

**Guidance: Designation of Athletics Department Resource and Education Related to
Banned Drugs and Nutritional Supplements**

**NCAA Division I Proposal No. 2010-08 NCAA Membership -- Active Membership --
Conditions and Obligations of Membership -- Drug Testing Program -- Designation of
Athletics Department Resource and Education Related to Banned Drugs and Nutritional
Supplements**

Effective August 1, 2011, NCAA Division I institutions will be required to designate a resource person to answer questions from student-athletes and athletic staff members related to nutritional supplements and NCAA banned drugs. This legislation does not require the resource person to possess or develop any particular level of expertise related to NCAA banned drugs or nutritional supplements, but rather to access the Resource Exchange Center (REC), staffed by the National Center for Drug Free Sport, the NCAA third party drug-testing administrator. The NCAA relies on the REC as the sole authoritative resource for questions about whether the ingredients in nutritional supplements or medications contain NCAA banned substances.

To access the REC, call toll free 1-877-202-0769, or go to: www.drugfreesport.com/rec, select NCAA, and insert password *ncaa1*. For supplement questions, select “Ask about Dietary Supplements”. For medication questions, select “Prescription/over the counter drug search”.

Institutional representatives should be aware that dietary supplements may contain “designer” drugs and proprietary ingredients that are not easily matched to any banned drug list. Because of this, the NCAA provides only the classes of banned substances with some examples, rather than longer lists which are constantly changing. The REC is the sole resource to provide thorough and accurate review of listed ingredients.

Further, institutional representatives should advise student-athletes that nutritional supplements are not well regulated and could be contaminated with banned substances that are not listed on the ingredients label. Ultimately, student-athletes are responsible for anything they ingest.

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