

## BLUE HEN STUDENT-ATHLETE EXPECTATIONS

Your student-athlete experience and success as a Blue Hen is incredibly important – both now and for your future. Being a student-athlete at Delaware comes with great opportunities, along with important responsibilities and commitments. Your behaviors and choices are expected to align with our Blue Hen Core Values:



UD Athletics will always treat you with respect and fairness as we work together in this journey. We expect that same respect and fairness from you.

You have the privilege of representing 215,000 Blue Hen alumni and more importantly 9,200 student athlete alumni. With this privilege comes the expectation to uphold the legacy of our proud past Blue Hens. It is important to ensure your choices reflect positively on you, UD Athletics, our alumni and the University of Delaware.

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In committing to being a **ProUD** Blue Hen, you agree to:

- Value and respect our history and traditions and embrace our responsibility in shaping the future.
- Meet all health and medical responsibilities, including:
  - Complete all necessary forms, documentation and insurance requirements.
  - Attend all prescribed treatments and appointments as directed by our medical staff.
  - Seek approval by Sports Medicine for referrals with outside medical providers prior to scheduling or attending appointments.
  - Notify UD Sports Medicine/Nutrition staff before taking any prescription medication.
  - Review with Sports Medicine/Nutrition staff before taking any non-UD provided nutritional, dietary, or vitamin supplements. (Student Athlete Supplement Notification Form)
  - Refrain from the use of illegal drugs as outlined in the Informed Consent/Release of Liability form as part of the UD Drug Testing program and refrain from the use of tobacco. (NCAA banned drug list/UD Drug Testing Program manual).
  - Disclose fully and honestly any and all previous medical history. Failure to do so may lead to a delay in your ability to practice, or in extreme cases, lead to the removal of institutional aid (if applicable).
- Follow the Core Values when interacting with prospective student-athletes (PSAs) during recruitment opportunities so they can feel proud to be at Delaware.
  - Prior to the start of any PSA visit, the host and all student-athletes involved in the visit are expected to fully understand and comply with host responsibilities and the expectations of conduct as outlined by the Compliance Office Recruiting Policy.
  - Adhere to all University policies, including the UD's Protection of Minors Policy as outlined by the University's Office of Equity and Inclusion by completing the University Background Check and online training.
  - Create a welcoming environment for all PSAs by:
    - Treating all PSAs with respect.
    - Refraining from the use of tobacco, alcohol, drugs, gambling activities, violations of criminal law with or in the presence of PSAs.
    - Not engaging in or arranging of sexual contact with PSAs or any sexual harassment/misconduct.
    - Not engaging in any activity that would bring harm to you or the PSAs or the reputation of the University of Delaware and/or the Athletics Program.
- Complete all required Core Values when interacting with prospective student-athletes (PSAs) during recruitment opportunities so they can feel proud to be at Delaware.

In committing to being a Blue Hen with **Integrity**, you agree to:

- Act courageously with honesty, fairness and dignity. Be respectful of teammates. Ensure personal choices do not negatively impact teammates and the program.
- Adhere to the Student Code of Conduct, as well as the rules of the Conference USA, all affiliate conferences, and the NCAA.
- Abide by Local, State and Federal ordinances/laws and University and UD Athletics policies.
- Refrain from engaging in any form of Hazing as it is strictly prohibited by UD Athletics, the University and State law. If you are aware of any hazing activities, you are expected to report them to a coach or other administrator.
- Refrain from engaging in any sport wagering activities and from providing information to individuals involved in or associated with any type of sports wagering activities concerning,

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- professional, intercollegiate, and amateur athletics competition.
- Self-report any violations of law, arrests or criminal charges to a member of the coaching staff or administrator.
- Adhere to campus Non-Discrimination, Sexual Misconduct and Title IX policies as a commitment to create and maintain a safe and non-discriminatory environment at UD.
- Abide by the University of Delaware's Name, Image and Likeness Policy.
- Complete the Free Application for Federal Student Aid (FAFSA) regardless of income level or institutional aid package prior to April 15th each year.
- Register with and disclose any Name, Image and Likeness (NIL) deals valued at \$600 or more that involve a third party entity (any person or organization outside the University of Delaware) through NIL Go within five (5) business days. Additionally, disclose any NIL deals received through the Influencer platform.

In committing to being an **Inclusive** Blue Hen, you agree to:

- Be dedicated to building, serving and engaging our diverse community on a local, national and global level.
- Respect others in action and word regardless of race, sex, gender, religion, gender identity, veteran status, national origin, age, disability, creed or sexual orientation.
- Meet all responsibilities related to external communications, including:
  - Adhere to the UD Social Media Policy.
  - Connect with your Athletic Communications liaison whenever contacted by media to ensure accurate, effective and consistent communication.
- Participate in promotional activities on behalf of the department and university, as required of your respective team or intended for all student-athletes (i.e. Game Day 101).

***The UD Athletic Department recognizes and supports our student-athletes' right to freedom of speech, expression and association, including the use of social networks. We encourage you to engage our fans and promote yourselves and our programs on social media and elsewhere in a positive manner.***

In committing to **Excellence** as a Blue Hen, you agree to:

- Be committed to a higher standard that challenges ourselves and others to continually reflect, learn, innovate and inspire.
- Be on time and prepared for team activities, including but not limited to, practice, competition and travel.
- Meet or exceed all academic expectations, including:
  - Attend all classes unless excused.
  - Attend all structured study programs or other academic meetings (i.e. tutoring, academic advising meetings).
  - Be honest and forthright in your academic studies in accordance with the University Academic Honesty policy.
- Comply with policies and standards related to alcohol use, including:
  - Understanding alcohol consumption is a proven inhibitor of athletic performance for days after the consumption occurs and diminishes peak athletic performance.
  - Abide by the University's Alcohol Policy.
  - Not consume alcohol (regardless of age) while involved in team activities/trips or in the presence of recruits on visits.
  - Remember it is illegal for student-athletes who are under 21 years old to purchase, possess, or consume alcohol.
  - Understand it is illegal for student-athletes who are 21 years old or older to purchase or

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provide alcohol to any individual who is under 21 years of age.

- Adhere to team rules as outlined by your coaching staff.

**As a Blue Hen, I understand and agree to meet these expectations, as they are in place to protect me, my teammates and our Athletic program throughout my athletic experience at UD. I will make appropriate choices and take responsibility for my own behavior.**

**I certify that we discussed these expectations and I was permitted to ask questions. I understand these expectations are not exhaustive and failure to meet these expectations or to comply with State, Federal and local laws and other University and UD Athletics rules and policies may result in consequences including, but not limited to, separation from the team and loss of athletic aid.**

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