng/mL	200 ng/mL
Nicotine	500 ng/mL	200 ng/mL
Opiates	300 ng/mL	300 ng/mL
Phencyclidine	25 ng/mL	25 ng/mL
Propoxyphene	300 ng/mL	200 ng/mL



All drugs of abuse screens are performed using enzyme immunoassay (EIA). Confirmations of a positive drug screen are performed by gas chromatography/ mass spectrometry (GC/MS) which conclusively identifies a drug at no additional expense (from SPORT SAFE). Each test, negative or positive, has a laboratory report for legal record.

Detectable Drugs:

Alcohol*	Marijuana*
Amphetamines*	MDMA* (Ecstasy)
Anabolic Steroids	Methadone*
Barbiturates*	Nicotine
Benzodiazepines*	Opiates* (Codeine)
Cocaine*	Oxycodone*
Phencyclidine*	LSD
Propoxyphene*	Methamphetamine*

***13 Drug Test Panel**

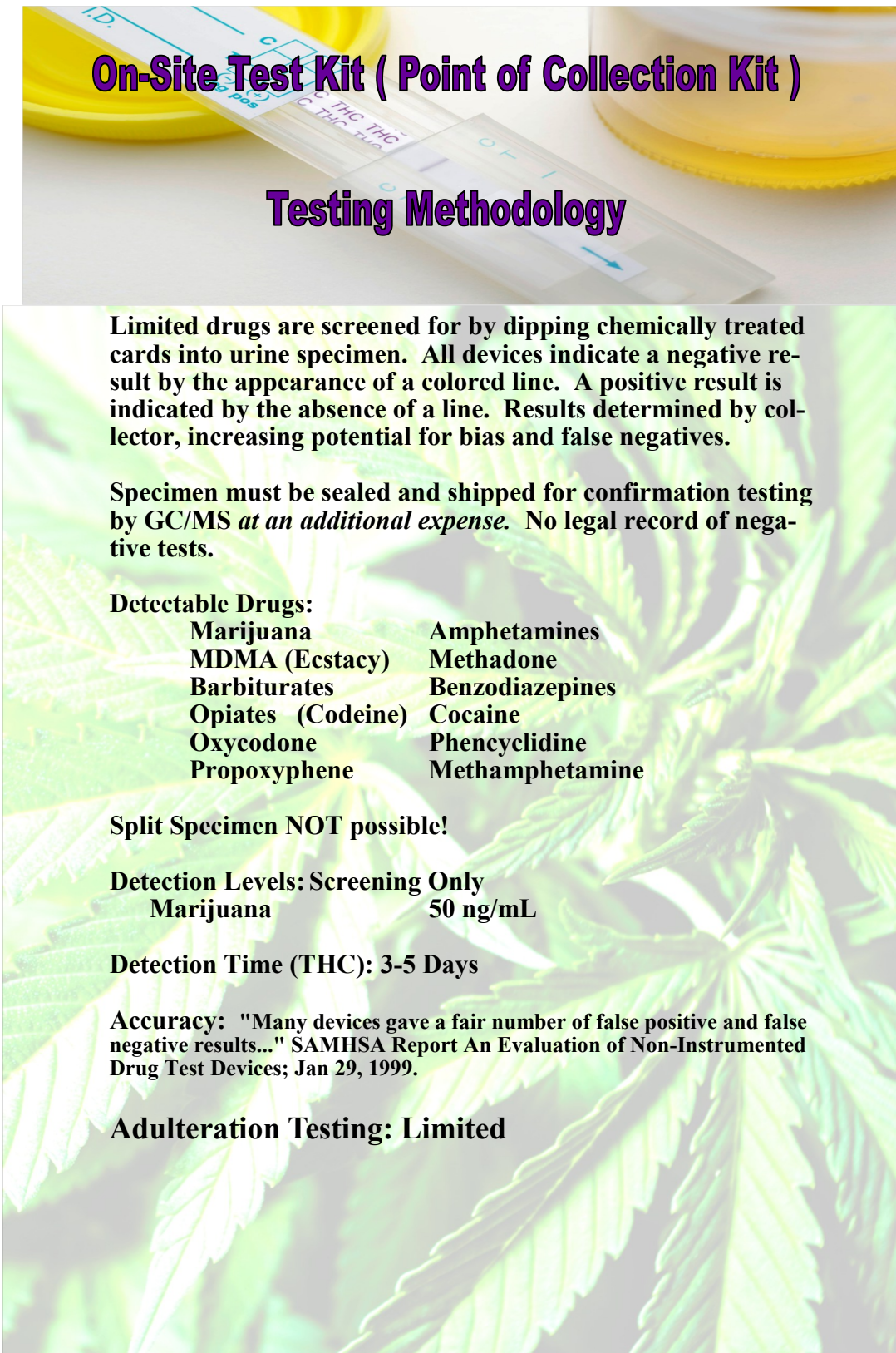
Split Specimen Possible

Detection Levels: Screening and Confirmation levels can be lowered for zero tolerance programs

**Detection Time (THC): Occasional Use 7-10 days
Chronic Use: 30+ days**

Accuracy: 0% False Positives. Results upheld by U.S. Supreme Court many times.

Adulteration Testing: 17 separate test parameters



On-Site Test Kit (Point of Collection Kit)

Testing Methodology

Limited drugs are screened for by dipping chemically treated cards into urine specimen. All devices indicate a negative result by the appearance of a colored line. A positive result is indicated by the absence of a line. Results determined by collector, increasing potential for bias and false negatives.

Specimen must be sealed and shipped for confirmation testing by GC/MS *at an additional expense*. No legal record of negative tests.

Detectable Drugs:

Marijuana	Amphetamines
MDMA (Ecstasy)	Methadone
Barbiturates	Benzodiazepines
Opiates (Codeine)	Cocaine
Oxycodone	Phencyclidine
Propoxyphene	Methamphetamine

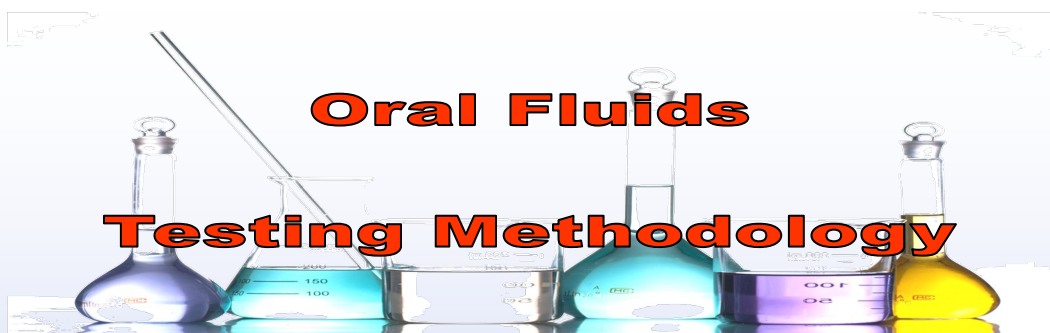
Split Specimen NOT possible!

Detection Levels: Screening Only
Marijuana 50 ng/mL

Detection Time (THC): 3-5 Days

Accuracy: "Many devices gave a fair number of false positive and false negative results..." SAMHSA Report An Evaluation of Non-Instrumented Drug Test Devices; Jan 29, 1999.

Adulteration Testing: Limited



Limited drugs are screened for by first inserting a pad between the cheek and gum for 2-5 minutes. The specimen is then shipped to the lab for evaluation. Up to 8 drugs of abuse can be screened for using enzyme immunoassay (EIA). Confirmation of a positive drug screen are performed by (GC/MS) which conclusively identifies a drug, *at additional expense*.

Oral fluid tests look for “parent drug compound for THC” and not a metabolite. Parent drug compound can be washed from the mouth very quickly after use.

Detectable Drugs:

Amphetamine	Marijuana (parent compound)
Barbiturates	Methamphetamine
Benzodiazepines	Opiates
Cocaine	PCP

Detection Levels: Screening Only

Marijuana (THC only) 1 ng/mL

Detection Time (THC): ONLY 10 to 24 hours

Accuracy: “After 48 to 72 hours oral fluids are less effective at detecting positives than urine..”

Results have not been upheld in *any* U.S. Court.

M. Peat, Ph.D.; LabOne, Inc.. April 12, 2000

Adulteration Testing: None

How to Select a Medical Vendor for Student Drug Testing

Specialization: Does the Medical Vendor specialize in Student Drug Testing or only have experience in employee or DOT drug testing? The drugs being used by middle and high school students are drastically different than the drugs being used by truck drivers. Your vendor must be familiar with current adolescent drug use patterns and willing to provide additional testing when necessary to discover new abused drugs. **SPORT SAFE** is a national company that specializes in student drug testing and therefore can provide up-to-date resources for student drug testing policy and program administration.

Cut-Off Levels for Drug Detection: The standard DOT cut-off for THC (Marijuana) screening is 50 ng/mL. However, **SPORT SAFE** uses a screening cut-off of 20 ng/mL for THC resulting in far more sensitive testing and earlier detection of occasional drug users. Early detection of the occasional user is important in helping identifying students at risk for drug abuse so early intervention can be done.

Quantitative Reporting for Levels Below Cut-Off: If a drug screen has detectable levels of illicit or banned drugs that are below the cut-off, the test is usually reported negative. However, **SPORT SAFE** will report to the Parents below cut-off levels for abused drugs like marijuana, cocaine or nicotine. These tests cannot be ruled positive since they are below the cut-off, but the presence of such substances could mean that student has been using and enough time has elapsed for them to be below cut-off, or they are hanging with other users. The Parent can then use the information to have a confidential discussion with the student and hopefully encourage the student to avoid future problems by not doing drugs or hanging with those who do.

MRO Certification: Who will serve as the Medical Review Officer for your testing? Is there a single person you can call for questions? Is this individual a licensed physician and certified by

either the **Medical Review Officer Certification Council** (MROCC) or the **American Association of Medical Review Officers**? SPORT SAFE's MRO is certified by the Medical Review Officer Certification Council and serves as the Medical Review Officer for all **SPORT SAFE** drug testing. SPORT SAFE's MRO is available anytime to discuss problems or answer questions concerning drug use, abuse and detection by testing.

Lab Credentials: What lab is used by your vendor? Do they have enough experience in toxicology procedures and chain of custody work (minimum 10 years recommended)? Are they certified by the **Substance Abuse and Mental Health Services Administration** (SAMHSA) following the guidelines of the **Department of Health and Human Services** (HHS)? Will all specimens be initially tested using a highly accurate immunoassay technique, with all presumptive positive results then confirmed by a **Gas Chromatography/Mass Spectroscopy** (GC/MS) confirmatory test? **SPORT SAFE Testing Service** uses only SAMHSA certified laboratories contracted by **SPORT SAFE Testing Service** because of their experience in student drug testing and commitment in this evolving field.

Adulteration Testing: Is every specimen submitted to the laboratory tested for possible adulteration? What adulterants can the lab detect? Are there additional charges for these services? Every urine drug testing specimen collected by **SPORT SAFE** is run through an extensive adulteration detection process that will detect simple to complex adulterants. Since students can learn via the internet how to adulterate specimens in hopes of hiding drug use, it is imperative that all drug testing of students utilize the latest technology to detect possible adulterants. These services are offered automatically on all specimens collected by **SPORT SAFE** at no additional cost to the school.

Policy Interpretation: Does the vendor understand your school policy for drug testing? Your School District has worked hard to develop a comprehensive policy for student drug testing. This policy is far different from an employee drug testing policy which most vendors have nothing to do with anyway. At **SPORT SAFE** we help write the policy for the school then administer the

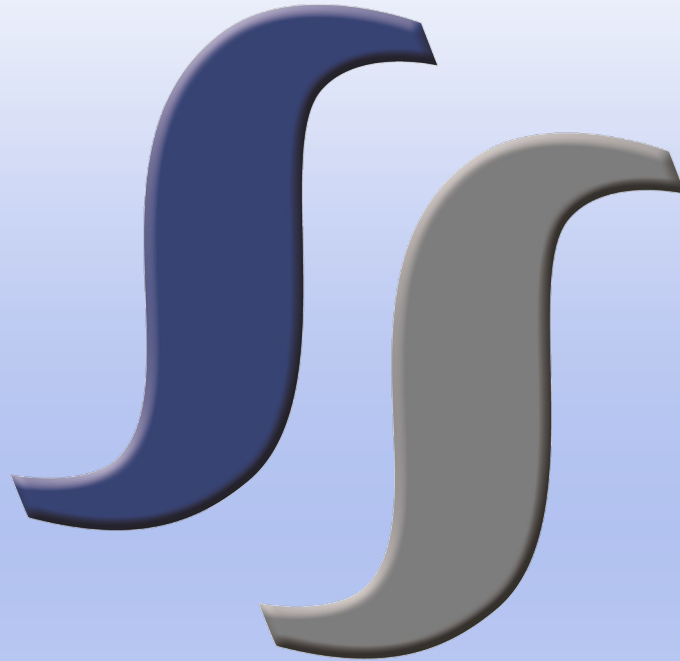
program. Therefore, we can easily understand the individual needs of your school's drug testing program.

Cost: What is the total cost of doing each drug test? Are there hidden set-up fees or account maintenance fees? Does the vendor charge additional for positive tests or adulteration testing? With **SPORT SAFE**, one charge is made for the standard 10-panel drug test (that includes alcohol) which covers all costs from collection, MRO interpretation, adulteration checking and confirmation of any positive by GC/MS. We charge no account maintenance fees.

I hope in evaluating possible vendors to do your student drug testing, you will see that **SPORT SAFE Testing Service** is the leader in the student drug testing industry. We are nationally recognized for our work with schools around the country, helping thousands set up drug testing policies and programs. You can count on **SPORT SAFE** to be on top of drug use patterns by students and ready to recommend improvements to schools each year. Because we are a third party administrator and do NOT own a laboratory or device, you can count on receiving expert, unbiased advice on the development of your program.



SPORT SAFE Testing Service, Inc.



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Helping Shape Tomorrow's Leaders!