

Parent Athlete Handbook 2021/22

Rights and Responsibilities
Health and Safety
Drug Testing Policies and Procedures



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ATHLETICS STAFF

District Athletic Director

Corey Newland
cnewland@pvschools.net
(602) 449-2432 or (602) 449-4097

Horizon High School

5601 E. Greenway Rd. • Scottsdale, AZ 85254
Athletic Director: Dena Anderson
denaanderson@pvschools.net
(602) 449-6023

North Canyon High School

1700 E. Union Hills Dr. • Phoenix, AZ 85024
Athletic Director: Jacob Kluch
jkluch@pvschools.net
(602) 449-5023

Paradise Valley High School

3950 E. Bell Rd. • Phoenix, AZ 85032
Athletic Director: Brock Heykoop
bheykoop@pvschools.net
(602) 449-7023

Pinnacle High School

3535 E. Mayo Blvd. • Phoenix, AZ 85050
Athletic Director: Pat Hurley
phurley@pvschools.net
(602) 449-4031

Shadow Mountain High School

2902 E. Shea Blvd. • Phoenix, AZ 85028
Athletic Director: Ron Safcik
rsafcik@pvschools.net
(602) 449-3023



Arizona Interscholastic Athletics (AIA) Opportunities in PV Schools

Fall Sports include football, cross country (boys and girls), volleyball, badminton, swimming (boys and girls), and golf (boys and girls).

Winter Sports include basketball (boys and girls), wrestling, and soccer (boys and girls).

Spring Sports include baseball, tennis (boys and girls), track (boys and girls), and softball.

Rights and Responsibilities

We believe that keeping athletes and parents well informed encourages an environment that greatly reduces the potential for catastrophic injury. As a school district, we endorse the following statement from the American Medical Association committee on the medical aspects of sports (1959):

Bill of Rights for the Athlete

Participation in athletics is a privilege involving responsibilities and rights. The athlete has the responsibility to play fair, to give his/her best, to keep in training, to conduct oneself with credit to the sport and the school. In turn, the athlete has the right to optimal protection against injury as this may be assured through good technical instruction, proper regulation and conditions of play, and adequate health supervision.

1. Accommodations for Disabled Spectators

The Paradise Valley Unified School District will provide reasonable accommodations for spectators with disabilities at sporting events. When a DISTRICT school hosts a major sporting event, and when rules are sent out to participating schools in advance, such rules shall include information in regard to spectator requests for disability related accommodations. In addition, when attending events hosted by other districts, DISTRICT athletic directors will seek disability accommodations in advance upon a DISTRICT spectator's request. The Paradise Valley Unified School District shall make every effort to accommodate all spectators with disabilities.

2. Arizona Interscholastic Association (AIA) Transgender Policy

A school district may seek review of a student's eligibility for participation in athletics in a gender that does not match the sex assigned to him/her at birth. Please contact your school Athletic Director, Principal or District Athletic Director for information on this appeal process.

3. Positive Coaching Alliance (PCA)

PVUSD Athletics is a proud partner with Positive Coaching Alliance (PCA) in character education for athletes, coaches and parents. Creating a culture of positive behavior aligned with values can develop the ultimate goal of "Better Athletes, Better People." As a District, we will follow the PCA principles of the acronym ROOTS:

- **Rules** are put in place for the betterment of contests and the safety of the student-athletes participating.
- **Opponents** are a necessity. We will treat our opponents with dignity & respect in victory and defeat.
- **Officials** are also a necessity. We will treat the officials with dignity & respect in victory and defeat.
- **Teammates** are what make our teams strong. We will honor our teammates by treating them with respect regardless of their role within the team.
- **Self** We will practice good sportsmanship and be a great teammate.

Through these important principles, PVUSD athletes, coaches and staff will *Honor The Game!*

4. Athlete Health and Safety

1. Parents and athletes must accept a degree of risk from participation in sports. An informed consent signature is required of both parent and athlete before participation in practice.
2. Athletes who are mentally, emotionally, and physically conditioned for an activity are less susceptible to injury. Following are listed minimal health requirements that are considered shared responsibilities between parents, coaches, staff and the athletes themselves:
 - a. Annual physical examinations performed by a qualified doctor are required before a student may participate in a sport. Many sports injuries occur because of inadequate screening before the season begins. This physical must be completed after March 1st to be eligible the following school year.
 - b. Athletes are expected to be drug free. Athletes will be informed about the dangers of mixing sports and drugs.
 - c. Parents and Student Athletes must also sign the "Statement of Understanding" form which explains the consequences if an athlete is suspended from school for possession, or being under the influence of drugs while in school or at school-sponsored events.
 - d. Workouts will be scheduled during cooler morning and evening hours when the weather is hot.
 - e. Athletes will be acclimated to hot weather activity by carefully graduated practice schedules.
 - f. Adequate body fluid levels are critical. Water intake is to be encouraged before practice. Fluid loss and intake during practice is to be monitored.
 - g. Athletes are not allowed to use dehydration devices.
 - h. Athletes may be provided with recommendations for off-season conditioning programs, including information on nutrition and motivation.
 - i. Athletes will not be required to perform beyond his/her current level of progress with regard to physical conditioning, performance techniques, or level of competition.

- j. An athlete will not be allowed to return to physical activity after a serious illness or injury without written permission of the athlete's doctor. The coach, in conjunction with the certified athletic trainer, can override the doctor's permission to allow participation if the coach does not believe the athlete is ready.
 - k. Year round conditioning is beneficial to the athlete's health, and a vital part of any sports program for maximizing performance and minimizing injury.
 - l. Each high school has a Certified Athletic Trainer on staff. Certified trainers are qualified in the care of prevention of athletic injuries and are available to the athlete for help and advice.
3. If a parent has a concern involving a coach, they may follow the district's formal Parent Concern Policy. This policy is found in the District Parent/Student Handbook.
 4. Parents and school staff must be willing to fully share all information regarding the athlete's health, including injuries, illnesses, and other symptoms, no matter how slight. Decisions regarding medical treatment are left to qualified physicians and the athletic trainer. The coach and/or athletic director must receive written clearance to continue participation after any physician treatment is completed.

5. Hazing

Hazing is defined as any intentional knowing or reckless act committed by a student(s), whether individually or in concert with other persons, against another student(s), and in which both of the following apply:

1. The act was committed in connection with an initiation into, an affiliation with or the maintenance in any organization that is affiliated with an educational institution.
2. The act contributes to a substantial risk of potential and/or actual physical injury, mental harm or degradation.

PVUSD has a zero tolerance for any acts of hazing. Student athletes and parents must watch the PVUSD Hazing Video along with the Informed Consent Video prior to athletic participation (<https://www.pvschools.net/Page/6189>). If a student suspects hazing is taking place or has been affected by hazing, and then they must let their Coach, Athletic Director and/or Principal know immediately.

6. Parent Support and Involvement

Parents of our athletes and students involved in other student activities are encouraged to become involved in our school booster club organizations. These groups are organized and run by parent boosters with the support of the school staff. Parents may contact the school administrators or the athletic director for information regarding membership or any other means the parent may wish to support the program.

7. Requirements for Participation in PVUSD Athletics

7.1. Academic

- a. The only way that a student is eligible to compete in athletics at one of our schools is by one of the four options below:
 - i. Be enrolled as a student at one of our High Schools
 - ii. Be enrolled as a student at our Alternative School
 - iii. Be enrolled as a student at our Online School (PVOnline) or in our online program, PVConnect.
 - iv. Be a Home-School student domiciled in one of our attendance zones
- b. Students must be enrolled in a minimum of five classes (or 2-1/2 blocks) in order to participate. Seniors may be enrolled in a minimum required by district policy (four classes/ two blocks).
- c. Students must pass all classes to participate. An "F" grade at the first or third quarter grading periods and/or the first or second semester grading periods will result in disqualification for a minimum of 15 school days. It is the responsibility of the athlete to apply for reinstatement through the Athletic Director. The student must be passing all classes to be eligible for reinstatement. Second semester failure grades can be made up by taking any credit-bearing course in the summer* (incoming freshmen athletes will have their 4th quarter grades from their eighth grade year checked for initial eligibility). ***Please note that 1st quarter, 1st semester, 3rd quarter & 2nd semester grades are used for athletic eligibility.**
- d. While academically eligible for team membership, individual coaches may require students to maintain passing grades during the quarter in order to participate in games.

7.2. Health

- a. Students must be cleared by a physician for participation in sports.
- b. Physical exams are required annually.
- c. Following an illness or injury a medical clearance may be required for return to practice or play.
- d. Athletes found to be using illegal drugs, including steroids, will be suspended from the team.
- e. Athletes suspended from school for a drug/alcohol related offense will lose eligibility for ninety (90) school days.
- f. A student may reduce his/her period of ineligibility to thirty (30) school days by completing a district-approved intervention program.

7.3. Attendance

- a. Students must be in attendance on the day of games at least 50% in order to participate.
- b. Students must be in attendance on the day of practice at least 50% in order to practice.
- c. Excessive absences may result in poor grades and loss of playing privileges.
- d. Excessive absences may result in students dropping below the required five class (or 2-1/2 block) enrollment requirement and therefore result in elimination from team membership.

7.4. Emergency Information

- a. A completed and signed emergency card is required before practice begins.
- b. The coaches carry the emergency cards with them to practice and games. Parents are expected to keep the coach updated on any change in emergency information.

7.5. Insurance

- a. The Paradise Valley Unified School District does not provide medical insurance for student athletes.
- b. Parents must have health insurance for their student, as they are responsible for medical bills incurred as a result of participation in athletics. Parents must provide insurance information to assist coaches, trainers, staff and medical personnel to provide or arrange medical assistance the athlete may need as a result of injury.
- c. Parents may purchase school activity insurance. Forms are available from school officials.

7.6. Athletic Fees and Expenses

- a. Athletes pay a fee of \$200 for AIA athletic participation in each sport. Families are capped at \$400 each school year regardless of the number of individual athletic participation fees they may have. (This also includes Middle School Festival Sports, Speech & Debate and Robotics)
- b. The fee helps to defray travel expenses for away events, A.I.A. dues, and coaches' salaries.
- c. In some sports, the athlete is expected to purchase athletic shoes, socks, and other basic apparel. The coaches will explain these charges before the season begins.
- d. Contact your AD and/or Coach with further questions regarding fees or fee reduction.

7.7. Equipment

- a. In most sports, the equipment manager checks out uniforms and other necessary equipment to the athlete.
- b. The athlete is expected to take care of the uniform and to return it in good condition based on the normal wear and tear.
- c. Lost or stolen uniforms and equipment checked out to the individual athlete becomes his/her and parent financial responsibility.

7.8. Residence

- a. Generally speaking, athletes must reside within the Paradise Valley Unified School District in order to participate on our high school programs.
- b. Athletes establish eligibility on the first day of attendance in high school in our district.
- c. Parents and athletes should consult with the athletic director for information regarding other eligibility requirements.
- d. In all cases, the AIA constitution supersedes any rules printed by the school district. Please communicate with your school's athletic director for AIA bylaw/rules interpretations.

7.9. Informed Consent

- a. Athletes and their parents/guardians must view the Informed Consent Sports Injury Video online prior to participating in their sport. (<https://www.pvschools.net/Page/6189>)
- b. In addition, athletes and their parents/guardians must also sign the informed consent notification before participation can occur.

8. Health

Athletes must practice with their team in order to participate in games and maintain team membership. Sometimes athletes are members of local private organizations and may practice with private coaches. It is important that the athlete know the AIA regulations relating to participation in private clubs and our requirements that the athlete maintain full membership and participation in our program. Under no circumstance may an athlete participate on one of our teams without practicing with that team. Also, team members may not participate in private club games, meets, or practices during our school teams' season.

9. Transportation

Transportation to and from game sites is provided by the school district. A part of the fee paid by athletes helps to defray this expense. Athletes may not transport themselves. Parents also may not transport student athletes except in emergency situations approved by the school administration.

10. Athlete Behavior

Our administrators, teachers, and athletic staff expect athletes to demonstrate good sportsmanship and citizenship at all times. Athletes not living up to this expectation may lose team membership or playing privileges.

11. Parent Expectations

We expect the parents to join the staff in setting good examples. The school staff is charged with the responsibility for taking corrective steps when spectators create or contribute to fan behavior problems. We respectfully ask our parents to join in an overall effort to help make student sport participation a happy and healthy experience. In most sports, spectator bleachers are provided. We expect the fans to stay in seating areas and not interfere with the coaches' responsibility on the court or field of play.

12. Coaches Expectations

We expect our coaches to develop their programs in a manner that fosters an educational-based athletic experience. This experience is based on supporting academic achievement, mastery of skills, leadership, sportsmanship and developing quality citizens rather than a "win at all cost" mentality.

We expect our coaches to engage with student-athletes, school representatives, parents and the community in creating a positive culture and healthy experience for all those involved.

We expect our coaches to promote a culture that removes potential barriers to participation based on culture, ethnicity, religion, gender, sexual orientation or socio-economic status.

We expect our coaches to encourage multi-sport athletes and collaborate with colleagues in the sharing of student-athletes.

We expect coaches who lead both high school and club programs to ensure that no student-athlete ever feels pressured to join the coaches' club team and club involvement should never be a requirement to participate on a high school team

13. Team Selections

In some sports, there is a limit to the number of athletes that can be selected for the team. Our coaches have developed selection procedures that have been approved by the school principal and athletic director. Each athlete who shows up for tryouts is given a fair opportunity to demonstrate his or her skills and attitude. The decisions by the coaches are final.

14. Social Media

Parents and students should be aware of the Arizona Revised Statute (ARS 13-2916) regarding the use of social media. The statute states, "It is unlawful for any person, with intent to terrify, intimidate, threaten or harass a specific person or persons, to do any of the following:

1. Direct any obscene, lewd or profane language or suggest any lewd or lascivious act to the person in an electronic communication.
2. Threaten to inflict physical harm to any person or property in any electronic communication.
3. Otherwise disturb by repeated anonymous, unwanted or unsolicited electronic communications the peace, quiet or right of privacy of the person at the place where the communications were received."

****Any student's misuse of social media platforms (Facebook, Twitter, Instagram, etc.) may be subject to the athletic code of conduct.***

15. High School Athletic Code of Conduct

This high school athletic code of conduct is only enforced if conduct violations are not covered under the district random drug testing policy.

15.1. Definitions

1. *Season of competition* is defined as those weeks where regularly scheduled contests occur including any post-season play.
2. *Suspension* from a team, in most instances, is defined as contributing to practice and take part in any remedial conditioning prescribed by the head coach, but not being able to suit up or participate in scheduled contests. However, the decision to practice with the team will ultimately be left up to the head coach. In the event an athlete does not accept a suspension, removal will result.
3. *Removal from a team*, in most instances, is defined as being barred from the use of any athletic facility for the remainder of the season of competition or twenty (20) school days from the effective date, whichever is greater.

15.2. Code

1. *Academic*: Any athlete who becomes ineligible due to grades will be suspended until the deficiency is made up per district and AIA policy.
2. *Alcohol/Drug Abuse (including steroids)*: If any athlete is discovered to be possessing and/or using alcohol or drugs during the season, that athlete will be suspended from the season of competition, consistent with the results of a positive test. A second offense will result in automatic removal from the team.
3. *Tobacco/E-Cigarettes/Etc.*: If any athlete is discovered using tobacco during the season, that athlete will be subject to specific school and team policies.
4. *Quitting a Sport*: Any athlete who quits a team will be denied the use of all athletic facilities until the season of competition ends, unless the head coach provides a release. Freshman will be allowed to quit a team without penalty until the season of competition begins.
5. *Reporting Violations by Law Enforcement*: Violations reported by law enforcement agencies will result in the implementation of the code.
6. *Additional Site-Based Policies*: Individual school sites/coaches may have additional athletic codes of conduct rules & consequences for their respective school or team.
7. *Miscellaneous*: It is impossible to anticipate every situation that may require disciplinary action. In general, the athlete should understand that actions, which are detrimental to him/herself, and/or the high school athletic program, would result in suspension and/or removal from a team.

16. Student Athlete Drug Prevention Program (Random Drug Testing)

16.1. Governing Board Policy

The Governing Board believes that the use of illegal drugs presents an especially hazardous threat to the health, safety and welfare of students who participate in athletics. For example, athletes who use steroids cause damage to their own bodies and may participate in a sport in a manner that could endanger the health and safety of other participants. While the Governing Board encourages students to participate in athletics, it also believes that the opportunity to try out and play is not an absolute right. Rather, it is a privilege offered to students on an equal opportunity basis.

16.2. Purpose

The purpose of this policy is to protect the health, safety and welfare of all students participating on teams and using our athletic facilities for conditioning during the school year. Before a student is eligible to try out for a team or use the facilities during off-season in our supervised weight program, he/she must agree to submit to testing for the use of drugs according to the procedures included in this handbook. It is understood that the testing procedures will be on a random basis to be conducted one to four times monthly. Up to 25% of the participants will be tested each season.

Random testing will occur on all sports teams. Athletes in all district AIA-sanctioned sports are subject to this policy. A student athlete who refuses to provide a sample when randomly chosen will be considered a positive test. Refusal or failure to provide a sample results in loss of eligibility.

16.3. Illegal Drugs Identified

The following drugs will be tested for in our testing program: Alcohol, amphetamines, barbiturates (downers), benzodiazepines (bennies or uppers), cannabinoids (marijuana), carisoprodol (soma), cocaine (coke), MDMA (ecstasy), opiates (codeine, heroin, morphine, methadone), oxycodone, phencyclidane (PCP, angel dust), propoxyphene, stimulants (speed), and anabolic steroids. A "positive" test sample will mean a predetermined level of detection has been exceeded and that level is unacceptable. Detection levels for each of the above drugs will be determined and all athletes and parents will be informed of the detection levels prior to signing consent forms. See the detection levels chart in this handbook.

17. Procedures Governing Implementation of the Policy

17.1. Parent and Athlete Orientation

As a part of the informed consent meetings, both athletes and parents will be instructed on the dangers of drug abuse, including the use of steroids.

17.2. Signed Consent Required

Both parent and athlete must sign the "PVUSD Athletic Information Form." These forms are used for students to be eligible to participate in practice and contests.

17.3. Random Drawing of Assigned Numbers

All athletes will be assigned a number at the start of practice for each season. The numbers will be maintained on a spreadsheet by the school athletic office. The District Athletic office, at the start of each season, will schedule six to seven drug testing dates. On the date of each drug test, each school will have two student athletes witness the selection of up to seven numbers drawn on a random number generator. Those numbers will be provided to the nurse and designated school administrator and up to three student athletes will be escorted to the office for testing. Students are to be selected from the top of the list generated. Numbers that are drawn may be randomly drawn again on another test date.

17.4. Testing

Test will be conducted on urine samples collected by trained staff. The tests will be conducted throughout the season. The athletes selected will provide a urine sample to be collected confidentially and in private at the school. The sample will be collected under the supervision of the school nurse, and/or an assistant principal (hereafter referred to as supervisor).

- a. The water in the toilet bowl will be colored and the supervisor will wait outside the stall until the sample is given to him or her.
- b. If the sample is in any way out of temperature, then two more tests can be administered to the student athlete. If a student does not provide a proper specimen by the third attempt, then a "Refusal to Test" will be declared.
- c. The sample will be divided into two containers in the presence of the athlete, one sample to be used to test for drugs of abuse and the other to be used to test for anabolic steroids.
- d. The supervisor will seal the samples. Both the student athlete and supervisor will initial the sample containers and master list to verify it is that athlete's sample.
- e. The supervisor will place the samples in a locked refrigerator.
- f. The samples from all schools will be collected the same day and sent to the lab for testing.

17.5. Samples tested using emit and gc/ms: positive tests are confirmed

All positive urine samples will remain under refrigeration at the lab for at least six months. The lab will first test the sample to assure it has not been adulterated. The lab personnel will analyze urine samples using EMIT (enzyme multiplied immunoassay technique, a drug screen), and always confirming any positive indication with GC/MS (Gas chromatography mass spectrometry). Steroid samples will be tested with the GC/MS procedure. The lab forwards the results under confidential cover to the school nurse.

17.6. Samples screened for adulteration

If the test shows evidence of adulteration, the athlete will be subject to loss of eligibility consistent with a positive test.

17.7. Parents may request an additional confirmation test

If the athlete and his/her parents desire another test of the remaining portion of the sample, and are willing to pay for the test, the principal will arrange for the additional confirmation analysis at the same lab. If the parent objects to the second confirmation being conducted at the same lab, arrangements will be made to ship or courier the sample to another lab whose standards and procedures meet the testing requirements of the District. The athlete is declared ineligible upon the first positive test. They will be reinstated if the confirmation test is negative.

17.8. Laboratory Requirements (Prescription/OTC Use)

The testing lab will need information on prescription medications and over the counter (OTC) drug use to account for the potential detection of such medications. If the student has been on prescription medication within the past 30 days, evidence of such use must be provided in case there is a connection with the test results. Athletes should inform the supervisor in advance of drug testing of any recent prescription/over the counter drug use.

In all cases of positive results, the student athlete will be given an opportunity to explain the results. No decision to suspend the athlete from activity will be made until he or she is given that opportunity. If it is determined that a positive test is due to the presence of a doctor-prescribed drug or over-the-counter drug, the test will be considered negative.

17.9. Positive test results in loss of eligibility

A student athlete found to have an illegal drug in his/her system will lose athletic eligibility according to the procedures included in this handbook. The consequences for a positive test result will not affect school attendance or academic standing. *Test results will not be disclosed to any law enforcement agency.*

In all cases, the consequences will be limited to a period of ineligibility from competition and practice.

For the first positive test:

1. The loss of eligibility from all participation will be for forty-five (45) school days.
2. The athlete will have an opportunity to regain eligibility after fifteen (15) school days by completing a district approved counseling program and submitting a negative drug test consistent with district drug testing expectations.
3. Athletes may be reinstated to participate (other than competition) upon the school receiving a negative test. The athlete still must complete the district approved counseling program within the time period designated by

the principal. Failure to complete the district approved counseling program will result in re-imposing the forty-five (45) day suspension from all participation.

For the second positive test:

1. The loss of eligibility from all participation will be permanent.
2. The athlete may appeal for re-admittance to participate to a district committee consisting of the director of student services, school level administrator, athletic director, and parent. This appeal may be made 365 days after a second positive test is identified. Members of the committee may not be current representatives of the athlete's school. The athlete must provide evidence of further counseling from a district approved counseling program and a negative drug test consistent with district drug testing expectations to file an appeal.

For a third positive test:

1. The loss of eligibility will be permanent with no appeal.

17.10. Adulteration of testing procedures

If the test shows evidence of adulteration, the athlete will be subject to loss of eligibility consistent with a positive test.

17.11. Testing following a return to eligibility

Student athletes who resume full eligibility, (practice and competition) after the first positive test experience, will be required to submit to one additional test during the next three to six weeks of athletic participation. The one additional test will be paid for by the district.

17.12. Athletes testing positive are not reported to law enforcement

Consistent with Governing Board Policy IGAI, athletes who test positive or who volunteer for help will not be reported to any law enforcement agency.

17.13. Volunteering for help component

Athletes with drug dependence may voluntarily be tested and obtain intervention.

18. Program Purpose

Coaches occupy special roles in the lives of athletes. Often an athlete will choose to talk about a personal problem with school personnel while at the same time that athlete feels uncomfortable about discussing the same problem with a parent or another important adult in his or her life. Our school personnel want to maintain this position so that student athletes feel free to come talk about problems such as use of or a dependency on drugs. This program allows the athlete to voluntarily come forward and ask for help.

18.1. Volunteering to be tested

1. When an athlete volunteers to be tested, they will be referred to the district's provider to complete an initial drug test.
2. The athlete is immediately ineligible to participate in practice or competition.
3. Eligibility reinstatement occurs upon receiving a negative test at the cost of the student athlete/family.
4. In addition, the athlete will participate in, and complete, a district-approved counseling program regardless of the results of the initial drug test. Failure to complete the counseling program in a period of time identified by the school's principal will result in ineligibility for a period of forty-five (45) school days.
5. Once the volunteer athlete regains eligibility, one additional test at district expense will be conducted within twenty (20) school days.

19. Detection Levels Chart

Drug panel	Cutoff (ng/mL)
Alcohol	0.02
Amphetamines	500
Barbiturates	300
Benzodiazepines	300
Cannabinoids	50
Cocaine Metabolite	150
MDMA	500
Methadone	300
Opiates and Opioids	2000
Phencyclidine	25
Propoxyphene	300
Oxycodone	300
Anabolic steroids	Cutoff (ng/mL)
Boldenone/Bolasterone	5
Chlorotestosterone/Clenbuterol	5
Mesterolone/Danazol/Drostanolone/Fluoxymesterone	5
Nandrolone/Methandienone/Methenolone/Methyltestosterone	5
Norethandrolone/Trenbolone	5
Oxandrolone/Oxymesterone	5
Oxymetholone/Probenecid	5
Stanozolol/Methandriol	5
Testosterone/Epitest	6