



## ATTENTION STUDENT ATHLETES:

The Illinois High School Association has partnered with The National Center for Drug Free Sport, Inc. to provide an easily accessible resource designed to **answer questions** about its **drug-testing program, banned substances** and questions about **dietary supplements**. The **Resource Exchange Center (REC)** is a service solely dedicated to making sure participants are provided with **up-to-date, confidential and accurate** information on dietary supplements and dangerous or banned substances.

The REC is available 24 hours a day seven days a week by calling the IHSAA hotline or going online and entering the assigned password. All correspondence with the REC can be done so anonymously, and will be kept confidential. Questions received by the REC will be answered within 24 hours of submission during regular business hours. REC is available 24 hours a day via the web. Calls to a person are during normal business hours (8:00am - 4:30pm CST).



Website: [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)

**Organization:** Illinois State High Schools

**Password:** Illinoishs

**REC Hotline: 877-202-0769**



*Drug Free Sport™*