



Professional Golfers Career College Temecula, CA

Drug and Alcohol Abuse Prevention Program 2024

What are the requirements of the Drug-Free Schools Act?

Drug-Free Schools and Campuses Federal Regulations require that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher learning must certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.

I. Standards of Conduct

A. Alcohol:

The consumption of alcoholic beverages is not permitted at the college or on or at the golf courses. No alcoholic beverages will be served by PGCC at any College sponsored activity. The unlawful possession or use of alcohol or the distribution of alcohol or alcoholic beverages to minors by students or employees of the Professional Golfers Career College is strictly prohibited.

B. Drugs and/or Controlled Substances

To prevent drug abuse, PGCC prohibits the unlawful possession, use, or distribution of drugs by students and employees on school property, or as part of the school's activities.

C. Sanctions

The school will impose sanctions on students (consistent with local, state and federal law), up to and including expulsion from school or mandatory participation in a substance abuse program, and referral for prosecution, for violation of this policy. Students and employees may seek drug counseling from the professional staff at the Hill Recovery. Student contact with the Counseling Center is confidential. Students and employees may contact the Counseling Center at Hill Recovery by phoning 951-719-3685.

II. Applicable Legal Sanctions

A. Alcohol

Since alcohol is not an illicit drug; the laws are concerned primarily with its use and misuse. The penalties are determined primarily by the severity of the crime. As an example, driving under the influence of alcohol is punishable under state and local law, however, the penalty is less severe if the driver does not have a traffic accident than if he does.

B. Illicit Drugs

Attached is a schedule of applicable legal sanctions under federal law for unlawful possession, use or distribution of illicit drugs. In addition, there are comparable state laws under which charges may be brought.

III. Health Risks Associated With the Use of Illicit Drugs and Alcohol

The brief summaries are an overview of the major health risks associated with the use of illicit drugs and alcohol. Abuse of alcohol and other drugs can lead to chemical dependency and can be harmful during pregnancy.

Alcohol—*Did you know that*

- Alcohol is a depressant that decreases the responses of the central nervous system.
- Excessive drinking can cause liver damage and psychotic behavior.
- As little as two beers or drinks can impair coordination and thinking.
- Alcohol is often used by substance abusers to enhance the effects of other drugs.
- Alcohol continues to be the most frequently abused substance among young adults.

What are the Dangers of Alcohol Abuse? Risk of injury or death as a result of accident or violence, impaired vision, impaired motor coordination, memory defects, hallucinations, blackouts, and seizures. Long-term use can result in permanent damage to the brain, elevated blood pressure and heart rate, risk of stroke, heart failure, respiratory depression and failure, pneumonia, tuberculosis, lung abscesses, increased risk of mouth and throat cancer, alcoholic fatty liver, hepatitis, and cirrhosis, duodenal ulcers, reflux, diarrhea, impaired judgment and verbal ability, apathy, introversion, antisocial behavior, inability to concentrate, and deterioration of relationships with family, friends, and co-workers. Alcohol is an especially dangerous drug for pregnant women. Drinking during pregnancy raises the risk of low-birth weight babies and intrauterine growth retardation, increasing the danger of infection, feeding difficulties, and long-term developmental problems.

Marijuana—Also known as: Pot, Grass, Joints, Roaches, Reefer, Weed, Mary Jane—*Did you know that*

- Marijuana may cause impaired short-term memory, a shortened attention span and delayed reflexes.
- During pregnancy, marijuana may cause birth defects.
- Marijuana may cause a fast heart rate and pulse.
- Repeated use of marijuana may cause breathing problems.
- Possession of marijuana is illegal in all fifty states.
- Marijuana may cause relaxed inhibitions, disoriented behavior.
- All forms of marijuana are mind-altering. In other words, they change how the brain works.
- Contains THC (delta-9-tetrahydrocannabinol), the main active chemical in marijuana.
- Contain more than 400 other chemicals.
- Effects on the user depend on its strength or potency, which is related to the amount of THC it contains (5). THC content of marijuana has been increasing since the 1970s.

Marijuana Risks: Impaired perception, Diminished short-term memory, loss of concentration and coordination, impaired judgment, increased risk of accidents, loss of motivation, diminished inhibitions, risk of AIDS and other STDs, increased heart rate, anxiety, panic attacks, and paranoia, hallucinations, damage to the respiratory, reproductive, and immune systems, increased risk of cancer, psychological dependency.

Cocaine— Also known as: Coke, Dust, Snow, Flake, Blow, Girl—*Did you know that*

- Cocaine "high" lasts only about 5 to 20 minutes.
- Cocaine use may cause severe "mood swings" and irritability.
- You need more and more cocaine each time you want a "high."
- Cocaine increases your blood pressure and heart rate - particularly dangerous if you have a heart condition.
- One use can cause death!
- Possession and use are illegal and can result in fines and arrest.

Cocaine risks: Dependence and addiction, irregular heartbeat, heart attack, and heart failure, strokes, seizures, fungal brain infections, and hemorrhaging in tissue surrounding the brain pulmonary effects, such as fluid in the lungs, aggravation of asthma and other lung disorders, and respiratory failure psychosis, paranoia, depression, anxiety disorders, and delusions, increased risk of traumatic injury from accidents and aggressive, violent, or criminal behavior, sleeplessness, sexual dysfunction, diminished sense of smell, perforated nasal septum, nausea, and headaches. Crack users often singe eyebrows or eyelashes with the flame of matches or lighters. They also burn fingertips and other body parts from contact with superheated vessels (e.g., glass pipes). Fetal cocaine effects include premature separation of the placenta, spontaneous abortion, premature labor, low birth weight and head circumference at birth, greater chance of visual impairment, mental retardation, genitourinary malformations, and greater chance of developmental problems. For intravenous (IV) cocaine users, there is increased risk of hepatitis, HIV infection, and endocarditis. For addicts, whether they smoke, inject, or snort, promiscuous sexual activity can increase the risk of HIV infection.

Crack, "Crack cocaine", Freebase rocks, Rock - *Did you know that*

- Crack is almost instantly addictive.
- One use could cause a fatal heart attack.
- Repeated use may cause insomnia, hallucinations, seizures, paranoia.
- The euphoric effects of crack last only a few minutes.
- Crack possession and use are illegal in all fifty states.
- There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance

Barbiturates

Health Risks: In small doses, barbiturates produce calmness, relaxed muscles and lowered anxiety. Larger doses cause slurred speech, staggering gait and altered perception. Very large doses taken in combination with other central nervous system depressants (e.g., alcohol) cause respiratory depression, coma and sometimes death.

Symptoms: A person who uses barbiturates may have poor muscle control, appear drowsy or drunk, become confused, irritable, inattentive or have slowed reactions.

Methamphetamine

Ice Also known as: Meth, Crystal, Crank, and Methamphetamine—*Did you know that*

- Ice is extremely addictive - sometimes with just one use!
- Ice can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, severe fatigue.

- An overdose can cause coma and death
- When you stop using ice you may experience a deep depression.
- Ice causes a very jittery high, along with anxiety, insomnia, sometimes and paranoia.

Dangers and consequences of meth use: sleeplessness, loss of appetite and weight loss, nausea, vomiting, diarrhea, elevated body temperature, skin ulceration and infection, the result of picking at imaginary bugs, paranoia, depression, irritability, anxiety, increased blood pressure, due to the constriction of blood vessels, that may produce headaches, chest pain, or irregular heartbeat and lead to stroke or heart attack, seizures, permanent damage to brain cells caused by injury to small blood vessels serving the brain. For pregnant women—premature labor, detachment of the placenta, and low birth weight babies with possible neurological damage, poor feeding, and lethargy. For intravenous (IV) users—AIDS, hepatitis, infections and sores at the injection site, and infection of the heart lining and valves (endocarditis).

Hallucinogens (Types Including: PCP, LSD, Mescaline, Peyote, Psilocybin)—*Did you know that*

- One use of LSD or PCP can cause multiple and dramatic behavioral changes.
- Large doses of hallucinogens may cause convulsions, ruptured blood vessels in the brain and irreversible brain damage.
- Many hallucinogens cause unpleasant and potentially dangerous "flashbacks," long after the drug was used.
- Most hallucinogens cause "hallucinations," i.e., changes in perception of time, smell, touch, etc.

How does LSD Affect You? Dilated pupils, high temperature, rapid heartbeat, increased blood pressure, sleeplessness, appetite loss, and tremors. Acute anxiety, depression, panic, paranoia, or psychotic behavior may accompany a bad trip or may occur after most other effects of the drug have worn off. An overdose can result in a longer, more intense and more frightening trip, and the spontaneous, recurring hallucinations known as flashbacks can occur days, weeks, or more than a year after LSD use.

Ecstasy Called MDMA (3-4-Methylenedioxymethamphetamine) by scientists, it is a synthetic chemical that can be derived from an essential oil of the sassafras tree. One of the most dangerous drugs threatening young people today. MDMA is also one of the easiest illegal drugs to obtain.

- Effects similar to those of amphetamines and hallucinogens.
- Distributed almost anywhere, it has become very popular at social events like raves, hip hop parties, concerts, etc. frequented by both adults and youth. While not all "event" attendees use Ecstasy, the drug often makes the circuit of these parties and can set up dangerous circumstances that can affect everyone there.
- Short-term effects include psychological difficulties (confusion, depression, sleep problems, craving, severe anxiety, and paranoia). These effects occur during use and can continue even weeks after use.
- Physical problems that can occur are muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, fever, chills or sweating.

Long Term Effects: Recent findings connect use of Ecstasy to memory loss. Use of Ecstasy depletes serotonin, a very important chemical in the brain which regulates mood, sleeping and eating habits, as well as, the thinking and behavior process, sexual function, and sensitivity to pain.

Heroin, Codeine, Morphine, Opium

Opiates often called narcotics are those drugs derived from opium or derivations or opium synthetics. There are several different drugs in the opiate family including opium, morphine, heroin, codeine, hydromorphone/Dilaudid and merperidine/Demerol.

Paying the Price of Heroin Use: range from mild distress to life threatening dangers and include: dry, itchy skin and skin infections, constricted pupils and reduced night vision, nausea and vomiting (following early use or high doses), constipation and loss of appetite, menstrual irregularity, reduced sex drive, scarring ("tracks") along veins and collapsed veins from repeated injections, irregular blood pressure, slow and irregular heartbeat (arrhythmia), fatigue, breathlessness, and labored, noisy breathing due to excessive fluid in the lungs ("the rattles"), injuries that result from engaging in any activity (such as working, driving, or operating machinery) when incapacitated by heroin use, dependence, addiction, hepatitis, AIDS, and other infections from unsanitary injection, stroke or heart attack caused by blood clots resulting from insoluble additives, respiratory paralysis, heart arrest, coma, and death from accidental overdose

IV. Alcohol – and drug-free campus

As required with the Drug Free Schools and Communities Act (Public Law 101-226) Professional Golfers Career College provides this description of the health risks associated with the use of illicit drugs and alcohol.

As a matter of policy, the Professional Golfers Career College prohibits the manufacture and unlawful possession, use, or distribution of illicit drugs and alcohol by students, employees, and any other parties on its property or at any college activity. Any violation of this policy will result in appropriate disciplinary actions up to and including expulsion. (in the case of students) and termination (in the case of employees). Where it is apparent that a violation of the law has occurred, the appropriate law enforcement authorities will be notified.

V. Biennial Review

- A. A biennial review of the program to determine its effectiveness and to implement changes if they are needed will be scheduled. This review will be conducted by the Professional Golfers Career College President and Campus Directors.
- B. It will be the responsibility of the President to ensure that the sanctions that have been developed are consistently enforced.

Review Date: Sep 19, 2024

Approved By: 

City of Temecula Municipal Code

(Example of Legal Sanctions)

Chapter 9.14 CONSUMPTION AND POSSESSION OF ALCOHOLIC BEVERAGES PROHIBITED IN CERTAIN PUBLIC PLACES

9.14.010 Consumption of alcoholic beverages in public prohibited.

The drinking of beer, wine, liquor, fermented malt beverage, intoxicating liquor, or other alcoholic beverage shall be prohibited at the following locations, unless specifically permitted by the prior written approval of the city:

- A. On any public street, roadway, boulevard, alley, parking lot, sidewalk, or any other property owned, controlled and/or operated by the city, county or any public agency;
- B. In the public parking, loading, access and areas accessible to the public of nonresidential property except on the premises of a commercial establishment holding a valid on-sale license or permit from the California Department of Alcoholic Beverage Control; or
- C. Within any public park, recreational area, or recreation facility owned, controlled and/or operated by the city, county, or any public agency. (Ord. 99-05 § 1: Ord. 99-04 § 1: Ord. 97-07 § 1(part))

9.14.020 Possession of open containers of alcoholic beverages in public places prohibited.

No person shall have in his or her possession, with intent to consume any part of the contents thereof, any bottle, can or other receptacle containing beer, wine, liquor, fermented malt beverage, intoxicating liquor, or other alcoholic beverage, which has been opened, or a seal broken, or the contents of which have been partially removed, at the following locations, unless specifically permitted by the prior written approval of the city:

- A. On any public street, roadway, boulevard, alley, parking lot, sidewalk, or any other property owned, controlled and/or operated by the city, county or any public agency;
- B. In the public parking, loading, access, and areas accessible to the public of nonresidential property except on the premises of a commercial establishment holding a valid on-sale license or permit from the California Department of Alcoholic Beverage Control; or
- C. Within any public park, recreational area, or recreation facility owned, controlled and/or operated by the city, county, or any public agency. (Ord. 99-05 § 2: Ord. 99-04 § 2: Ord. 97-07 § 1(part))

9.14.030 Consumption of alcoholic beverages on homeowner association properties prohibited.

No person shall drink any beer, wine, liquor, fermented malt beverage, intoxicating liquor, or other alcoholic beverage, upon property, including greenbelt areas, common walkways and common driveways, owned or controlled by a homeowner's association where:

- A. The homeowner's association has requested in writing that the city extend its drinking prohibition upon the homeowner's association property and the city council has adopted a resolution approving such request; and
- B. The homeowner's association has posted on the property a notice in substantially the following form:

Drinking of liquors, beers, wine or other intoxicating beverages on this property, including greenbelt areas, common walkways, and common driveways, is prohibited by Chapter 9.14 of the Temecula Municipal Code and violators are subject to criminal prosecution which could result in imprisonment and a fine. (Ord. 97-07 § 1)

**State of California Penalties
(Example of Legal Sanctions)**

Alcohol

Legal drinking age is defined by the State of California is 21 years of age or older. Additional penalties are noted in the California Codes.

Activity	Classification	Penalty
Any person, who sells, provides, gives or cause to be sold an alcoholic beverage to any person under the age of 21.	Misdemeanor	Punishable by a fine of \$250 and/or no more than 32 hours of community service for first offense. Increased penalties for additional violations.
Any person under the age of 21 who purchases alcoholic beverages or consumes alcoholic beverages in an on-sale premises	Misdemeanor	Punishable by a fine of \$250 and/or no more than 32 hours of community service for first offense. Increased penalties for additional violations.

California Vehicle Code, Section 23152 makes it unlawful for a person to drive a vehicle while under the influence (DUI) of any alcoholic beverage and/or drug. Persons arrested for a DUI who refuse to be tested per Section 13353 shall have their privileges to operate a vehicle suspended for 1 year or for 2 years for a second refusal within a period of 10 years.

At the time of the arrest, a driver who has 0.08 or more alcohol concentration in their blood, will, upon conviction, be sentenced to not less than 96 hours in county jail and a fine of not less than \$390, no more than \$1,000. Driver's licenses will be suspended and the court can require that a

first time offender install a certified ignition interlock device on any vehicle that the person owns or operates.

For persons under the age of 21, Section 23140 makes it unlawful for a person to drive a vehicle who has 0.05 or more alcohol concentration.

Marijuana **(Defined by California Health and Safety Code, Section 11357)**

Marijuana legalization in California does not mean that you can never be penalized under state law for possessing marijuana or [concentrated cannabis](#). Health and Safety Code 11357 HS, California's marijuana possession law, does still make it a crime to:

- Possess more than 28.5 grams (approximately one ounce) of marijuana or more than eight grams of concentrated cannabis;
- Possess marijuana or concentrated cannabis if you are under 21 years of age, except in accordance with California's medical marijuana laws; or
- Possess marijuana on the grounds of a K-12 school while the school is in session.

The following table summarizes the current laws and penalties regarding marijuana possession in California:

Marijuana Possession Offense	Classification	Penalty
Possession of marijuana or concentrated cannabis by people under 21	Infraction	Drug counseling and community service (defendants under 18); fine of up to \$100 (defendants 18 and over)
Possession of more than 28.5 grams of marijuana or more than 8 grams of concentrated cannabis (defendants 18 and over)	Misdemeanor	Up to 6 months in county jail; up to \$500 fine
Possession of more than 28.5 grams of marijuana or more than 8 grams of concentrated cannabis (defendants under 18)	Infraction	Drug counseling and community service
Possession of marijuana or concentrated cannabis on the grounds of a K-12 school (defendants 18 and over)	Misdemeanor	Up to \$250 fine for first offense
Possession of marijuana or concentrated cannabis on the grounds of a K-12 school (defendants under 18)	Infraction	Drug counseling and community service

**Controlled Substances (formerly classified Dangerous Drugs)
(Defined by California Health and Safety Code, Sections 11377-11382.5)**

Except as provided by law under the California Compassionate Use Act of 1996, a person shall not knowingly possess or use, possess for sale, produce, transport, import into the state, sell, furnish, administer, or give away. Additional penalties are noted in Health and Safety Code, Sections 11377-11382.5.

Activity	Classification	Penalty
A person who possesses or uses a dangerous drug.	Misdemeanor/Felony	Monetary fine, up to 1 year imprisonment
A person who possesses a dangerous drug for the purpose of selling.	Felony	Imprisonment
A person who transports a dangerous drug.	Felony	Imprisonment up to 4 years

**Controlled Substances (formerly classified Narcotics)
(Defined by California Health and Safety Code, Sections 11350-11356.5)**

Except as provided by law under the California Compassionate Use Act of 1996, a person shall not knowingly possess or use, possess for sale, produce, transport, import into the state, sell, furnish, administer, or give away. Additional penalties are noted in Health and Safety Code, Sections 11350-11356.5.

Activity	Classification	Penalty
A person who possesses or uses a narcotic drug.	Misdemeanor/Felony	A fine of \$1,000 or community service. Additional Penalties including jail time, for multiple convictions.
A person who possesses a narcotic drug for the purpose of selling.	Felony	Imprisonment up to 4 years.
A person who transports a narcotic drug.	Felony	Imprisonment up to 5 years.