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Biennial Review of the Alcohol and Drug Policies, Procedures, Support Services and
Educational Programs for the period of July 1, 2016-June 30, 2018

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Overview

Per the United States Department of Education, no institution of higher education shall be eligible to receive funds or any other form of financial assistance under any Federal program, including participation in any federally funded or guaranteed student loan program, unless the institution has adopted and implemented a program to prevent the use of illicit drugs and the abuse of alcohol or drugs by students and employees. In response, the National Personal Training Institute of Cleveland and the National Personal Training Institute of Columbus (hereafter dually referred to as NPTI) have adopted and implemented program and policies to prevent the unlawful possession, use or distribution of illicit drugs and alcohol or the misuse or prescription drugs by students and employees and have provided options and directions for those needing assistance in dealing with the use and/or abuse of drugs or alcohol.

The regulations require NPTI to annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees;
- A description of the legal sanctions under local, state or federal law for the unlawful possession, use or distribution of illicit drugs and alcohol;
- A statement of all health risks associated with alcohol and drug abuse;
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to students and employees;
- A clear statement that the School will impose sanctions on students and employees, including a description of those sanctions, up to and including expulsion from the School or termination of employment.

The law also requires NPTI to conduct a Biennial Review of its alcohol and drug abuse prevention program with the following objectives:

- To determine the effectiveness and consistency of the policy and to implement any needed changes to the program
- To determine the effectiveness and consistency of the School's enforcement of disciplinary sanctions for violating standards of conduct

The Biennial Review must also include a determination as to:

- The number and types of sanctions NPTI imposes on students or employees as a result of such violations or fatalities
- The number of reported drug-and alcohol-related violations and fatalities occurring on the campus or as part of NPTI's off-campus activities

Section I: Standards of Conduct

NPTIOH complies with local, state, and federal regulations regarding the sale, possession and consumption of alcoholic beverages. The unlawful manufacture, possession, use or distribution of alcohol, illicit drugs or controlled substances by students and employees on school property or as part of school activities is strictly prohibited. Any student, faculty or staff member or visitor found to be in violation of local, state or federal law, or who violate the school's alcohol and drug-related policies are subject to disciplinary procedures, sanctions up to and including dismissal or termination and/or referral to the appropriate authorities for legal prosecution.

Students

Students are expected to comply with local, state and federal laws and school policies pertaining to alcoholic beverages, controlled substances and illegal drugs. In addition, the manufacture, distribution, sale, possession, consumption, use or transportation of alcoholic beverages, controlled substances and illegal drugs and/or possession of drug paraphernalia by any student on school property or at or during any school-sponsored activity on or off campus shall be strictly prohibited. No student shall be in an intoxicated condition, which may be evidenced by disorderly, obscene or indecent conduct or appearance or in a state of not having the normal use of mental or physical faculties resulting from the voluntary introduction into the body of an alcoholic beverage, drug or substance of abuse, while participating in any school-related event on or off school facilities.

No student shall furnish or cause to be furnished any alcoholic beverage to any person under the legal drinking age. State and federal under-age drinking laws will be enforced through judicial referrals and/or the reporting of incidents to the appropriate local police department.

At student found to be in violation of NPTIOH drug and alcohol related policies will be removed from that day's activities and provided written notification of the violation, with the violation considered a 1st offense. A student found guilty of a 2nd offense related to the school's drug and alcohol related policies will be dismissed from the program without the ability to appeal.

Faculty and Staff

The unlawful possession, purchase, manufacture, use, sale or distribution of illicit drugs and alcohol by employees on school property or at any of its activities is prohibited. NPTIOH will impose disciplinary action and sanctions for violations of NPTIOH alcohol and drug policies as stated in the employee manual which may include one or more of the following: an oral or written reprimand from school president, a reduction in pay for a definite period of time, suspension with or without pay for a definite or indefinite period of time, participation in and satisfactory completion of a drug or alcohol rehabilitation program, restitution or payment for damages to property and/or termination from employment. In addition, the school may refer individuals to the appropriate jurisdiction for criminal prosecution.

Section II: Laws, Sanctions and Penalties

Under local, state and federal laws, it is a crime to do any of the following. Refer to www.com.ohio.gov/liqr and justice.gov/dea/agency/penalties.htm for more information.

Underage Drinking

- Possess alcohol if you are under 21
- Purchase, order, pay for or share the cost of alcohol if you are under 21
- Allow anyone under 21 who possess or consumes alcohol to remain in your home, apartment or in other property that you own or occupy
- Consume alcohol if you are under 21, unless it is provided by and consumed in the presence of your parent, legal guardian or adult spouse
- Sell alcohol to, buy alcohol for, or furnish alcohol to anyone under 21, even if you are the parent, legal guardian or adult spouse in your own home or apartment

False Identification

- Show or give false information about your name, age or other identification to purchase or obtain alcohol if you are under 21
- Provide false information about the name, age or other identification of another person under 21 to purchase or obtain alcohol for that person

Open Containers

- Have an open container of alcohol in your possession in any unlicensed public place
- Have an open container of alcohol in your possession while driving or riding in or on a motor vehicle
- Have an open container of alcohol in your possession while in or on a motor vehicle that is parked in or on a highway, street or other place open to the public for parking

Transportation

- Consume alcohol while in a motor vehicle
- Drive while under the influence of alcohol
- Be in physical control of a vehicle while drinking or under the influence of alcohol
- If you are under 21, you are considered to be driving under the influence if your blood alcohol level is .02 or higher and 0.08 at age 21. Refusing an alcohol test results in an immediate administrative license suspension

Disorderly Conduct

- Engage in conduct that offends, inconveniences, annoys or alarms others or that poses a risk of physical harm to yourself, to others or to property while you are voluntarily intoxicated

Alcohol Sales

- Hold an event where alcohol is sold, or an event where alcohol is provided without charge but there is an entrance fee, cover charge or other fee without an appropriate permit

Illicit Drugs

- Distributing any controlled substance
- Knowingly obtaining, possessing or using a controlled substance
- Selling or offering to sell any controlled substance or preparing or packaging any controlled substance for sale

State of Ohio Alcohol and Drug Law Criminal Sanctions

- Underage Drinking: Ohio Revised Code (O.R.C.) 4301.63 provides that *no person under the age of 21 shall purchase beer or intoxicating liquor*. **Penalty for a violation:** A fine of not less than \$25 but not more than \$100 may be imposed. The court may order that the fine be paid by the performance of public work at a reasonable hourly rate established by the court, and may specify the designated time in which the public work shall be completed.
- False identification used to purchase alcohol by someone under 21: O.R.C. Section 4301.634 provides that *no person under the age of twenty-one years shall knowingly show or give false information concerning the person's name, age, or other identification for the purpose of*

*purchasing or otherwise obtaining beer or intoxicating liquor in any place in this state where beer or intoxicating liquor is sold under a permit issued by the division of liquor control or sold by the division. **Penalty for violation:** Violation of O.R.C. Section 4301.634 is a misdemeanor of the first degree, punishable by up to 6 months imprisonment and fines up to \$1,000. If a false or altered state identification card was used in commission of a violation of O.R.C. Section 4301.634, the punishment is a first degree misdemeanor with a fine of at least \$250 to \$1,000 and up to six months imprisonment.*

- Open container in a motor vehicle: O.R.C. Section 4301.64 *prohibits the consumption of beer or intoxicating liquor in a motor vehicle. **Penalty for violation:** A violation of O.R.C. Section 4301.64 is a misdemeanor of the fourth degree punishable by up to thirty days in jail and a fine up to \$250.*
- Furnishing or selling alcohol to someone under 21: O.R.C. Section 4301.69(A) *prohibits any person from selling or furnishing beer or intoxicating liquor to an person under 21 years of age, or buying it for any person under the age of 21. **Penalty for violation:** Violation of O.R.C. Section 4301.69(A) is a misdemeanor punishable by a fine of at least \$500 but not more than \$1,000, and in addition imprisoned for up to 6 months.*
- Underage purchase, possession or consumption of alcohol: O.R.C. Section 4301.69(E) *provides that no underage person shall knowingly order, pay for, share the cost of, attempt to purchase, possess, or consume any beer or intoxicating liquor in any public or private place or knowingly be under the influence of any beer or intoxicating liquor unless he or she is accompanied by a parent, spouse, or legal guardian who is not an underage person, or unless the beer or intoxicating liquor is given for religious purposes or by a physician for medical purposes. **Penalty for violation:** A violation of O.R.C. Section 4301.69(E) is a misdemeanor of the first degree. The maximum penalty is imprisonment for not more than 6 months and a fine up to \$1,000.*
- Driving while intoxicated: O.R.C. Section 4511.19 *prohibits any person from driving a motor vehicle while under the influence of alcohol or drugs. **Penalty for violation:** A violation of O.R.C. Section 4511.19 is a misdemeanor of the first degree, the maximum penalty for which is a jail term of up to 6 months and a fine up to \$1,000. In addition, the court may impose additional fines, community rehabilitation or intervention programs, and suspend or revoke the offender's driver's license. Additional penalties exist for repeat offenders of O.R.C. Section 4511.19.*
- Selling or distributing illicit drugs: O.R.C. Section 2925.03 *prohibits any person from selling or offering to sell any controlled substance, preparing or packaging any controlled substance for sale, or distributing any controlled substances. **Penalty for violation:** Anyone who violates this statute is guilty of drug trafficking. Violation of this statute is a felony, the level of which depends on the specific criteria set forth in Section 2925.03(C), including type and weight of drug. The minimum penalty for a fifth degree felony can include 6 to 12 months in jail and/or a fine up to \$2,500. The maximum penalty for a first degree felony can include imprisonment up to 10 years and a fine up to \$20,000.*

- Possessing or using illicit drugs: O.R.C. Section 2925.11 *prohibits any person from knowingly obtaining, possessing, or using a controlled substance. **Penalty for violation:*** Violation of this statute is drug abuse, which may be a misdemeanor or a felony depending on the specific criteria set forth in Section 2925.11(C), including type and weight of drug. The minimum penalty, a fourth degree misdemeanor, is punishable by imprisonment of up to 30 days and a fine up to \$250. The maximum penalty, a first degree felony, is punishable by up to 10 years in prison and a fine up to \$20,000.

This information is provided as a general summary of the major applicable laws and this information should not be substituted for specific legal advice.

Federal Drug Laws

Federal law prohibits the trafficking and illegal possession of controlled substances as outlined in 21 United States Code, Sections 841 and 844.

- Please see Addendum for a list of drug trafficking penalties.
- For the most current and complete information regarding Federal penalties for drug trafficking, visit <http://www.justice.gov/dea/agency/penalties.htm>.

Section III: Health Risks Associated with the Use of Alcohol and Drugs

Health Effects of Alcohol

Risks	Possible Health Effects
Intoxication	Intoxication can impair brain function and motor skills. Intoxication increases the risk of death from automobile crashes, the leading cause of death of college-aged people.
Heavy drinking – Men: More than 4 drinks on any day or more than 14 drinks per week – Women: More than 3 drinks on any day or more than 7 drinks per week	Heavy drinkers have a greater risk of liver disease, heart disease, sleep disorders, depression, stroke, bleeding from the stomach, sexually transmitted infections from unsafe sex and several types of cancer (liver, mouth, throat, larynx and esophagus). They may have problems managing diabetes, high blood pressure and other conditions.
Injuries	Drinking increases your chances of being injured or killed. Alcohol is a factor in approximately 60% of fatal burn injuries, drownings and homicides; 50% of severe trauma injuries and sexual assaults; and 40% of fatal motor vehicle crashes, suicides and fatal falls.
Birth defects	Drinking during pregnancy can cause brain damage and other serious problems in the baby. Because it is not yet known whether any amount of alcohol is safe for a developing baby, women who are pregnant or may become pregnant should not drink.
Alcohol use disorders	Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking resulting in harm to one's health, interpersonal relationships or ability to work.

Health Effects of Commonly Abused Drugs (i.e. illegal or not used as prescribed)

Category	Name	Possible Health Effects
Cannabinoids	Hashish, Marijuana	Cough; frequent respiratory infections; impaired memory and learning; increased heart rate; anxiety; panic attacks; tolerance; addiction
Depressants	<ul style="list-style-type: none"> – Barbiturates (Phenobarbital) – Benzodiazepines (Ativan, Valium) – Flunitrazepam (Rohypnol) – GHB – Methaqualone (Quaalude) 	<p>Fatigue; confusion; impaired coordination, memory, judgment; addiction; respiratory depression and arrest; death</p> <ul style="list-style-type: none"> – Barbiturates: Depression; unusual excitement; fever; irritability; poor judgment; slurred speech; dizziness; life-threatening withdrawal – Benzodiazepines: Dizziness – Flunitrazepam: Visual and gastrointestinal disturbances; urinary retention; memory loss for the time under the drug's effects – GHB: Drowsiness; nausea/vomiting, headache; loss of consciousness; loss of reflexes; seizures; coma; death – Methaqualone: Depression;
Dissociative Anesthetics	Ketamine, PCP and analogs	<p>Memory loss; numbness; nausea/vomiting</p> <ul style="list-style-type: none"> – Ketamine: At high doses; delirium; depression; respiratory depression and arrest – PCP and analogs: Possible decrease in blood pressure and heart rate; panic; aggression; violence/loss of appetite; depression
Hallucinogens	LSD, Mescaline, Psilocybin	<p>Altered states of perception and feeling; nausea; persisting perception disorder (flashbacks)</p> <ul style="list-style-type: none"> – LSD and mescaline: Increased body temperature, heart rate, blood pressure; loss of appetite; sleeplessness; numbness; weakness; tremors – LSD: Persistent mental

		disorders – Psilocybin: Nervousness, paranoia
Opioids and Morphine Derivatives	<ul style="list-style-type: none"> – Codeine (<i>Robitussin A-C, Tylenol with Codeine</i>) – Fentanyl (<i>Duragesic</i>) – Heroin – Morphine – Opium – Oxycodone HCL (<i>Oxycontin</i>) – Hydrocodone – Bitartrate – Acetaminophen (<i>Vicodin</i>) 	Nausea; constipation; confusion; sedation; respiratory depression and arrest; tolerance; addiction; unconsciousness; coma; death – Codeine: Less analgesia, sedation, and respiratory depression than morphine – Heroin: Staggering gait
Stimulants	<ul style="list-style-type: none"> – Amphetamine – Cocaine – MDMA – Methamphetamine – Methylphenidate (<i>Ritalin</i>) – Nicotine 	Rapid or irregular heart beat; reduced appetite; weight loss; heart failure; nervousness; insomnia – Amphetamine: Rapid breathing/tremor; loss of coordination; irritability; anxiousness, restlessness; delirium; panic, paranoia; impulsive behavior; aggressiveness; tolerance; addiction; psychosis – Cocaine: Increased temperature/chest pain; respiratory failure; nausea; abdominal pain; strokes; seizures; headaches; malnutrition; panic attacks – MDMA: Mild hallucinogenic effects; increased tactile sensitivity; empathic feelings/impaired memory and learning; hyperthermia; cardiac toxicity; renal failure; liver toxicity – Methamphetamine: Aggression; violence; psychotic behavior/memory loss, cardiac and neurological damage; impaired memory and learning; tolerance; addiction – Nicotine: Additional effects

		attributable to tobacco exposure; adverse pregnancy outcomes; chronic lung disease; cardiovascular disease; stroke; cancer; tolerance; addiction
Other compounds	Anabolic steroids (<i>Anadrol</i>)	Hypertension; blood clotting and cholesterol changes; liver cysts and cancer; kidney cancer; hostility and aggression; acne; in adolescents- premature stoppage of growth; in males- prostate cancer; reduced sperm production; shrunk testicles; breast enlargement; in females- menstrual irregularities; development of beard and other masculine characteristics
	Dextromethorphan (<i>Found in some cough and cold medications</i>)	Memory loss; numbness; nausea/vomiting
	Inhalants (<i>Solvents, gases, nitrites</i>)	Unconsciousness; cramps; weight loss; muscle weakness; depression; memory impairment; damage to cardiovascular and nervous systems; sudden death

Source: <http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>, The Ohio State University –Student Life website: studentaffairs.osu.edu/pdfs/osu-policy-on-alcohol.pdf

Section IV: Prevention and Assistance

Students and staff are encouraged to seek help in dealing with problems related to substance abuse. Persons seeking assistance for a substance abuse problem will not be sanctioned by the school as a result of seeking such assistance. Although there is no available on-site counseling, the following referral resources are available:

State of Ohio Department of Mental Health and Addiction Services

<http://mha.ohio.gov/Default.aspx?tabid=55>

- Addiction Services Providers by County
- Mental Health Providers by County

Cocaine Anonymous	614-251-1122	ca.org
Narcotics Anonymous	614-252-1700	na.org
Alcoholics Anonymous	614-253-8501	aa.org
Al-Anon/Al-Teen	614-253-2701	al-anon.alateen.org
Adult Children of Alcoholics (ACOA) and AL-ANON	614-253-2701	adultchildren.org
Choices for Victims of Domestic Violence	614-224-4664	

Cocaine Hotline	614-443-COKE	
Hope Hotline	614-228-4673	
Recovery Research Institute		recoveryanswers.org/
Drug Free.org	855-378-373	drugfree.org/
US Surgeon General	202-205-0143	surgeongeneral.gov
US Department of Health and Human Services	877-SAMHSA7	samhsa.gov/index.aspx
National Institute on Drug Abuse		drugabuse.gov/
National Institute on Alcohol and Alcohol Abuse		collegedrinkingprevention.gov/

Section V: Summary

School management conducted a review of the alcohol and drug policy related programs, services and enforcement practices for academic years 2014-2016. Summary is as follows:

- NPTI uses a comprehensive, environmental approach to address alcohol and other drug use on campus
- NPTI is in compliance with the Drug Free Schools and Campuses Regulations including the annual distribution of the required consumer information
- There were no reported instances of alcohol or drug abuse by students or staff on campus or during school related activities and therefore no corresponding sanctions were applied