

and automobile accidents is well documented.

Health risks associated with marijuana include tachycardia, anxiety, suspiciousness or paranoid thinking, impaired judgement, social withdrawal; in some cases delusional behavior and coordination is affected.

It can also cause bronchitis, decreased vital lung capacity, lower testosterone levels, abnormal sperm, and developed psychological dependence. Marijuana interferes with judgement and reasoning skills, particularly those involved in concept formation, reading, counting, and ability to follow complicated instruction.

Cocaine related health risks include elevated blood pressure, perspiration or chills, nausea or vomiting, painful nosebleeds, nasal erosion, visual or tactile hallucinations, delusions and strong psychological dependence. Amphetamines long term effects include insomnia, malnutrition, and acute psychoses. Depressants cause slowed response time, loss of rational judgment, and decreased coordination and motor skills. Dependence can develop producing serious withdrawal symptoms including death. Hallucinogens may produce tachycardia, heart palpitations, blurring of vision, and tremors. Marked behavioral changes include anxiety or depression, paranoid thinking, impaired judgement, as well as asocial and occupational disfunctioning. Painkillers and narcotic analgesics can quickly lead to physical dependence and withdrawal symptoms.

There are also health risks associated with inhalants and nicotine. With excessive use of caffeine there can be the occurrence of restlessness and psychomotor agitation, nervousness, insomnia, gastrointestinal disturbance, and difficulty concentrating as well as other symptoms.

College Actions

Hope College policies clearly prohibit the illegal use of alcohol and drugs. The college will impose sanctions on students or employees ranging from warning up to and including expulsion or referral for prosecution for violations of college standards of conduct.

Good Faith

The college, in adopting and implementing this policy pursuant to the Drug Free Schools and Communities Act, further certifies that it will make a good faith effort to continue to maintain a safe, drug-free community and to respect the privacy of its students and employees.

Hope College Kinesiology Policy on Alcohol, Tobacco and Illegal Drug Use

Questions about this policy may be directed to Dr. Mark Northuis, Chairperson, 395-7698

Statement of Problem

The Hope College Department of Kinesiology recognizes the use of alcohol, tobacco and illegal drugs as a significant problem on college campuses and for many student-athletes, resulting in negative effects on behavior, relationships, academic performance, and the overall learning environment. The use and misuse of these substances also affects athletic performance as well as team and college morale.

Statement of Education and Prevention

All Hope College student-athletes shall adhere to all College policies with regard to alcohol and illegal drug use. Our student-athletes represent the team and the athletic program in-and out-of-season. The Hope College Department of Kinesiology recognizes its role in preventing alcohol, tobacco, and illegal drug use by student-athletes and promoting health as a part of this policy. This will be evident through the following actions:

1. This policy will be reviewed annually on the Monday evening before classes begin in the fall with all team captains and coaching personnel. The athletic director for women will organize and coordinate this meeting in even numbered years. The athletic director for the men will organize and coordinate this meeting in the odd number years.
2. Each head coach will submit a list of all possible team members to his/her athletic director prior to the Monday evening meeting before classes begin.

3. The head coach of each sport will share this policy with his/her student-athletes and will have one each sign a form stating that he/she has read and understands the policy. These forms will be placed on file with the department secretary.
4. As an institution, Hope College is concerned about the alcohol, tobacco and illegal drug situation. Because of this commitment and for the benefit of the student-athlete, the student judicial system and the Department of Kinesiology will work cooperatively. This means that incidents, reports, and decisions made through the student judicial system will be shared with the Department of Kinesiology and vice versa. Each area has the right to impose additional sanctions to those already imposed.
5. The policy will be revised or affirmed annually at the final department meeting of the academic year. Student-athletes from each term will be invited to this meeting by their head coaches. The department chair person is responsible for this.
6. Each head coach is highly encouraged to provide opportunities for assistant coaches, student-athletes, and other athletic staff to discuss alcohol, tobacco and illegal drug use issues and problems.
7. Each head coach will be evaluated annually by the athletic director on his/her implementation of this policy.

Statement of Purpose

The Hope College Department of Kinesiology Policy on Alcohol, Tobacco and Illegal Drug Use has been designed to assist student-athletes in making decisions regarding their own health and safety and provide a sense of order and discipline.

Statement of Rules

A student-athlete shall not use, be in possession of, or distribute any alcohol or tobacco products while in season. In addition, the student-athlete shall not use anabolic-androgenic steroids, other drugs prohibited by the NCAA or any other illegal drug throughout the entire year. It is not a violation to be in the presence of alcohol through employment.

It is not a violation for a student-athlete to be in possession of or use a drug prescribed from the student-athlete's use by a physician if consistent with the NCAA policy and regulations.

Statement of Procedures

The statute of limitations for infractions expires upon signing the next year's policy.

If a student is written up for violation of an on-campus alcohol violation and has not been consuming alcohol, the student-athlete must do all of the following to clear his/her name and avoid sanctions from the Department of Kinesiology:

Inform the College official at the scene that you are a student-athlete and that you have not been consuming alcohol.

If found innocent of alcohol consumption, the student-athlete can still be found guilty of "in the presence of alcohol" by the Student Development Office.

A "positive" breath test will result in all of the following for the student-athlete:

1. The student-athlete will be found guilty of an alcohol violation by the Department of Kinesiology.
2. The student athlete will be found guilty of an alcohol violation by the Office of Student Development.
3. If the student-athlete is a minor, he/she will be cited by the Holland Police Department for "Minor in Possession," which is a misdemeanor.

In-Season Violation:

An alleged in-season violation is deemed to have occurred when any coach becomes aware of an alleged violation, puts it in writing (if it is not already), and submits it to the athletic director. "In-season" begins the first day a coach may conduct conditioning or skill practices and ends upon completion of the team or individual's final contest including post-season play.

Split seasons will be considered at two separate seasons, each with a beginning and an ending date. In addition, any violation that occurs in the presence of a recruit will be considered an in-season violation.

In-Season/Out-of-Season Violation:

A violation is deemed to have occurred if:

1. The student-athlete is found guilty of a drug or alcohol violation on campus, or
2. The student-athlete is found guilty of any civil and/or criminal infraction concerning drugs or alcohol.

The head coach will meet with the student-athlete, sharing the alleged violation, explaining the policy and process, and answering any questions. At the completion of the meeting, the coach will give a written report to the athletic director on the form provided. A meeting will then be arranged by the athletic director, head coach, and student-athlete, preferably within 48 hours. At the meeting, the athletic director will review the allegation, ask the student-athlete whether he/she is guilty or innocent, allow the student-athlete to share his/her side of the incident and to present witnesses on his/her behalf if he/she desires. Upon the conclusion of this meeting, the athletic director will make a decision and will notify the student-athlete. The appropriate consequences will take effect immediately. The student-athlete has 24 hours to complete a written application of appeal and return it to the athletic director, if new evidence can be presented.

Consequences shall be cumulative across years, beginning with the student-athletes signature acknowledging his/her understanding of policy.

Statement of Consequences

Penalties are to take effect immediately and will be imposed across playing seasons. The MINIMUM consequences for violating these rules are:

First Violation:

The student-athlete shall lose eligibility for one week of intercollegiate sport competition or two calendar dates of intercollegiate sport competition, whichever is less.

Second Violation:

The student-athlete shall be suspended from all intercollegiate sport competition for one-third of a playing season. Percentages will be calculated on the season(s) the penalty is imposed.

Third Violation:

The student-athlete shall be suspended from participating in all intercollegiate sport competition at Hope indefinitely, beginning with the athletic director notifying the student-athlete. At the conclusion of one calendar year, the student-athlete may petition to regain eligibility. To do this, the student-athlete must submit four letters of recommendation to the athletic director. These letters must be written by the Dean of Students, the student-athlete's Resident Director (if applicable), the student-athlete's academic advisor, and the head coach. (In the case of a multi-sport athlete, each head coach would have to write a letter of recommendation.) These letters will be presented to the athletic director who will render a final decision.

Any student-athlete who cannot complete a penalty will forfeit a varsity letter.