

May 12, 2009

Dear Student-Athlete:

As a result of your participation in intercollegiate athletics at Randolph College, you may be randomly selected by the NCAA to be drug tested. You should be aware that some prescription medications, which may include those used to treat attention-deficit disorder (ADD) and attention-deficit hyperactivity disorder (ADHD), asthma, and certain metabolic disorders, are included on the NCAA banned substances list. Medications that require documentation but do not require preapproval by the NCAA include ADD/ADHD medications (Adderall, Concerta, Cylert, Dexedrine, Focalin, Metadate, Methylin, Ritalin, Strattera), asthma medications in pill form, and high blood pressure medications. Anabolic agent and peptide hormone use may also be permitted, but it is necessary to obtain approval by the NCAA before taking these medications while participating in intercollegiate athletics.

The NCAA acknowledges that these medications have legitimate medical uses. If your physician has prescribed one of the medications on the banned substances list, you must submit documentation from your physician to the athletic training staff at the beginning of each school year. We will maintain this information in your file so that in the event of a positive drug test, you will qualify for exception under the NCAA Drug Testing Policy. Documentation from your physician may be either a signed letter or copies of medical notes describing the:

1. Diagnosis of your condition,
2. How the diagnosis was reached (what tests or assessment tools were used in diagnosing your condition),
3. Information about the prescription, including the name of the medication, dosage, and timing.

Additional information and resources are available on the NCAA Health and Safety website (<http://www.ncaa.org/health-safety>) and the National Center for Drug Free Sport website (<http://www.drugfreesport.com>). Please feel free to contact me at 434-947-8541 or csarson@randolphcollege.edu if you have any questions about these procedures.

Sincerely,

Carolyn Sarson, MEd, ATC, LAT
Head Athletic Trainer