

Loughborough University Alcohol, Drug and Substance Misuse Policy (Students)

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Loughborough University Alcohol, Drug and Substance Misuse Policy (Students)

1. Introduction

- 1.1. The University is committed to safeguarding the health, safety and welfare of its students, and accepts its responsibility to promote and support good health by raising awareness of the risks of alcohol, drug and substance misuse.
- 1.2. The University is also committed to ensuring clean sport, as set out in its [Athlete Clean Sport Commitment Statement](#), its [Clean Sport Commitment](#) and its statements around anti-doping as set out in its [Performance Lifestyle webpage](#).
- 1.3. We respect the privacy of our students. However, the University will look to take appropriate action where a student's, or group of students', behaviour impairs their safety, conduct, academic progress and/or adversely affects other students, staff, campus life or the wider community.
- 1.4. This policy is complemented by other University policies, procedures and agreements, including, but not limited to:
 - [Ordinance XVII on the Conduct and Discipline of Students](#)
 - [Regulation VIII on the Residence of Undergraduate and Postgraduate Students in the University](#)
 - [Regulation XIX on Hall Committees](#)
 - [Halls of Residence Licence Terms and Conditions](#)
 - [University Health and Safety Policy](#)
 - [Athlete Clean Sport Commitment Statement](#)
 - [Loughborough University Clean Sport Commitment](#)

2. Scope of the policy

- 2.1. The policy applies to all registered students – undergraduate, postgraduate taught and postgraduate research – whether they be on University premises (in the East Midlands or London) or elsewhere on University business or study-related activities (including placements). This includes premises managed on behalf of the University by a third party, such as privately managed halls of residence or Loughborough University properties off campus.
- 2.2. Loughborough University will work with Loughborough Students' Union (LSU) to support its policy aims in this area.
- 2.3. The policy covers the misuse and use of a wide range of substances, including the misuse of prescription drugs (including so-called 'study drugs'), the use of psychoactive substances and the use of illegal drugs as specified in the Misuse of Drugs Act (1971), the Medicines Act (1968) and the Psychoactive Substances Act (2016) and the National Anti-Doping Policy (2009).

3. Terminology

- 3.1. Throughout this policy a number of terms are used to outline the University's response to alcohol, drugs and substance misuse. For the sake of clarity these are defined as follows:
 - 3.1.1. Health Promotion is defined as activity that seeks to improve a person's or student's health by providing information about, and increasing awareness of, at-risk behaviours associated with substance abuse, with the intent of reducing those behaviours.
 - 3.1.2. Dual Diagnosis describes students who experience symptoms of both an addiction and a psychiatric disorder.

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4. Aims of the policy

The aims of this policy are to:

- 4.1. Outline students' responsibilities under the University's regulations as well as the University's commitments in this area;
- 4.2. Promote health and wellbeing in relation to alcohol consumption, including supporting health promotion activity in conjunction with Loughborough Students Union (LSU) where appropriate;
- 4.3. Support the University's commitments to promote clean sport;
- 4.4. Inform students about support available to them and about the potential consequences of alcohol, drug or substance misuse;
- 4.5. Encourage individuals with alcohol-, drug- or substance-related issues to seek help and to identify the support offered by the University to students in recovery;
- 4.6. Outline how students or staff with concerns for a student's wellbeing in relation to their use of alcohol, drugs or substances can report those concerns.

5. Alcohol, drugs and substance misuse policy statement

- 5.1. Loughborough University will not tolerate drug and substance misuse and will take appropriate action, including disciplinary action unless the student is pro-actively approaching University services to ask for support in relation to drug and substance misuse.
- 5.2. Loughborough University is committed to providing a safe, supportive and inclusive environment in which to study, work and live. Loughborough University is also committed to supporting students who have a medical condition as a result of addiction to alcohol or drug misuse and will encourage treatment and support reasonable adjustments where appropriate.
- 5.3. The University has a duty of care to all its students and students will therefore be asked about alcohol, drug and substance misuse as a regular component of assessment when accessing support services. We will seek to offer help and support to any student who presents with difficulties relating to the misuse of alcohol and/or the use and misuse of legal, illegal and performance-enhancing drugs. This may include onward referral to external services or agencies.
- 5.4. The University also understands that the misuse of alcohol and/or drugs is likely to impact on many areas of an individual's life and that students presenting with these issues may also have co-existing conditions (dual diagnosis). It is therefore committed to working across University services and departments to provide coordinated support to mitigate against adverse effects on a student's welfare and academic progress.
- 5.5. The University will take reasonable measures to discourage the use of illegal drugs and psychoactive substances, as well as the misuse of prescription medication and performance-enhancing drugs, among its students. This includes anti-doping education workshops offered to all performance athletes annually.
- 5.6. The University will support health promotion campaigns which seek to highlight the risks around substance misuse and excessive alcohol consumption with a view to increasing understanding amongst the student population.
- 5.7. The University's duty of care also extends to the wider University community. As such, the University may enact its disciplinary measures if the conduct of a student, or students, affected by, or relating to, alcohol and/or legal, illegal or performance-

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enhancing drugs impacts on the safety and/or wellbeing of themselves, other students and staff, members of the local community, or otherwise brings the University into disrepute (regardless of whether such incidences occur on University premises). We remind students that possession of illegal substances is a criminal offence and that possession with intent to supply is a more serious offence.

- 5.8. Where students come forward and disclose drugs or substance misuse in a confidential environment in an attempt to seek support to reduce or stop an actual or perceived dependency, disciplinary action would not normally be taken unless there is evidence that the student has been involved in the supply of drugs. The student should be reminded of the University's position on the use of drugs and that if, outside of the confidential support setting, they are found using or in possession of drugs disciplinary action may be taken, notwithstanding their self-disclosure. A decision on this will be taken on a risk basis.
- 5.9. Accordingly, the University may bring disciplinary proceedings against any student whose behaviour is illegal, in breach of the University's regulations, or otherwise brings the University into disrepute. Students who are disciplined for such offences may have sanctions applied to them under [Ordinance XVII](#), as set out in the University's [Guidance for Sanctions](#).

6. Code of Conduct on Alcohol, Drug and Substance Misuse

- 6.1. As part of the commitment made by Loughborough University and Loughborough Students' Union to providing a safe, supportive and inclusive environment in which to study, work and live, the following Code of Conduct describes the legal and health and safety obligations. It outlines the University's commitments as well as the expected standards of behaviour for students. A breach of the code may result in disciplinary action under [Ordinance XVII](#) (Conduct and Discipline of Students).
- 6.2. The University endeavours to:
 - 6.2.1. Encourage and support a campus which is conducive to the health and wellbeing of students.
 - 6.2.2. Promote and support a culture of mutual respect across the whole of the University community which recognises and respects different attitudes towards alcohol use. This includes acknowledging that parts of our student body will not wish to, or are unable to, consume alcohol and ensuring that provision is made for these students including in hall-based programmes of activity.
 - 6.2.3. Work to create an understanding of acceptable, inclusive behaviour, backed up by appropriate support, and sanctions if necessary.
 - 6.2.4. Work to develop a safe and secure environment in which students can make informed decisions about alcohol use and around the risks of drugs and substance misuse.
 - 6.2.5. Take seriously our legal duty of care to our students, staff and visitors and aim to provide a safe, healthy and high-quality work and study environment.
 - 6.2.6. Recognise the link between responsible behaviour and an enjoyable learning experience and seek to promote a social environment from which all may benefit.
 - 6.2.7. Recognise that staff with responsibilities for teaching, support and welfare of students and those who manage others have a responsibility to be alert to indicators of alcohol, drugs and substance misuse and to take appropriate action when necessary (as set out in section 8 below).

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- 6.2.8. Provide guidance and information to staff and students to help them develop the confidence to know what action to take if they are concerned about alcohol, drug or substance misuse, the health and safety of fellow students, staff members, or themselves.
- 6.2.9. Work with all relevant partners to deliver responsible commercial services where alcohol is available on site.
- 6.3. It is expected that students will take personal responsibility for their behaviour and conduct, and will comply with this Code's requirements that:
 - 6.3.1. No-one should undertake University-related business or represent the University while unfit through alcohol, drug or substance misuse.
 - 6.3.2. Alcohol and/or drug use which results in risks to the safety of the individual or of others may lead to action under the University's disciplinary procedures or [Fitness to Study Procedure](#). Examples of this may include sports activities or using machinery or hazardous substances or any other activities identified as hazardous on a risk assessment. This may also include attendance of field trips or any taught input while intoxicated or otherwise unfit through alcohol, drug or substance use.
 - 6.3.3. Where applicable, students must comply with any statutory registration requirements, professional codes of ethics and accreditation provisions with reference to alcohol, drug or substance use (e.g. in work with schools).
 - 6.3.4. Intoxication and/or being under the influence of drugs will not be accepted as a mitigating circumstance in the case of students breaching University regulations. Students with alcohol or drug dependency issues will be encouraged and supported to engage with sources of help and support but will not be exempt from disciplinary procedures. In some instances, the outcome of the disciplinary process may refer the student to services to address alcohol, drug or substance misuse issues.
 - 6.3.5. Students are strongly advised not to compromise their own safety by working with or being reliant upon (e.g. as a car passenger) someone who has consumed alcohol over the legal limit and/or is under the influence of drugs.
 - 6.3.6. Pressure should not be applied to others to drink alcohol, take drugs or misuse substances. This includes through actions such as spiking drinks, drinking games or forms of peer pressure. Hall Committee members in particular are referred to [Regulation XIX](#) in this respect.

7. Support available to students

Any student who is concerned about their use of alcohol or drugs is encouraged to seek advice, and to consider the support resources listed below. The University will endeavour to provide assistance to enable appropriate help or treatment to be accessed. The focus will be on emphasising support networks, minimising harm, minimising adverse effects on academic progress, and accessing reliable sources of information or guidance.

- Advice around alcohol misuse
<https://www.drinkaware.co.uk/advice/are-you-drinking-too-much/what-excuses-do-you-give-for-drinking-too-much/>
- Advice relating to drug use

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<https://www.talktofrank.com/get-help/what-to-do-in-an-emergency>

<https://drugaware.com.au/getting-the-facts>

- Student Wellbeing :
<https://www.lboro.ac.uk/services/student-services/support/healthandwellbeing/selfhelp/>
- University Medical Centre:
<http://www.lborounimedicalcentre.co.uk/>
- Students who require support in responding to disciplinary processes or allegations should contact the LSU Advice team within the Students' Union:
LSUAdvice@lsu.co.uk or LSULondonAdvice@lsu.co.uk.

8. Reporting concerns

If a student or staff member believes that someone has a difficulty in managing their use of alcohol or drugs, they should encourage them to seek support. If a member of the University community is concerned that a student may be a danger to themselves or others, it is recommended that they refer the student to the Duty, Assessment and Inclusion Team via the [Online Reporting Portal](#). In an emergency, Loughborough University Security should be contacted (01509 222141, or 888 in an emergency from an internal phone).

Students or staff may become aware of, or suspect, drug use or supply on campus. In such situations, concerns should be reported to Loughborough University Security.

If the concerns are non-urgent and relate to activity in any of the hall of residences (whether owned by the University or by a third party), these should be reported to the Hall Warden, or, in the case of locations in the local community, the Community Warden in the first instance.

Where appropriate and proportionate, the University will take advice from the Police when considering actions to take and the University reserves the right to undertake pro-active operations on University premises in order to detect drugs use, and where appropriate to seek police assistance.

9. Confidentiality and Data Protection

Any cases dealt with by University staff in relation to alcohol, drug or substance misuse will be dealt with in line with our Student Privacy Notice.

Similarly, any information shared with Student Services will be dealt with in line with the Student Services Privacy Notice.

Wherever possible information will be kept confidential and will not be shared with third parties, unless the student consents to information being shared, or the student or another individual would be at serious risk of harm if information is not shared. Those working and participating within the elite sport industry are obligated to inform UKAD of information regarding possible violations. Staff should clearly state from the outset that limited confidentiality applies in the terms set out above and that confidentiality may not be maintained if the withholding of information constitutes a risk to the individual or others.

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Statistical data used in order to monitor the impact of interventions should be shared between relevant sections within the University and the Students' Union. Such data should be stripped of all personal data and anonymised.