



DEPARTMENT OF THE NAVY

UNITED STATES NAVAL ACADEMY  
ANNAPOLIS, MARYLAND 21402-5000

USNAINST 6110.2  
1/Comdt SJA  
07 NOV 1989

USNA INSTRUCTION 6110.2

From: Superintendent

Subj: ANABOLIC STEROID USE BY MIDSHIPMEN

Ref: (a) CNO Washington, DC 272142Z Jul 87 (NAVOP 075/87)  
(b) COMDTMIDNINST 5355.1  
(c) COMDTMIDNINST 1620.10L

1. Purpose. To publish information concerning education of the Brigade of Midshipmen on the dangers of anabolic steroid use and to institute policy and procedure for testing members of the Brigade and responding to positive test results.

2. Information

a. Reference (a) addresses the growing body of evidence concerning the dangers of anabolic steroid use. Anabolic steroids have potential to cause serious long-term damage to the liver, cardiovascular system, immune system, and endocrine system.

b. The use of anabolic steroids by athletes in an attempt to gain an advantage is strictly prohibited by the National Collegiate Athletic Association (NCAA). Furthermore, the NCAA requires its member institutions to make sure athletes in preparation for participation in an NCAA championship or certified post-season football games do not use substances on its list of banned drugs, which includes anabolic steroids.

c. In response to reports of increased use by naval personnel, reference (a) prohibits use of anabolic steroids unless appropriately prescribed by medical personnel. Documentation of the prescription must be inserted into the member's health record.

3. Action

a. Education. The Naval Medical Clinic, Annapolis is assigned the responsibility of command education with regard to steroids. The education program will highlight the potential hazards of anabolic steroid use. While the program will target midshipmen student-athletes, all midshipmen will participate in this training. The Naval Medical Clinic, Annapolis will make sure the program is continually updated to include the most current medical information available.

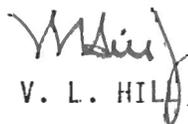
b. Steroid Testing. Reference (b) discusses the use of urinalysis as a means of detection of drug abuse by members of the Brigade of Midshipmen. The ongoing urinalysis program will be modified to make sure that a portion of the samples obtained are diverted to a designated laboratory for steroid

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testing. Steroid testing may also be administered to **entire** athletic teams on a **unit-sweep** basis as directed by the Superintendent and to individual midshipmen when authorized by the Superintendent on the basis of probable cause. Midshipmen suspected of having unlawfully used anabolic steroids may also be requested to consent to urinalysis testing. Samples obtained under any of the foregoing circumstances will be handled per established procedures under strict chain of custody.

c. Response to Positive Test Results. All midshipmen who **test positive** for steroid use shall be subject to disciplinary action as described in reference (c) (Administrative Conduct System). In addition, all student athletes who test positive for steroid use will be suspended from participation in varsity and club sports for the duration of the athletic season in the case of a first incident, and will be permanently suspended from participation in varsity and club sports in the case of a subsequent incident.



V. L. HILL, JR.

Distribution:

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