

STUDENT-ATHLETE HANDBOOK



2023-2024

BRIDGEWATER COLLEGE
2023-2024 Undergraduate Academic Calendar

Fall Semester

Faculty Meetings Days	August 14–18
International Student Orientation	August 16-17
First Year Student Move–In	August 17
First Year Student Orientation	August 17–21
Returning and Transfer Student Move–In	August 20
Fall Registration	August 21
Opening Convocation	August 21
First Day of Fall Classes	August 22
Last Day to Add a Class	August 29
Family Weekend	September 15-17
Fall Break (begins after last class)	September 29
Classes Resume	October 4
Mid–Term Grades Due	October 13
Advising Week	October 16-20
Homecoming	October 27-29
Last Day to Withdraw	October 31
Fall Board Meeting	November 2-3
Thanksgiving Break (begins after last class)	November 21
Classes Resume	November 27
Last Day of Classes	December 1
Reading Days	December 2-3
Exams	December 4-8

Spring Semester

Spring Classes Begin	January 8
MLK Holiday (no classes)	January 15
Last Day to Add a Class	January 16
Mid–Term Grades Due	February 16
Spring Break (begins after last class)	February 23
Classes Resume	March 4
Advising Week	March 11-15
Last Day to Withdraw	March 26
Easter Break (begins after last class)	March 28
Founder’s Day	April 2
Classes Resume	April 2
Spring Board Meeting	April 4-5
Last Day of Spring Classes	April 24
Exams	April 25-27
Reading Day	April 28
Exams	April 29-30
Baccalaureate	May 3
Commencement	May 4

May Term

May Term Begins	May 8
May Term Ends	May 24

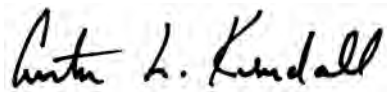
Disclaimer

The content of this handbook does not create nor constitute a contract of any kind. This handbook is simply a statement of standards and expectations and is informational and a part of the College's ongoing operations. The College reserves the right to vary from it and to modify it at any time without prior consent or notice even during the academic year, although it will endeavor to publish changes or updated versions as it may deem appropriate in its sole discretion.

Welcome

I would like to welcome you, the student-athlete, as a member of our Bridgewater College Athletic program. As a student-athlete, you have accepted the responsibility of preparing yourself to be the best player you can be in your sport. As a student-athlete you must be disciplined both on and off the playing field. You must strive to be excellent in all areas of your campus life. Our coaches will become an integral part of your life in the years to come. They will provide you with an opportunity to develop as an athlete and as a person. They will monitor you academically and require that you pursue academic excellence. They will encourage you to develop a sense of responsibility and self-discipline that is characteristic of our student-athletes. And, they will encourage sportsmanship and fair play during competition.

It is our hope that your experience as a student-athlete will be enjoyable and rewarding. The athletic staff thanks you for your participation in the athletic program and for the positive recognition you will bring to Bridgewater College. Good luck as you pursue excellence in your sport.



Director of Athletics

Framework

Intercollegiate athletics is an integral part of the education process at Bridgewater College. Athletic practice and competition will be planned to support the academic program and not compete with it. Athletics provides another means to develop leadership, social, and teamwork skills; poise and confidence; self-discipline; wellness; and sense of fair play. It is to this end that this manual serves the student-athletes of Bridgewater College.



President

August 2023

I. PHILOSOPHY

Athletics Sponsorship

The College sponsors 24 varsity programs, which include baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming, tennis, indoor track, and outdoor track for the men, and basketball, cross country, field hockey, golf, lacrosse, riding, softball, soccer, swimming, tennis, indoor track, outdoor track, and volleyball for the women. Riding participates in the National Collegiate Equestrian Association (NCEA) and is a member of the Eastern College Athletic Conference (ECAC). Additionally, the athletic program supports cheerleading, a marching and pep band, which perform at home football and basketball games.

The College is a Division III member of the National Collegiate Athletic Association and follows guidelines and policies set forth by this governing body. Our teams are members of the Old Dominion Athletic Conference (ODAC), which has 17 member institutions with 2 teams being associate members.

NCAA Division III Philosophy Statement

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletic activities are conducted as an integral part of the student-athlete's educational experience, and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff. (NCAA Division III Manual)

Vision Statement

Through the dedication of coaches and support staff, the Bridgewater College Department of Athletics will consistently provide a meaningful athletic experience for the student-athlete while in the pursuit of success in conference, regional and national competition. Bridgewater College student-athletes will develop leadership, discipline, teamwork and perseverance, as they grow as students, athletes and future professionals. The Department of Athletics will establish and maintain an environment that values cultural diversity and gender equity among student athletes and athletics staff. Facilities, staffing and resources will be prioritized to aid in recruitment and competitive advantage. The coaches and staff will act as a connective fiber among students, faculty, staff and the local community.

Athletic Mission Statement

It is the mission of the Bridgewater College Athletic Department to:

- 1) Adhere to the philosophy and principles of intercollegiate Division III athletics
- 2) Prioritize the academic progress and success of all students who participate in intercollegiate athletics.
- 3) Develop each student-athlete physically, mentally, socially, emotionally, and morally to cultivate leadership and enhance the campus community.
- 4) Ensure the physical well-being of all student-athletes during practice, travel, and play.
- 5) Continue to create a student-athlete experience that values equity, sportsmanship and diversity.
- 6) Support and develop the tradition of excellence in all of the College's intercollegiate athletic

programs.

- 7) Ensure that athletics is integrated with the college community and the overall student experience.

Diversity and inclusion are essential to the fulfillment of our Bridgewater mission. We value inclusive excellence in learning, curricular, and co-curricular programming; campus climate; recruitment; admissions, hiring; and retention. We are deeply committed to promoting and maintaining a civil community that facilitates opportunities for shared understanding and expression of individual and collective truths. Moreover, we resolve to create and uphold a community that is respectful of all persons despite differences in age, (class), creed, physical or mental disability, educational background, gender identity or expression, geographical location, (income) socioeconomic status, marital or relationship status, national origin, parental or family status, race, ethnicity, religion, sex, sexual orientation, work experiences, and other dimensions of diversity.

Core Values

In order to achieve our vision and mission, we believe that these five principles are foundational to our success:

Leadership- The student-athletes, coaches and staff represent themselves, their teams, the department and the College with integrity, responsibility, and positivity on and off campus.

Grit - The student-athletes, coaches and staff will exemplify a toughness of mind and spirit in managing hardships and challenges in academics, athletics and campus life.

Community- The student-athletes, coaches and staff will value the wellbeing of all community members, prioritize service to others, and strive to create a culture of unity, inclusion, and acceptance: we are all in this together.

Tradition- The student-athletes, coaches and staff will demonstrate a true passion for the sport/game and be proud of who we are and the College we represent. We have a fierce and relentless will to win, grounded by our beliefs in sportsmanship and fair play.

Excellence - The best is expected from ourselves and our teams, and we celebrate our academic, athletic, and professional successes.

II.ATHLETIC COUNCIL AND COMMITTEES

Council on Athletics

The Council on Athletics is responsible for the annual review of intercollegiate athletics policies. These policies are listed below.

- All recommendations by the Council are submitted through the Director of Athletics.
- The Council on Athletics is made up of the Director of Athletics, two Faculty Athletics Representatives (FAR), Associate Director of Athletics, two faculty members elected by the faculty, Director of Admissions, VP for Student Life and Dean of Students, Director of Facilities and Support Services, Director of Intramurals, and four students appointed by the Student Senate. The Director of Athletics chairs the Council.
- The Council on Athletics meets a minimum of three times a year. Meetings are scheduled in September or the beginning of fall semester, February or the beginning of spring semester, and in May or at the end of the school year.

Student-Athlete Advisory Committee

The Student-Athlete Advisory Committee (SAAC) serves the student-athletes of the College and provides a forum for student-athletes to discuss issues and concerns with the athletic program and work to enhance the student-athlete experience through campus initiatives and community outreach. The SAAC reports directly to the Council on Athletics through the SAAC Advisor, who chairs the Committee. The Committee is responsible for voicing student-athlete concerns relative to athletic department policies, ODAC guidelines and play, and NCAA legislation and guidelines. One member of the SAAC will also represent the College on the ODAC SAAC Committee. Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation requires that all member conferences have SAACs.

Faculty Athletics Representative

According to the NCAA constitution (2021), “The president of each member institution shall appoint and support the Faculty Athletics Representative as the principal point of contact to whom student-athletes can report any action, activity or behavior by anyone associated with athletics programs inconsistent with this Constitution’s principle of student-athlete health and well-being. In this role, the Faculty Athletics Representative is a reporting contact for student-athletes independent of the institution’s athletic department, but not a legal advocate for student-athletes. The Faculty Athletics Representative, in this capacity, shall report directly to the member institution’s president”.

At Bridgewater, the FAR provides a communication link for the faculty and the athletic department. One of the FAR’s primary goals is to support and strengthen the manner in which the athletic experience of student-athletes on campus reinforces the overall mission of the college and the complete development of the student-athletes as members of the Bridgewater community. In addition to meeting with each team annually as part of each program’s evaluation process, the FAR meets with individual student-athletes as needed, particularly when a student-athlete has questions about effectively meeting the academic and athletic demands he/she faces. This could range from recurring class-schedule conflicts with practice and competition dates to more general issues regarding maintaining a balance between academic and athletic goals. The FAR also oversees the Athletic Team Mentor program, which serves to build a positive and personal connection with their Athletic Team to strengthen the communication between a student-athlete and faculty, Inform student-athletes of resources and opportunities on campus, and mentor student-athletes. The FAR is responsible for communicating with the faculty on athletic issues related to the administration of the program, ODAC policy and guidelines, and NCAA legislation as applicable. The FAR orchestrates the application process

for the NCAA Post-Graduate scholarships made available by the NCAA annually, to all divisions, for exceptional student-athletes seeking to continue their education.

Athletic Team Mentor (ATM) Program

Mission: Build a positive and personal connection with Athletic Team

Goals:

- Strengthen the communication between a student athletes and faculty
- Inform student athletes of resources and opportunities on campus
- Mentor and support student athletes

Athletic Team Mentor (ATM) Role:

Each ATM agrees to serve as a mentor for a minimum of one year. ATMs believe athletics have an integral and valuable role in the mission at Bridgewater College. ATMs are dedicated to the idea of building a positive connection between academics and athletics on campus. It is not necessary for the ATM to be an expert in the sport, but some understanding can be helpful. The role of each ATM will vary depending on the relationship style of each athletic team, coach, and mentor. ATMs will have their own style and way of engaging. The amount of time spent with the athletic team can vary from mentor to mentor.

Athletic Team Mentor Selection Process:

Faculty Athletic Representatives, Athletic Director, Senior Women's Administrator, Head Coaches, and Student Athletes generate a list of potential athletic team mentors. Faculty Athletic Representative works collaboratively with Head Coaches and consults with faculty mentors to complete mentor pairings. Faculty Athletic Representatives serve as the primary communicator to provide information, guidance, and support to Athletic Team Mentors. Senior Women's Administrator will communicate eligibility requirements as necessary.

III. ATHLETIC DEPARTMENT DIRECTORY

Curt Kendall	Director of Athletics	540-828-5407
Heather Grant	Associate Director of Athletics, Senior Woman Administrator, Compliance	540-828-8043
Ryan Legarsky	Athletics Deputy Title IX Coordinator	540-828-5615
Leyton Pullin	Director for Athletic Media Relations	540-828-5360
	Associate Director of Athletic Media Relations	540-828-8082
Becky Hylton	Assistant Director of Athletic Media Relations / SAAC Advisor	540-828-5476
Ginger Patterson	Administrative Assistant for Athletics	540-515-3799
Michael Tucker	Athletics Business Operations Manager	540-828-5783
James Bowling	Director of Strength and Conditioning	540-828-5474
Jennie Carr	Faculty Athletic Representative	540-828-8033
Scott Lemn	Faculty Athletic Representative	540-828-5610
Stephanie Flamini	SA Academic Support Program Coordinator	540-828-5400
	Athletic Facilities and Equipment Manager	

Teams / Head Coaches

Aquatics

Brooke Hodges 540-828-5488
bhodges@bridgewater.edu

Athletic Band

Barry Flowe 540-828-5304
bflowe@bridgewater.edu

Baseball

Ben Spotts 540-828-5381
bspotts@bridgewater.edu

Basketball (M)

Steve Enright 540-828-5403
senright@bridgewater.edu

Basketball (W)

Stephanie Flamini 540-828-5400
sflamini@bridgewater.edu

Cheerleading

Tyler Bradley 540-828-5745
tbradley2@bridgewater.edu

Cross Country (M&W)

Phil Spitzer 540-828-5777
pspitzer@bridgewater.edu

Field Hockey

Gina Stephan 540-828-5784
gstephan@bridgewater.edu

Football

Scott Lemn 540-828-5610
slemn@bridgewater.edu

Golf (M&W)

John Rogers 540-828-8023
jrogers@bridgewater.edu

Lacrosse (M)

Mic Grant
wgrant@bridgewater.edu

Lacrosse (W)

Ashley Hughes 540-828-8006
ahughes@bridgewater.edu

NCEA Riding

Jerry Schurink 540-828-8079
hschurin@bridgewater.edu

Soccer (M)

Ryan Bennison 540-828-5756
rbenniso@bridgewater.edu

Soccer (W)

Mike Van Horn 540-828-5409
mvanhorn@bridgewater.edu

Softball

Megan Pleskovic 540-828-5309
mpleskovic@bridgewater.edu

Tennis (M&W)

Jordon Robinson 540-515-3770
jtrobins@bridgewater.edu

Track - Indoor/Outdoor (M&W)

Denver Davis 540-828-5682
ddavis@bridgewater.edu

Swimming (M&W)

Gwynn Harrison 540-515-3769
gharrison@bridgewater.edu

Volleyball

Erin Harris 540-828-5401
eharris@bridgewater.edu

IV. ATHLETIC DEPARTMENT POLICIES

Academics

Each coach, in coordination with the Registrar, will inform faculty and faculty advisors of those student-athletes participating in their sport.

1. Student-athletes should work with their Faculty Advisors to seek to minimize class conflict during the traditional playing season due to class scheduling whenever possible.
2. The student-athlete is responsible for informing faculty and faculty advisors of their participation in a sport.
3. The student-athlete is responsible for informing faculty at least two days in advance of a class absence resulting from athletic participation.
4. The student-athlete is responsible for knowing his professors' absence policies and policies for making up missed work due to athletic participation.
5. The student-athlete is not to be excused from class for practice sessions or any non-traditional practice or game.
6. All head coaches will provide student-athletes with academic guidelines to be followed while participating in their program.
7. Student-athletes with a cumulative GPA less than 2.0 (at semesters end) will be required to participate in the Student-Athlete Academic Support Program in order to continue their participation in the athletic program. Students above a 2.0 cumulative GPA will be monitored by their head coach and referred to the Student-Athlete Support Program as needed.
8. The student-athlete is responsible for reading and understanding the Honor Code as published in *The Eagle*.
9. The student-athlete must be a full-time enrolled student to participate in the athletic programs. (Full-time = 12 hours minimum a semester)
10. The student-athlete must meet the minimum scholarship standards and be in "good academic standing" in order to participate in the athletic programs. Minimum scholarship standards can be found in the College catalog under Academic Policies and are listed below.

Note: It is recommended that the student-athlete take 15 hours a semester to better assure their academic eligibility.

NCAA Eligibility (Bylaw, Article 14 – Eligibility: Academics)

Academic Status

To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies (12 credits at Bridgewater College), be in good academic standing and maintain satisfactory progress toward a baccalaureate or equivalent degree.

Good Academic Standing

To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be in good academic standing as determined by the academic authorities who determine the meaning of such phrases for all students of the institution subject to controlling legislation of the conference(s) or similar association of which the institution is a member.

ODAC Policies

The Old Dominion Athletic Conference follows the NCAA Guidelines as mentioned above. Currently, academic guidelines for participation are determined institutionally.

Bridgewater College Athletic Eligibility Policies

Every student who is permitted to enroll at Bridgewater College is expected to make continuous progress toward his or her educational objective. At the end of each semester a careful evaluation of the achievement of each student is made, and a student whose quality of performance is below the minimum scholarship standards as outlined below will either be placed on academic probation or academic suspension. A student who does not achieve a semester quality point average or a cumulative quality point average equal to or greater than the standard appropriate to the student's classification will be placed on academic probation. The overall grade point average will be rounded to the nearest hundredth to determine eligibility (i.e., 1.957 is a 1.96, a 1.997 is a 2.0).

The following guidelines are used and interpreted by the Provost and Vice President for Academic Affairs. Student-Athletes must meet these guidelines **to be eligible to participate in intercollegiate competition**. Students must be in **good standing** and making **satisfactory academic progress** as follows:

Semester	Academic Progress	Academic Standing (GPA)	Federal Financial Aid (GPA)
1 semester	No minimal credit requirement	1.4 *	
2 semesters	24 credits earned	1.6 *	1.7
3 semesters	36 credits earned	1.7	
4 semesters	48 credits earned	1.8 *	2.0
5 semesters	60 credits earned	1.9 *	2.0
6 semesters	72 credits earned	2.0	2.0
7 semesters	84 credits earned	2.0	2.0
8 semesters	96 credits earned	2.0	2.0
9 semesters	108 credits earned	2.0	2.0
10 semesters	120 credits earned	2.0	2.0

*See the below information regarding Federal Financial Aid guidelines and satisfactory academic progress standards in current academic catalog:

Full time status is enrollment in a minimum of 12 credit hours for undergraduate students and a minimum of 9 credit hours for graduate students. All students are subject to satisfactory academic progress standards in order to maintain eligibility for participation.

Satisfactory Academic Progress

Students must meet the requirements specified below in order to receive Title IV federal aid.

Note: If there are questions concerning financial aid, please contact the Financial Aid Office at 540-828-5377.

Qualitative Measure

Students must have at least a 1.700 cumulative grade point average (GPA) by completion of their second semester and at least a 2.000 cumulative GPA by completion of their fourth semester. A minimum year-end 2.000 cumulative GPA must then be maintained until graduation. Graduate students are required to attain and retain a cumulative GPA of at least 3.0.

Quantitative (Pace) Measure

Students must successfully complete at least 67 percent of the courses they attempt. Withdrawn (W) grades and transfer credits count as attempted hours for this purpose.

Initial athletic **eligibility for transfer student-athletes** will be determined by the number of full time semesters in another college or university and the total credits earned at any previous institution to meet the academic progress standard. (See previous table) Student-athletes who do not meet the academic progress standard upon initial enrollment at Bridgewater College may petition the Director of Athletics for a waiver of the requirement; provided, however, that a waiver of the requirement will be granted only for good cause and based on extraordinary circumstances beyond the student-athlete's control.

Student-athletes that do not meet the eligibility standards may not practice or compete in their sport until they have met the required standards and eligibility has been reinstated by the College's NCAA Compliance Officer. For winter sport student-athletes, once it is determined at the end of the fall semester that a student-athlete is academically ineligible, the student-athletes ineligibility shall become effective immediately.

Transfer Academic Progress

Once enrolled at Bridgewater College, continued academic progress will be determined by the number of full-time semesters in college and the total number of credits that transferred to Bridgewater as well as credits earned at Bridgewater. For purposes of athletic participation eligibility only, students will be given a grace period of two (2) years (credit only) following initial enrollment at Bridgewater College to meet this progress requirement. This can include interterm or summer school credits earned during the two (2) year period.

Transfer Academic Standing

Academic standing will be determined by the total number of full-time semesters in college (both at Bridgewater and any previous institution). All transfer students start with a new GPA at Bridgewater, eligibility will be determined by the GPA you have earned at Bridgewater in comparison to the total number of full-time semesters you have been in school. (See previous table)

Student-Athlete Academic Support Program (SAASP) and Policies

Philosophy

The Philosophy of the Student-Athlete Academic Support Program (SAASP) is to ensure all student-athletes make their academic responsibilities a priority and to ensure all student-athletes remain on track for graduation. The program provides an opportunity for student-athletes, with less than a 2.0 GPA, to continue participating in their sport provided they meet the criteria of the SAASP.

Policies:

1. Student with a GPA less than 2.0 (at semester's end) and/or fewer than the required credits needed to meet the satisfactory progress requirement will be required to participate in the SAASP. These student-athletes will be monitored, advised and assessed academically by the SAASP Coordinator, Head Coach of respective sport, faculty, and/or the Director of Academic Support twice weekly. This process will continue until the student-athlete reaches a cumulative 2.0 or better GPA and meets the satisfactory progress requirement or decides to no longer participate in intercollegiate sports. The student-athlete may also be referred to the Director of Academic Support Center for academic assessment or counseling as needed. The following criteria will be used to evaluate the student-athlete's continued participation in the athletic program.
 - a) All student-athletes will be required to put in a minimum of 2 hours of academic work each week of the semester towards the SAASP. These hours will be completed by attending study hall with his/her sport coach. These hours will be documented by the Sport Coach for each student in the SAASP and be provided to the Coordinator of SAASP.
 - b) Each student-athlete in SAASP will be required to have an Academic Coach and follow all guidelines required by the Academic Coaching program on campus. The student-athlete must register for Academic Coaching by using the Penji app. For more info on the program contact Regina Wine-Nash rwine-nash@bridgewater.edu.
 - c) The student-athlete will be required to keep an academic notebook with class schedule, all class notes, academic assignment calendar and grade report sheet. The notebook will be evaluated during the weekly meeting with his/her coach.
 - d) The student-athlete will be required to attend all classes while under a 2.0 GPA. Excused absences will be determined by the professor. Excused absence definition and guidelines are:
 - "Sickness or illness" as determined by faculty member or medical personnel. Verification by the faculty member or medical personnel (health services, healthcare or staff athletic trainer) will be necessary. A class missed for an illness PRECLUDES practice or competition the same day.
 - Classes excused for travel and contests as determined by the Head Coach and Registrar and following College policy.
 - Personal/family emergencies as determined by College Policy
 - e) Head Coaches may choose to levy additional academic policies and sanctions for their student-athletes.
2. Coaches can refer student-athletes that have a cumulative grade point average of 2.0 or higher to the SAASP program. However, WRITTEN justification needs to be provided to the SAASP Coordinator and the Athletic Director by the Head Coach prior to inclusion that provides concrete reasoning for referral into the SAASP program. Generally, there needs to be reasonable justification for inclusion into the SAASP program. If referred to the SAASP program, the student-athlete(s) will be required to follow the policies of the program as listed above until the SAASP Coordinator (in agreement with the Head Coach) releases them from the program.

3. The Student-Athlete Academic Support Program policies and guidelines will be both supported by and enforced by the Director of Athletics, the Coordinator of Student-Athlete Academic Support and the Head Coaches of each sport.

Team Expectations and Grievance Policy

Team Expectations/Policies

Each head coach has been advised to develop written team expectations and policies and provide them to their student-athletes at their first organizational meeting. These policies should cover academics, substance use and abuse, travel, practice, competition, image and sportsmanship. A copy of these policies is filed in the office of the Director of Athletics. These policies are designed to provide discipline, structure and fairness in addressing these specific areas.

Grievance Policy

Anytime a student-athlete has a concern or feels they have been unjustly treated in their sports program, the first step is for the student-athlete to attempt to resolve the grievance informally by discussing it with the student-athlete's Head Coach. The discussion should take place within a reasonable time of action of the coach with which the student-athlete takes issues. If the matter is not resolved to the student-athlete's satisfaction at this level, the student-athlete may arrange a meeting with the Director of Athletics or the Associate Director of Athletics. This process allows student-athletes to appeal decisions concerning team rules to the Director of Athletics or the Associate Director of Athletics.

Sanctions for Violations of the Law

The sanctions regarding participation in athletics for violations of the law by student-athletes at Bridgewater College are as follows:

- **Felony Charge:** Any student-athlete charged with a felony or with a crime involving gambling will be suspended from participation in athletics until charges are dropped, dismissed, or resolved -- unless the student has already been acquitted of charges involving the same conduct by a campus disciplinary committee and the College is not aware of additional credible evidence of guilt.
- **Felony Conviction:** Any student-athlete convicted of or pleading guilty or no contest to a felony charge will be dismissed from the team.
- **Misdemeanor Charge and/or Conviction:** Any student-athlete arrested, charged, and/or convicted of a misdemeanor will be subject to a review process conducted by the Director of Athletics in consultation with the Head Coach. Sanctions may be employed ranging from a warning to dismissal from the team.
- These procedures relate only to the student's eligibility to participate in athletics and are in addition to procedures and sanctions, which may be imposed by the College through its disciplinary procedures.

College Illegal Substance Alcohol Policy

The possession, use or distribution of alcoholic beverages (or powdered or crystalline alcohol) on campus is not permitted with the exception of College sponsored events where alcohol is permitted, regardless of age. Any student found behaving in an inappropriate, rowdy, destructive or unsafe manner on campus while under the influence of alcohol or drugs will be found in violation of the College's alcohol policy and subject to prosecution in accordance to Virginia state laws. If students consume alcoholic beverages off campus, it is expected that they will maintain proper decorum when they return to campus. Any student that exhibits and/or participates in the behavior above will be referred to student conduct. Enforcement of underage drinking laws on campus may be handled by either Campus Police and/or student conduct depending on the situation.

Alcohol containers and references used as decoration are also prohibited. Students displaying bottles, boxes, or other alcoholic beverage decorations in their rooms will be asked to remove these items immediately.

Situations where alcohol (or evidence indicating on-campus use of alcohol) is found on-campus will constitute a violation of the College's alcohol policy. Additionally, alcohol or alcohol containers found under circumstances that implicate a student's possession or use of alcohol on campus will constitute a violation of the College's alcohol policy.

The student or students in whose room/apartment that alcohol is discovered will be deemed in possession of alcohol for the purposes of the Student Conduct process. Permitting alcohol to be brought into one's room/apartment, or permitting it to be kept in one's room, will be viewed by the College as the student possessing alcohol, and the student will be considered in violation of the College's alcohol policy, unless they can demonstrate to the satisfaction of the College that they had no responsibility for its presence. Further, students associated with on-campus gatherings involving large quantities of alcohol or high-risk alcohol consumption (drinking games or contests, beer bongs, etc.) will be found in violation of the College's alcohol policy, whether or not it can be established that they have consumed alcohol. The purpose of this is to encourage students to be responsible, honest, and accountable for their actions.

Medical Amnesty

Care for our community is of the upmost concern, so students may receive medical amnesty for situations involving alcohol. To receive medical amnesty, a student must contact Residence Life or Campus Police, provide their identity when calling for help and stay with the student until help arrives. If multiple students are involved in getting a student help, the College will evaluate each student's involvement to see if medical amnesty applies, including for the student who received assistance.

For more information on the Alcohol Policy, please refer to *Eagle Student Handbook* on our College website.

Tobacco

Tobacco products, nicotine vapor products and alternative nicotine products may not be purchased or possessed by students under 21 years of age. This includes but is not limited to cigarettes, cigars, vape pens and smokeless tobacco products. Using or possessing these products is against college policy and against state law.

Illegal Drug Policy

Illegal drugs may not be marketed, possessed, used or distributed on campus. This policy defines illegal drugs as substances outlined under Federal law, including analogs, derivatives and products of illegal drugs (including CBD derived from cannabis or hemp products, products containing delta-8 THC, and other compounds found in cannabis). Enforcement of illegal drug laws on campus may be handled by either Campus Police and/ or the Office of Student Conduct and Restorative Practices depending on the situation. Any student found in the presence of illegal drugs or drug paraphernalia (including hookahs) may be asked to appear before a Hearing Board or be administratively dismissed. In the event of the use, possession or possession with apparent intent to distribute illegal drugs, campus police will be contacted to investigate the incident. If students are suspended they forfeit their academic work for the current term. Virginia law provides stiff penalties for illegal possession or distribution of drugs. Bridgewater College will cooperate with law enforcement authorities in apprehending and prosecuting any alleged violations of drug laws. A student is found in violation of the College's drug policy if the student is found to be either using or possessing an illegal drug, or anything defined by Virginia state code as illegal drugs (which could include evidence of recent possession or use) or drug paraphernalia.

Athletic Illegal Drug Use Policy

Illegal drug use by any student-athlete will not be tolerated. In addition to any discipline imposed through the College's student conduct system, student-athletes using or in possession of illegal drugs or paraphernalia will be suspended from athletic participation immediately. Student-athlete will have a meeting with Director of Athletics, Director of Clinical Athletic Training, and Head Coach to review disciplinary sanctions for illegal drug use or possession. Any student athlete found using or in possession of illegal drugs or paraphernalia will be treated as if they have tested positive in an institutional drug test and be held to the appropriate sanctions in accordance to Bridgewater College policy. The Athletic Department will involve the College's student conduct system and appropriate Vice President at any time illegal drugs are involved.

A list of NCAA Banned-Drug Classes is provided under, "Drug Testing", Appendix A. This list will be used by the college and the NCAA to determine the substances for which the student-athlete will be tested.

Drug Testing

Intercollegiate Drug Testing Program

Bridgewater College and the Department of Athletics prohibit the use of NCAA banned drugs by student-athletes. Drug testing will occur on a random basis at various times throughout the year. The most current list of banned drugs is found at www.ncaa.org/health-safety. Student-athletes are subject to random drug testing selection throughout the academic year, not just during their traditional or non-traditional season. Permission for drug testing is a requirement for intercollegiate participation.

Banned Drugs

The NCAA issues an annual *NCAA Banned-Drug Classes List* (Page 14). The College may test for any or all drug classes banned by the NCAA.

Sports Supplements

Nutritional supplements are not strictly regulated and may contain substances banned by the NCAA. Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at your own risk. For questions regarding nutritional supplements, please visit the National Center for Drug Free Sport Axis web site at www.dfsaxis.com or contact our Associate AD for Sports Medicine and Performance.

Student-Athlete Self-Referral

Bridgewater College is concerned with the health and safety of all athletes. Student-athletes may self-refer for substance abuse help without risking their participation eligibility. Student-athletes who self-refer will be required to complete medically supervised substance abuse programs and will be subject to drug testing in order to assess the efficacy of their treatment. All self-referrals must be made prior to drug testing notification. However, self-referral will not protect the athlete from an NCAA-administered drug test and sanctions.

Punitive Sanctions

Student-athletes who test positive for drugs found on the NCAA Banned-Drug Classes List will face suspension from intercollegiate athletics participation at Bridgewater College. This would render the student-athlete ineligible at Bridgewater College for the timeframe of the sanction and would affect eligibility at another institution as well upon transfer.

Although the actual sanction imposed will be determined considering all of the facts and circumstances involved, the following sanctions generally apply when a student-athlete tests positive for a drug banned by the College:

A first positive drug test will result in the following sanction:

- If a positive test occurs during the traditional season - two week suspension from practice and competition
- If a positive test occurs between the non-traditional and traditional seasons - two week suspension from practice and competition beginning with the first date of competition as defined by NCAA rules (student-athlete will be permitted to practice during the pre-season)
- If a positive test occurs between the traditional and non-traditional seasons - suspension for the non-traditional season
- If a positive test occurs during the non-traditional season - suspension for the remainder of non-traditional season and a one week suspension from practice and competition beginning with the first date of competition as defined by NCAA rules (student-athlete will be permitted to practice during the pre-season)

In addition, the student-athlete will meet with the College Counseling Service to arrange for a professional assessment (cost covered by the student-athlete) and must test negative on all subsequent tests.

A second positive drug test will result in a 365 day suspension from sports participation and referral to the College Counseling Services to arrange for a professional assessment (cost to be covered by the student-athlete). The student-athlete will be required to attend a substance abuse course or counseling sessions. Athletes will not be eligible until further drug testing is negative.

Depending on the specific facts, the College reserves the right to impose further sanctions which may include suspension and/or expulsion from school.

Appeal

The appeal process following a positive drug test results in a formal hearing before the Drug Advisory Committee, which consists of the Executive Vice President, Director of Athletics and/or Associate Director of Athletics, and the Director of Clinical Athletic Training. The Drug Advisory Committee has the authority to uphold, increase, reduce or dismiss sanctions against a student-athlete.

The student-athlete remains ineligible to participate in athletics until the appeal has been exhausted. The decision of the Drug Advisory Committee is final.

Cost to the Athlete

Following a positive drug test, student-athletes must pay for all subsequent drug testing, counseling, and substance abuse programming required by sanctions. No athlete will be allowed to participate in athletics without complying with all of the terms of the sanctions.

Types of Testing

Drug testing will routinely be done by urinalysis. The College, however, reserves the right to use saliva, hair and/or blood testing as determined by established protocol. Participants for routine drug testing are generally selected through blind, randomized testing guidelines. Additionally, the College may conduct focused testing under the following circumstances:

- Reasonable suspicion of drug use
- Pre-participation testing
- Pre-competition testing
- Monitor drug intervention programs
- Event testing
- Follow-up to previous positive tests

Drug Testing Procedures

Selection:

1. All student-athletes will be assigned a drug testing identification number (DTI).
2. All DTI numbers will be listed in a data base capable of generating randomized lists.

Notification:

1. Student-athletes selected for drug testing will be notified by an employee of Bridgewater College (e.g. athletic staff member).
2. Notification will include outline of procedures and assignment of specimen collection time.
3. Student-athlete will sign acknowledgement of notification form.

Arriving at Test Center:

1. Student-athlete will arrive at designated time.
2. Student-athlete will have a picture identification to verify identity.
3. Student-athlete will register at the test center.
4. The College will provide unsealed, decaffeinated fluids for consumption should the student-athlete be unable to produce a valid sample.
5. Subjects will be supervised and seated in the Funkhouser Center of Health and Wellness Conference Room.

Specimen Collection

1. Specimen validator will be the same gender as the test subject.
2. Validator will meet the student-athlete in the conference room.
3. All specimen containers will be retrieved and removed from their individually sealed wrappings.
4. Validator will hand specimen collection container and instruct the student-athlete to keep the container in his/her presence during the specimen collection process.
5. Validator and student-athlete will go into the restroom located in the health services center.
6. Student-athlete will be instructed to wash his/her hands without soap and dry with paper towel.
7. Student-athlete will raise shirt to armpits and drop pants to knees preventing unobstructed view of sample collection.
8. Student-athlete will begin urinating into the toilet—clean-catch collection technique will be followed.
9. Student-athlete will close sample container, get dressed, wash hands with soap/water and dry with a paper towel.
10. Student-athlete will bring the urine sample to drug-testing crew chief. Crew chief will test the sample for urine specific gravity (greater than or equal to 1.005). Urine specific gravity will be tested using a refractometer.
11. Urine sample will be divided into two containers and sealed with the student-athletes DTI number.
12. Validator will sign form acknowledging visual witness of sample collection.
13. Student-athlete will sign form acknowledging that the sample was handled within his/her visual supervision.

Inability to Produce a Valid Sample

1. All student-athletes selected for drug testing must produce a valid sample regardless of length of stay.
2. Should an athlete have difficulty producing a specimen with appropriate urine specific gravity, another specimen must be collected following the above process.
3. At no time will the student-athlete leave the visual contact of the test validator.

Transport to Laboratory

1. Crew chief will package specimens for next-day air delivery to an accredited drug testing laboratory.
2. Crew chief will take package to mail facility for transport.



2023-2024 NCAA Banned Substances

NCAA Division I Bylaw 12 and NCAA Divisions II and III Bylaw 14 require that schools provide drug education to all student-athletes. The athletics director or the athletics director's designee shall disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified that the list may change during the academic year, that updates may be found on the NCAA website ([ncaa.org](https://www.ncaa.org)) and informed of the appropriate athletics department procedures for disseminating updates to the list. It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes:

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Cannabinoids.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators.
9. Beta-2 agonists.

Note: Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at [ncaa.org/drugtesting](https://www.ncaa.org/drugtesting). There is no complete list of banned substances.

Substances and Methods Subject to Restrictions:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

NCAA Nutritional/Dietary Supplements:

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff. **Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.**

- Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or dfsaxis.com (password ncaa1, ncaa2 or ncaa3).



**THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.
DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.**

Drug Classes	Some Examples of Substances in Each Class	
Stimulants	Amphetamine (Adderall) Caffeine (Guarana) Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Methamphetamine <i>Exceptions: Phenylephrine and Pseudoephedrine are not banned.</i>	Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Mephedrone (bath salts) Modafinil Octopamine Phenethylamines (PEAs) Phentermine Synephrine (bitter orange)
Anabolic Agents	Androstenedione Boldenone Clenbuterol DHCMT (Oral Turinabol) DHEA (7- Keto) Drostanolone Epitrenbolone Etiocholanolone Methandienone	Methasterone Nandrolone Norandrostenedion e Oxandrolone SARMs [Ligandrol (LGD-4033); Ostarine; RAD140; S-23] Stanozolol Stenbolone Testosterone Trenbolone
Alcohol and Beta Blockers (banned for rifle only)	Alcohol Atenolol Metoprolol Nadolol	Pindolol Propafenone Timolol
Diuretics and Masking Agents	Bumetanide Chlorothiazide Furosemide Hydrochlorothiazide <i>Exceptions: Finasteride is not banned.</i>	Probenecid Spironolactone (canrenone) Triameterene Trichlormethiazide

Narcotics	Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl, and its derivatives Hydrocodone Hydromorphone Methadone	Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Pethidine
Cannabinoids	Marijuana Synthetic cannabinoids (Spice; K2; JWH-017; JWH-073) Tetrahydrocannabinol (THC)	
Peptide Hormones, growth factors, related substances and mimetics	Growth hormone (hGH) Human Chorionic Gonadotropin (hCG) Erythropoietin (EPO) <i>Exceptions: Insulin, Synthroid and Forteo are not banned.</i>	IGF-1 (colostrum; deer antler velvet) Ibutamoren (MK-677)
Hormone and Metabolic Modulators	Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] Clomiphene (Clomid) Fulvestrant GW1516 (Cardarine; Endurobol) SERMS [Raloxifene (Evista); Tamoxifen (Nolvadex)]	
Beta-2 Agonists	Bambuterol Formoterol Higenamine	Norcoclaurine Salbutamol Salmeterol

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.

Awards

Geisert Scholar Athlete of the Year Award

Bridgewater College honors its outstanding male and female scholar athletes of the year by granting the Geisert Scholar Athlete of the Year Awards in honor of Dr. Wayne F. and Maurine Geisert. A male and a female recipient are each awarded a trophy or plaque. This recognition has been given annually during the Golden Eagle Awards Convocation in the spring of the year, starting in 1995. Primary consideration is given to candidates with the highest cumulative grade point average through the Interterm term prior to the presentation. Candidates must demonstrate sportsmanship in athletic endeavors and uphold the ideals of Bridgewater College outside the athletic arena.

Recipients are chosen by the Athletic Director, the Associate Athletic Director, the Vice President and Dean for Academic Affairs, the Dean of Students, and the President or designee. The award winners will automatically be nominated as the College's representative for the ODAC Jopson/Berkley awards.

The Harold and Carol Lehman Sportsmanship Award

The Sportsmanship Award is given to a male or female that demonstrates good sportsmanship through their participation in athletics and support for others in athletics. This is to be exhibited in their respect, fairness, civility, honesty and responsibility before, during and after athletic contests.

Equipment and Uniform Policy

1. The student-athlete is responsible for all equipment issued in order to participate in the athletics program.
2. Coaches will be responsible for end of the season equipment return and inventory.
3. The student-athlete will be charged a replacement fee for lost or missing equipment.

Program Evaluation

All student-athletes will be provided the opportunity to evaluate their sport's program at the end of each season. A Faculty Athletic Representative (FAR) will meet with returning team members to administer a year end program evaluation and survey. The purpose of the survey is to assist the coaches and athletic administration in determining the future direction of the program. Senior student-athletes will also have the opportunity to meet with their head coach following their senior season to offer feedback on the future of the program.

Multiple Sport Athletes

The College and athletic department encourage student-athletes to participate in multiple sports when their talent level and schedule allows. A multiple sport athlete must be dedicated and committed academically as well as athletically in order to meet the time demands of multiple sport participation.

Multiple sport athletes must give first priority to their in season sport's traditional season. Coaches are to be supportive of the student-athletes in their efforts to represent the College in two or more sports. Coaches are expected to work with the student-athlete as is reasonable for participation in their desired sport(s).

Recruiting (Hosting a Prospective Student Athlete)

One of the most important tools a coach has in the recruiting process is the use of current players to help prospective student-athletes learn more about the program and develop a clear impression and understanding of the team's culture. With this in mind, coaches may ask you to host a prospective student athlete on campus and possibly overnight. This section will provide guidelines for hosting recruits and also present entertainment ideas so that you can best represent the college and your team.

NCAA and Bridgewater College Rules and Guidelines for Hosting a Recruit on Campus:

- You must be enrolled as a full time student and you must be eligible to practice with the team in order to serve as a student host.
- All hosts will be required to fill out a Student-Athlete Hosting form prior to entertaining a prospective recruit.
- The coach may provide the host with a maximum of \$20 for each day of the visit, (official visit only).
 - Receipts must be turned in to ensure proper use of college funds
 - These funds can only be used cover the actual costs of entertaining yourself, the prospect, and the prospect's parents, legal guardians or spouse.
 - These funds cannot be used to cover:
 - Meals on campus including snack bar purchases
 - Admission to campus athletic events
 - Purchase of souvenirs (apparel, key chains, etc.)
 - Purchase of alcoholic beverages
 - Cash may not be given to the visiting prospect or to anyone accompanying the prospect.
 - Violations of these policies will subject the host to sanctions ranging from suspension from the team to dismissal from the College.
- Only 1 student-athlete per day from the college can serve as an official host for each prospect. Other students may assist with hosting, but shall pay for their own entertainment and meals.
- You may not use vehicles provided or arranged for by any coach, college staff member or booster of the college.
- Never allow the prospect to drive your car.
- You may not transport the prospect or anyone accompanying the prospect more than 15 miles from the campus.

- To ensure that a prospective student-athlete has a safe and beneficial visit, all student hosts are expected to abide by all College policies, including those listed below:
 1. In Virginia, people under 21 years of age may not possess, buy or use alcoholic beverages of any kind. Therefore, the possession, use or distribution of alcoholic beverages (or powdered or crystalline alcohol) on or off campus is not permitted at any time. Neither the host nor the prospective student-athlete will attend or participate in any gathering or party at which alcoholic beverages are present during the student-athlete's visit.
 2. Illegal drugs may not be marketed, possessed, used or distributed on campus. In the event of the use of, possession of or possession with apparent intent to distribute illegal drugs, campus police will be contacted to investigate the incident. Virginia law provides stiff penalties for illegal possession or distribution of drugs. Bridgewater College will cooperate with law enforcement authorities in apprehending and prosecuting any alleged violations of drug laws. Neither the host nor the prospective student-athlete will attend or participate in any gathering or party at which illegal drugs are present during the prospective student-athlete's visit.
 3. Any form of hazing is prohibited and punishable under Virginia law.
 4. All student hosts and prospective student-athletes will comply with all guidelines in the Visitation Policy set forth in the Eagle Student Handbook
<http://www.bridgewater.edu/files/EagleStudentHandbook.pdf>
 5. All student hosts and prospective student-athletes will abide by all federal, state and local laws and ordinances. We also expect that student hosts and prospective student-athletes will not attempt to commit or assist others in committing any act of misconduct as described in the Eagle Student Handbook.

Please keep in mind that you and the prospective student-athlete are responsible for abiding by these policies during the entire campus visit. You are responsible for your own actions and those of the prospective student-athlete you host, and you will be held accountable for them.

Entertainment and Hosting Best Practices:

- Take the prospect with you to a class on campus. Remember to alert the professor ahead of time that there will be a guest in the classroom.
- Introduce the prospect to faculty and/or staff within the program of their choice. Encourage the prospect to ask questions about the program.
- Take the prospect on a tour of campus. Be sure to include the places that student-athletes spend most of their time so they can get a feel for what their daily life will be like should they choose Bridgewater.
- Set aside time for the prospect to meet other members of the team.
- Introduce the prospect to athletic administrators
- Plan an outing to a campus event such as festivals, movie nights, comedy shows, dances, etc.
- Attend a campus athletic event with your teammates
- Find out what cultural opportunities are unique to the area and take the prospect to one of those events or places.
- Have a team dinner at a local teammate's home
- Game night with teammates
- Be sure to be honest when it comes to your team, Bridgewater and what they are really like.

REMEMBER, being chosen to host a recruit is both a privilege and honor, and a responsibility. In preparing to host, remember your own college search and the highs and lows of any campus visits you may have taken. You want the best person for your team, and there is a best team for each person! It is up to you to be responsible, truthful and considerate of their overall wellbeing when making any decision while they are in your care. Always remember that you are representing not only yourself, but the college, the team and your coach to the prospect and his/her family.

Name, Image and Likeness (NIL) Policy

On July 1, 2021, the NCAA adopted a name, image and likeness (“NIL”) policy permitting student-athletes to earn compensation from their “NIL activities.” This policy provides guidance for student-athletes at Bridgewater College who seek to engage in NIL activities.

This policy applies to all Bridgewater College student-athletes, employees, trustees, volunteers, contracted vendors which provide services on campus, and members of the Bridgewater College Alumni Association (“BCAA”) when acting on behalf and under the authority of the BCAA, as well as student-athlete representatives and other third parties with interests in NIL activities. Definitions An “NIL activity” means any arrangement in which a student-athlete’s name, image, likeness or personal appearance is used for commercial or promotional purposes by a non-College entity, including the individual student-athlete, a commercial entity or a non-institutional nonprofit or charitable entity.

NIL activities include, but are not limited to:

- Traditional commercials or advertisements for products or services
- Promotion of commercial products via social media platforms (e.g., brand ambassadors)
- Testimonials for a product or service
- Payment for appearance at a commercial establishment (e.g., car dealership, restaurant)
- Student-athletes developing and promoting their own business, camps, clinics and private lessons
- Personal appearances
- Autograph sessions

NIL Compensation Permitted Except as otherwise provided in this policy, student-athletes may earn compensation from third parties as a result of the use of their name, image or likeness. Any compensation paid to the student-athlete for any NIL activity must be for work actually performed and at a rate reflecting fair market value.

Prohibited Compensation Arrangements NIL compensation may not include any of the following:

- compensation in exchange for a student-athlete’s athletic participation or performance (“pay-for-performance”). While athletic performance may enhance a student-athlete’s NIL value, athletic performance may not be the “consideration” for NIL compensation;
- compensation in exchange for a student-athlete’s decision to attend or remain at Bridgewater College; or
- compensation for work not performed (e.g., a student-athlete does not provide a legitimate NIL-related service).

Disclosure of Student-Athlete NIL Contracts

Any agreement to be entered into by a student-athlete for the use of a student-athlete’s name, image or likeness shall be disclosed to the College’s Athletic Director or designee prior to execution of the agreement and prior to receiving any compensation. If the agreement is in writing, the student-athlete shall provide the Athletic Director or designee with a copy of the agreement. If the agreement is oral, the student-athlete shall provide the Athletic Director or designee with a written description of the relevant terms of the oral agreement.

The disclosure to the College is required by Virginia law and necessary for the College to determine whether a conflict exists between a student-athlete’s proposed NIL activity and a College contract. If a student-athlete’s potential agreement conflicts with an existing College Page 4 of 5 agreement, the College shall disclose the relevant terms of the conflicting agreement to the student-athlete to allow for a revision of the potential agreement that will then be subject to additional review. Any changes to the agreement after approval must be submitted to the College for review and approval.

In the review process, the College does not and will not opine as to the value of the arrangement to the student-athlete or whether the arrangement will impact the student athlete’s eligibility to participate in intercollegiate athletics.

Bridgewater College Weight Room Program Overview

Bridgewater College Strength and Conditioning program uses a holistic model of training that, by following a scientific and periodized plan, can reduce the likelihood of injury and increase performance. We reverse engineer each sport to provide the best possible training for each sport that will have a direct correlation to its demands.

The Nininger Hall weight room is monitored throughout the day by the strength and conditioning staff and available for use by faculty, staff, and students. The strength and conditioning staff is available to assist in-season student-athletes with workout regimes. The coaches and staff cannot assist student-athletes in specific, out-of-season workouts, per NCAA bylaw 17.01.1 and bylaw 17.02.1. However, the staff will be able to assist with out-of-season lifting workouts upon request from the student-athlete, via the appropriate form.

Once properly cleared, in-season athletes are expected to attend their scheduled team training sessions. The strength and conditioning staff should be notified ahead of time, via email, if the athlete cannot attend a scheduled training session. It is the athlete's responsibility to communicate with the director if he or she will be late or miss a training session for an excused reason. Open lift hours will be decided at the beginning of each semester and are subject to change. Open hours will be posted outside the weight room. Open lifting times are to be used as opportunities to make-up excused, missed lifts.

The Strength and Conditioning Rules and Regulations are posted inside the weight room. Examples include but are not limited to:

- Be accountable
- Use a spotter when lifting heavy weights at all times
- Use collars/clips on all free weight bars
- Place safety guards at appropriate heights
- Respect the equipment, put all equipment back where you got it
- Do not move weight equipment from its location
- Wear proper attire when lifting: shirt, pants, and athletics shoes
 - Barefoot only if directed by a strength coach
- No horseplay, lounging, and/or unnecessary socializing is permitted
- No cell phones unless permitted by strength & conditioning coach
- Failure to comply with the posted rules and regulations, will result in disciplinary action and loss privilege to use the weight room.

V. STUDENT ATHLETE WELFARE

The Athletic Department and the Office Student Life have partnered to offer educational programming and training for our student-athletes. Programming is provided yearly in the areas of healthy relationships, alcohol education and diversity. The goal of the programming is to educate our student-athletes to become leaders by example on campus and in our surrounding communities.

COVID-19 Protocol

Our student-athletes are expected to practice safe and healthy behaviors and follow the College's COVID-19 Return to Campus guidance located on the College website. In addition, we expect our student-athletes to adhere to our Return to Play protocols that will be communicated by our head coaches and Athletic Administration. Signage with protocols will also be placed at all athletic venues. It is imperative for all student-athletes, coaches and administrators practice the appropriate behaviors in accordance to college policy.

Academic Services

The following services are available to all students at Bridgewater College:

Center for Engaged Learning

Dr. Jamie Frueh

Director of the Center for Engaged Learning Phone: (540) 828-5764

Email: jfrueh@bridgewater.edu

Writing Center

Ashley D. Lauro

Director, the Writing Center/ Senior Instructor

Phone: (540) 828-8030

Homepage: <http://bcwritingcenter.weebly.com/>

Email: alauro@bridgewater.edu

Writing Center Location and Contact Information:

John Kenny Forrer Learning Commons 125 (Academic Resources)

Phone: (540) 828-5604

Tutoring Services

Tutors are available at no cost to students and available by request. Tutoring typically consists of two one-hour sessions a week in small groups (2-4 students). The requesting student and tutor arrange meeting times. Tutors can be requested on MyBC or by meeting with the Director. Please speak directly with your professor as well because we hire tutors based on professor recommendations.

John D. Manson,

Director of Student Outreach and Tutoring Services

Forrer Learning Commons Academic Resources Suite

Phone: (540) 828-5324

Email: jmanson@bridgewater.edu

Academic Coaches

Academic Coaches are available to students to assist with organization, management and timely completion of college work. Academic Coaches are trained and supervised by the Director of Academic Support, have a grade point average of at least 3.0 and are paid by the College. Academic Coach meetings consist of two, sixty minute sessions per week. The requesting student and academic coach arrange meeting times.

Accommodations

Students can get accommodations, such as extended time, copy of class notes, for learning, physical, medical or psychological reasons by contacting the Director of Academic Support and Disability Services. Examples of conditions for which accommodations may be needed: ADHD, learning disability, anxiety disorder, mobility, diabetes, etc.

For questions about Academic Support or Disability Services, contact:

Denise Miller

Director of Academic Support Services

Flory 116

Phone: (540) 828-5611

Email: dmiller2@bridgewater.edu

Health Services

Bridgewater College Health Services strives to promote health and wellness of students by helping each individual become more responsible and proactive in their own health care and well-being. Areas of health development include: physical, emotional and social.

Health Services provides professional and compassionate health care at the immediate time of need, as well as information, instruction and counseling concerning health and wellness issues.

Health Services is located in the Funkhouser Wellness Center. The entrance is located to the right of the main double door entrance facing the parking lot off College View Drive.

Clinic Hours:

Monday-Friday 8:30 am-12 noon and 1:00 pm-4 pm

After Hours Medical Emergency Information

If you need medical attention or have a question after regular Health Services hours, you may:

- Contact a Residence Life Staff Member who will assist in getting medical attention or finding transportation, if necessary, to the Rockingham Memorial Hospital Emergency Room.
- Do not hesitate to call 9-9-1-1 if you feel you need to. The Bridgewater Volunteer Rescue Squad will assess your problem and provide free transport to the hospital. You should never feel you aren't "sick enough" to call the rescue squad!

Counseling Services

The Counseling Center is staffed by licensed mental health professionals who are dedicated to offering the highest quality counseling experience. Their work is informed by a deep faith that every student has the capacity to reach their full potential as a developing young adult. They recognize that sometimes along the way we all need assistance and guidance. Counseling Services is located on the first floor of the Kline Campus Center in Suite 129.

Courtney Zongrone, LPC, Director of Counseling Services:
counseling@bridgewater.edu

For more information or to make an appointment please contact:

Cassandra Roth

Office Coordinator

KCC Lower Level, Room 129

Voice: 540.828.5402

FAX: 540.515.3748

EMAIL: counseling@bridgewater.edu

Office Coordinator Hours 8:00a.m. - 4:30 p.m. Monday-Friday

Counselor Hours 8:00a.m. – 4:30 p.m. Monday – Friday

College Hazing Policies

Hazing

Introduction

The purpose of this policy is to ensure that students at Bridgewater College are not subjected to any type of hazing. It is the responsibility of all individuals associated with the College to encourage an atmosphere of learning, social responsibility, and respect for human dignity. Hazing is an unproductive and hazardous activity that is incongruous with this responsibility and has no place at the College, either on or off campus. This kind of behavior is injurious to the individuals involved and the College itself. This policy applies to all persons and groups associated with the College, including, but not limited to, administrators, coaches, faculty, organization advisors, staff, students, athletic teams, music groups, and organizations.

Definitions

The following definitions shall apply to this policy:

“Administrator” means the president, vice presidents, deans, associate deans, directors of programs or campus offices, including Title IX coordinators, and a designee of one of the aforementioned individuals.

“Organization” means association, athletic team, music group, club, society, or other similar group, whose members primarily are students of the College.

“Staff” means any person employed directly by or retained through a contract with the College, including a coach, advisor for an organization, faculty member, or intern.

“Student” means any person who is enrolled in or matriculating from the College, registered or in attendance in a program operated by the College, or who has been accepted for admission into any program operated by the College.

Guidelines

A. Hazing. Hazing, as defined in this policy, is prohibited under Virginia law, as well as this policy. It is impossible to anticipate every situation that could involve hazing, and the following list does not, and cannot, encompass every circumstance that might constitute hazing under the policy. Hazing shall include, but not be limited to, forcing, compelling, requiring, encouraging, or expecting, whether direct or implied, any individual to participate in any of the following actions or activities:

- All forms of physical activity which are used to harass, punish, or harm an individual;
- Excursions or road trips;
- Confinement;
- Kidnapping;
- Paddling;
- Spraying, painting, or pelting with any substance;
- Burying in any substance;
- Nudity with the intent to cause embarrassment;
- Servitude;
- Exposure to uncomfortable elements;
- Verbal abuse;

- Wearing, in public, of apparel which is conspicuous and/or indecent;
- Forcing consumption of alcohol or any other substance, legal or illegal;
- Depriving students of sufficient sleep (six consecutive hours per day is normally considered to be a minimum);
- Burning, branding, or tattooing any part of the body;
- Psychological hazing, defined as any act which is likely to:
 - Compromise an individual's dignity;
 - Cause an individual embarrassment or shame;
 - Cause an individual to be the object of malicious amusement or ridicule; or
 - Cause an individual emotional distress;
- Misleading prospective members in an effort to convince them that they will not become members unless they complete tasks, follow instructions, or act in a certain way;
- Misleading prospective members into believing that they will be hurt during induction or initiation;
- Carrying any items (shields, paddles, bricks, hammers, etc.) that serve no constructive purpose or that are designed to punish or embarrass the carrier;
- Blindfolding and parading individuals in public areas, blindfolding and transporting in a motor vehicle, or privately conducting blindfolding activities that serve no constructive purpose;
- Binding or restricting an individual in any way that would prohibit them from moving on their own; and
- Requiring or suggesting that an individual obtain or possess items or complete tasks in an unlawful manner (i.e. for a scavenger hunt).

Hazing also includes soliciting or directing, or otherwise participating, aiding or engaging actively or passively in, the above acts.

This policy is not intended to prohibit the following conduct:

- Customary athletic events, contests, or competitions that are sponsored by the College, or the organized and supervised practices associated with such events; or
- Any activity or conduct that furthers the goals of a legitimate educational curriculum, extracurricular program, or military training program, as approved by the College.

B. Location. This policy encompasses all acts of hazing that occur, whether on or off campus. As such, an act of hazing by an individual or organization will be viewed by the College as a violation of the College's hazing policy, regardless of where the act of hazing took place.

C. Consent. An individual may not consent to being hazed, and a person's voluntary or willful participation in hazing activities will not be considered as a defense against a violation of the College's hazing policy.

Hazing Amnesty Policy:

Care for our community is of the upmost concern, so students may receive amnesty if reporting hazing on campus. To receive amnesty, a student must contact Residence Life or Campus Police. If it is determined that hazing has occurred, the College will not pursue any disciplinary action based on hazing on the student(s) reporting.

Reporting

Any suspected violation of this policy should be reported to an administrator, a member of the Student Life staff (including area coordinators and student resident advisors), a member of the faculty, an athletic team coach, an athletic trainer, or a member of the Campus Police and Safety department. The initial report of a suspected violation may be reported in person, by phone, or by electronic communication, and may be done anonymously. Failure to report a suspected violation of this policy shall constitute a separate violation of this policy.

Investigation

A report or complaint of hazing will be thoroughly investigated in accordance with federal and state laws and College guidelines. The findings and conclusions of the investigation shall be addressed as provided in the College's student conduct system.

Disciplinary Action

A. Sanctions. Any individual or organization found to be in violation of this policy shall be subject to the procedures set forth in the College's code of conduct, and may be subject to appropriate disciplinary action in accordance with College policies and applicable law, which may include expulsion or other appropriate discipline based on the facts and circumstances of each case. If the investigation concludes that an organization knowingly permitted, authorized, or condoned hazing, disciplinary action may be imposed against the entire organization and all of its members.

B. Retaliation. It shall be a violation of this policy for an individual or organization to retaliate against a student or other person for reporting a suspected incident of hazing or cooperating in any investigation or disciplinary proceeding regarding an incident of hazing.

C. Report to Attorney for the Commonwealth. The president of the College, or his designee, shall report to the attorney for the Commonwealth of Rockingham County any incident of hazing which causes bodily injury for such action as the attorney for the Commonwealth may deem appropriate. Hazing is a class I misdemeanor and punishable by a fine of up to \$2,500 and up to 12 months in jail

Notification of Policy

The College provides notice of this policy to employees, students, and all student organizations at the beginning of each academic year. The policy is in the College's student handbook, the Eagle, and shall be referenced or included in the bylaws and other governing documents of student organizations.

Sexual Misconduct

Bridgewater College is committed to providing all students with an educational environment free from discrimination. The sexual harassment of students, including sexual violence, domestic and dating violence, and stalking interferes with a student's right to receive an education free from discrimination and, in the case of sexual violence, is a crime. College policy covers complaints by students of alleged sexual misconduct committed by Bridgewater College students, faculty, staff or third parties, as well as any complaint of alleged sexual misconduct by a Bridgewater student when the complainant is not a student. Sexual misconduct, as defined by College policy, comprises a broad range of behaviors that will not be tolerated. Sexual misconduct violates College policy, federal civil rights laws and may also result in criminal prosecution. The College is committed to fostering a community that promotes prompt reporting of sexual misconduct and timely and fair resolution of sexual misconduct cases. Creating a safe and respectful environment is the responsibility of all members of the campus community.

Members of the Bridgewater College community are strongly encouraged to promptly report all experienced or observed incidents of discrimination and harassment, including sexual misconduct. Prompt reporting of such incidents makes investigation of the incident more effective and enhances the ability of the College to take action. Although there is no time limit for bringing a case involving alleged sexual misconduct, students are encouraged to report alleged sexual misconduct immediately in order to maximize the College's ability to respond promptly and effectively.

The College and the National Collegiate Athletic Association (NCAA) are committed to sexual violence prevention. The following procedure outlines the disclosures required of all incoming, continuing, and transfer student athletes in accordance with the NCAA Board of Governors Policy on Campus Sexual Violence.

Bridgewater requires all incoming and transfer student-athletes to accurately complete a Student-Athlete Attestation Form, disclosing any conduct that resulted in discipline through a Title IX proceeding or in a criminal conviction for sexual, interpersonal, or other acts of violence. The completion of such disclosures may be required before a student-athlete is permitted to practice or compete.

Specifically, student-athletes must disclose the following:

- Whether they have ever been disciplined (including, but not limited to, any sanctions, suspensions, expulsions, and remedies as a result of informal resolutions) through a Title IX or similar campus proceeding for sexual, interpersonal, or other acts of violence.
- Whether they have been convicted of, pleaded guilty, or pleaded no contest to any crime of sexual, interpersonal, or other acts of violence; and
- Whether, if a transfer, a Title IX proceeding was incomplete or pending at the time of transfer.

Students-athletes need not disclose:

- That they have been found "not responsible" or "not in violation" through a Title IX proceeding for sexual, interpersonal, or other acts of violence.
- That they have been found "not guilty" or otherwise had charges dismissed without a conviction in a criminal investigation of sexual, interpersonal, or other acts of violence.

Student-Athlete Attestation form will be given to each student-athlete in electronic format when available. If electronic format is not available hard copies will be provided, signed and reviewed by the appropriate parties.

Please review the College's policy regarding sexual misconduct and Title IX, including how to report an incident of sexual misconduct, which is found on the College's website (<https://www.bridgewater.edu/title-ix-resources/sexual-misconduct-policy/>).

Please contact:

College's Title IX Coordinator Dr. Jennifer Hawkinberry (jhawkinberry@bridgewater.edu) or

Deputy Title IX Coordinators: Katie Seymour (kseymour@bridgewater.edu) or
Heather Grant (hgrant@bridgewater.edu)

Social Networking

The National Student-Athlete Advisory Committee (SAAC) has developed the following guidelines to help prevent problems that might emerge with improper use of social networking websites.

As a student-athlete, I realize that because I am an ambassador to my institution, I am subject to a higher code of conduct than my student counterparts. Therefore, in order to preserve my electronic presence¹, I will:

1. Post only appropriate personal information to my profile.
 - a. I will omit my phone number or address in my profile
 - b. I will only list appropriate e-mail addresses and nicknames
 - c. I will not include my schedule, spring break plans, or any other information that will allow potential stalkers to know my whereabouts
2. Monitor electronic photo albums
 - a. I will not take photos that would be considered inappropriate²
 - b. If an inappropriate photo is taken, I will ask the photographer to refrain from posting the picture on the internet or, at the very least, to exclude me when tagging pictured individuals.
 - c. I will frequently check my tagged photos. If I find an inappropriate photo tagged to my name, then I will un-tag it and ask the photographer to delete the picture from their album.
 - d. I will set all personal photo albums to “visible to friends only.” This will help protect me from potential stalkers and will limit the exposure of any inappropriate photos that I may have unintentionally included in the posting process.
 - e. 5. Set parameters so that only people I accept as friends may view my profile
3. Monitor postings
 - a. I will ensure that the postings on my “wall” are appropriate
 - b. I will not post any message that is considered inappropriate
4. Allow only friends and acquaintances to join personal social media accounts.
5. Monitor social network usage among my teammates
 - a. I realize that a team is only as successful as its weakest link and therefore I am committed to ensuring that my team does not make choices that could result in team-affecting consequences, due to improper social networking website usage
 - b. If I do not feel comfortable with confrontation, then I will discuss the issue with my coach or another teammate and have him or her resolve the issue
6. Join only appropriate groups
 - a. After joining an appropriate group, I will continually monitor it to ensure that the group name or focus does not become inappropriate
 - b. I will not create a group that is inappropriate
7. Use social networking sites in a way that is non-malicious
 - a. I will not use social networking sites in a way that will harm others, especially coaches or teammates

b. I will not use social networking sites to disrespect my opponents

8. Stay up to date on new website features and make a consistent effort to ensure that these new evolutions do not compromise me or my institution

9. Represent myself in a professional manner while using social networking sites. I realize that potential employers, graduate school program administrators, and others outside of my peer group may view my profile, and that what I post may have an effect on my future employment or professional reputation

The intent of the commitment is not to restrict the civil liberties of student-athletes. It is intended to preserve the use of social networking sites for student-athletes so that they may continue to utilize their communication and networking possibilities.

¹ Electronic presence refers to a student-athlete's involvement in an electronic community.

² Inappropriate content is anything that is illegal, or that your institution and or athletic department may deem as inappropriate. This list may include but is not limited to: partial or total nudity, underage consumption of alcohol, hazing activities, tobacco use, obscene gestures, derogatory statements or vulgar language.

VI. ATHLETIC TRAINING POLICIES AND GUIDELINES

Participation Requirements

The Director, Clinical Athletic Training and the College's Health Services personnel will have possession of completed Health Records and Assumption of Risk Form PRIOR to any formal athletic participation (event or practice). In addition, the Director, Clinical Athletic Training or designee will have possession of completed BC Drug Testing Consent Form and NCAA Drug Testing Consent Form PRIOR to the first practice. A student-athlete's failure to submit all completed forms will result in the student-athlete being withheld from practice or competition until satisfactory completion.

Supplies

If during your participation as an athlete you require medical devices (e.g., crutches, braces), the athletic training staff may issue those items to you. You will be held responsible for those devices and required to sign a form stating that fact. This form must again be signed once returning the devices to the athletic training staff. Upon returning the supplies (in good working order) to the certified athletic trainer assigned to your sport, your responsibility will cease. Neglecting to return non-expendable supplies to the athletic training room will result in your student account being charged for those items.

Injury Care

If an athlete is injured while participating in intercollegiate athletics, the certified athletic trainer charged for that sport will provide assistance within the limits of his/her capability. All appropriate steps will be taken to assure preservation of health (e.g., emergency room visit or doctor's appointment). All athletes have the right to seek individual medical attention from whichever healthcare provider they prefer.

Asthma Notice

If you live with asthma, please identify that to the certified athletic training staff. This information should be included in the *Health Record*. You will not be allowed to participate unless you provide an emergency inhaler (e.g., Albuterol) to be included with the medical supplies for your respective team. Before arriving for pre-season ensure that your physician has given you a prescription for an additional inhaler and that inhaler is given to the certified athletic trainer for your team.

Concussions

Athletes experiencing signs of a concussion (mild traumatic brain injury) will be held from competition until symptoms have resolved. Symptoms include but are not limited to:

- Loss of consciousness
- Memory loss and/or dysfunction
- Headache
- Dizziness
- Light-headedness
- Balance disturbances
- Vertigo
- Tinnitus
- Visual disturbances
- Nausea and/or vomiting
- Disorientation
- Confusion
- Evidence of difficulty concentrating
- Easy fatigability
- Malaise
- Physical sluggishness

- Irritability and/or hyperexcitability
- Slowness in responding to questions
- Slowness to respond mentally or physically at rest, or with provocation (supine with legs elevated) or with exercise
- Anxiety and/or depression
- Changes in personality
- Sleep disturbances
- Eating disorders

Because of the chance of having a significant and life threatening condition called Second Impact Syndrome, it is critical that all athletes accurately report signs and symptoms of a concussion to the athletic training staff for further evaluation. See the NCAA Concussion Fact Sheet (Page 33) for further information.

Sickle Cell Trait Information

The NCAA has requested that its member institutions verify Sickle Cell Trait status on all athletes. Sickle cell trait is not a disease, but rather a genetic predisposition to a sickle shaping of the oxygen-carrying red blood cells. Although there are no requirements that limit participation in sports by student-athletes who have the sickle cell trait, the NCAA recommends athletic departments identify each athlete's status. People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, Caribbean and Mediterranean countries, India, and Saudi Arabia. All student-athletes at Bridgewater College will be required to provide documentation demonstrating the presence or absence of sickle cell trait. Typically, this test is performed on all newborns in the United States; however, those records may be difficult to access. Please have your healthcare provider complete this form by either doing a sickle cell trait test or documenting the test you had performed at an earlier time. You will be unable to compete as an athlete until this form and all other medical forms are completed and turned into the athletic training staff. See the NCAA Fact Sheet on Sickle Cell Trait (Page 34) for more information.

Advocates of Healthcare

The certified athletic training staff can assist you when scheduling healthcare appointments. The team medical providers often hold daily appointment slots for our athletes. Missing academic responsibilities (e.g., classes) should only occur in emergency situations. If you have a medical emergency after normal business hours, please call 911 to seek immediate medical attention.

Athletic Training Room Hours of Operation

Every effort is made to assist the team physician and other treating medical professionals in ensuring athletes participate safely. The athletic training room is open Monday-Friday. Specific hours are posted on the athletic training room doors and may vary based on volume of healthcare services needed. Additionally, the athletic training room is open on the following pre-practice and pre-event schedule:

Pre-Practice Preparation

1 hour before the beginning of practice (unless the practice is prior to 8 AM). The athletic training room will open 30 minutes before practices starting prior to 8 AM.

Pre-Event Preparation

1 hour before designated on-field time.

Failure to attend a scheduled appointment without notification will result in your coach being contacted. Consistently missing appointments without reason and notification could lead to the athletic training staff not scheduling you for further treatments.

Athletic Training Room Behavior

All student-athletes are expected to treat the athletic training staff (including the athletic training students) with respect. Foul or profane language, inappropriate remarks or physical contact will not be tolerated. The athletic training room and first aid stations are designed to assist you. Additional rules are posted within the facility. Please review those rules and abide by them. The athletic training room is a co-ed facility and all student athletes are expected to be wearing appropriate clothing of shirt and shorts when entering.

Health Record Privacy/Confidentiality

All members of the athletic training staff are expected to respect an injured or ill athlete's right to privacy. Specific information about these situations may be shared with the head coach or designee of your team but only regarding participation status. It is expected that all members of the athletic training staff (including students) will conduct themselves in an ethical and professional manner. A violation of the privacy/confidentiality policy constitutes grounds for dismissal from the BC athletic training program.

If you choose to have your health information shared with another facility or individual, you will be asked to sign a *Medical Release Form* (this includes information provided to the media on your behalf related to your medical status). This form will enable the athletic training staff to discuss your specific injury or illness with someone you designate as important to your recovery.

Medications

All Bridgewater College Athletic Training over-the-counter medications will be stored in a locked compartment within the athletic training room. Only members of the athletic training staff and team physicians will be permitted access to the medication supply. Prescription medications are not kept by the athletic training staff in the athletic training facilities, with the exception of emergency inhalers or Epi-pens required for immediate preservation of life.

Taping Policy

Athletes requiring protective taping will adhere to the policy of attending rehabilitation and treatments as deemed appropriate by the staff certified athletic trainer. Generally, athletes will not receive protective taping without attendance at two to three rehab treatments per week. For students having class conflicts with the established rehab time, evening treatment times or appointment times must be made with the staff certified athletic trainer responsible for their sport. Attendance failure results in the Head Coach being notified and disciplinary actions as deemed appropriate.

Return to Play Policy

The Bridgewater College team physician or his/her designee, in consultation with the staff certified athletic trainer, has the final authority in deciding playing status. In the event that a physician is not on-site for an event or practice, the certified athletic trainer assigned to the sport may make a decision on participation status.

Assessing Dehydration Potential

Each athlete who is participating in two or more practices per day will have their weight assessed both before and after practice to determine the amount of fluid weight that was lost during that particular practice session. The following recommendations for rehydration will be provided to the athlete after they have weighed-out post-practice:

- 1 – 2 pound weight loss (classified as being Yellow Status): drink at least 60 oz. of water or PowerAde/Gatorade in order to replenish your hydration level; eat a suitable meal; regain the weight that was lost due to sweating; and remember to drink often both before, during, and after practice (if you wait until you are thirsty, it is too late).
- 2 pounds or more weight loss (classified as being Red Status): drink at least 100 oz. of water or PowerAde/Gatorade in order to replenish your hydration level; eat a suitable meal; regain the weight that was lost due to sweating; and remember to drink often both before, during, and after practice (if you wait until you are thirsty, it is too late).

The following guidelines for participation will be followed when the athlete has returned to weigh-in prior to their next practice:

- If the athlete has gained back the weight they lost during the previous practice, then the athlete may participate without limitations.
- If the athlete is 1 pound short of gaining back the weight lost during the previous practice, the athlete may participate with close monitoring by the athletic training staff.
- If the athlete is 2 pounds or more short of gaining back the weight lost during the previous practice, then their hydration level is assessed by measuring their urine specific gravity (USG). If the athlete's USG is at or below 1.015, then they may participate with close monitoring by the athletic training staff, and with the potential of some activity limitations. If the athlete's USG is above 1.015, then they will be held from participation in that practice.
- If at any time the athlete's pre-practice weight drops at or below 3% of their baseline/check-in weight, the athlete will be held from participation until they are under that 3% loss.

Student-athletes are encouraged to drink liquids (water or sports drinks) as frequently as comfort allows. All practice and competition sites have fluid replacement stations readily available. Heat cramps, exhaustion or even strokes are very PREVENTABLE problems. By monitoring practice and assessing body weight fluctuations the athletic training staff is committed to your health. Show that same commitment by reporting any of the following symptoms:

1. Heat Cramps

- a. Cause: rapid salt depletion from sweating
- b. Signs/Symptoms: cramps occurring in the legs and stomach when the muscles fatigue

2. Heat Exhaustion

- a. Cause: excessive loss of salt and/or water that occurs over an extended period of time
- b. Signs/Symptoms:
 - i. moist, pale, cool skin (shock-like)
 - ii. sweating
 - iii. normal/sub-normal temperature
 - iv. weak rapid pulse
 - v. shallow respiration
 - vi. hyperventilation
 - vii. dizziness
 - viii. pupils dilated

3. Heat Stroke

- a. Cause: failure of sweat mechanism in the hypothalamus gland
- b. Signs/Symptoms:
 - i. dry skin
 - ii. flushed red appearance of skin
 - iii. high body temperature (105 – 110 degrees)
 - iv. pupils constricted
 - v. strong rapid pulse
 - vi. labored breathing
 - vii. possible convulsions
 - viii. can lead to comas and/or possible death

Substances that have a diuretic (causing frequent urination) effect or act as stimulants (increasing heart rate) may increase the risk of heat illness. These substances may be found in some prescription and over-the-counter drugs, nutritional supplements and foods.

Drinking Enough Water

The amount of water any athlete should consume depends on their particular sport and body weight. In general, all athletes should intake through drinking and food sources roughly ½ ounce of water per pound of body weight. In addition, drinking another 8 ounces of water for every 15 minutes of vigorous exercise is appropriate. Drinking sodas, alcoholic beverages and using tobacco products can further dehydrate an athlete. Curb or discontinue their use during the season to enhance your performance.

Nutritional Supplements: Getting the Edge

The best method to obtaining an edge on another player is good “old fashioned” hard work and eating a healthy well rounded diet. What you do to your body on and off the field will play a big role in how your body responds on the field. Your coaches design intricate weight-lifting protocols and practices to bring out the best in each athlete. Outside of practice, there are methods to increase speed and strength. When lifting, focus on the eccentric phase or negative portion of the lift. This produces a more powerful contraction within the muscle and therefore will allow greater strength gains. For speed, focus on powerful and quick lifts of the hamstrings and plyometric work. Your coaches and athletic trainers can help you plan these workouts and set them up to your preference.

Advertisements are everywhere regarding nutritional supplements. Please talk to your certified athletic trainer about these substances. There are **no FDA regulations** on these items therefore you may not be taking what the labels tell you. All nutritional/dietary supplements carry some risk of containing NCAA banned substances because they are not well regulated and may be contaminated. Failure to check out a supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. Ultimately, student-athletes are responsible for anything they ingest. In some cases these substances may help your performance but they may also lead to injury, illness, suspension from athletics or even death. **USE CARE AND GET THE FACTS!!!!**

Safely Losing Weight

The safest method in weight loss is diet and exercise. You should understand that as an athlete it is not advised to participate in a strict diet that limits total caloric intake or use diet/weight loss pills. Limiting caloric intake can predispose you to injury; therefore, you should let the increase in exercise trim off those extra pounds. Weight loss is most effective during the off-season when your body does not have the need for excess calories and nutrients. The athletic training staff and college dietician could help to set up a safe and effective plan for weight loss. To schedule a meeting with one of these professionals contact your team's certified athletic trainer.

Intercollegiate Insurance

In keeping with the voluntary nature of NCAA Division III programs, the primary source for the payment of costs associated with the treatment of the injuries incurred by student-athletes while participating in an intercollegiate sport is the student-athlete or his or her family. However, **the NCAA does require that all institutions certify the existence of insurance coverage for medical expenses resulting from athletically related injuries sustained by a student-athlete** during NCAA-sanctioned competition or supervised practice. To that end, Bridgewater College carries an excess insurance plan through the Arch Insurance Group and administered by BMI Benefits, LLC.

The excess insurance plan carried by the College is designed to cover only those eligible expenses remaining that have not been reimbursed after a student-athlete's other insurer(s) have made payment. Coverage under the excess plan is subject to specific policy terms and conditions and includes certain restrictions and exclusions of which you should be aware. The policy covers only new injuries that are sustained during NCAA-sanctioned competition or supervised practice. Pre-existing injuries, off-season (any period not specified by the NCAA as sanctioned practice or weight lifting in the off-season) injuries, and injuries incurred during the season that are not directly related to in-season competition or a supervised practice are not covered. The policy will pay covered, unreimbursed expenses up to \$90,000. After total costs reach \$90,000, whether paid by the insurance of the student-athlete or his or her family or by the excess plan, the NCAA provides a catastrophic health insurance plan for injuries resulting in costs greater than \$90,000.

The excess plan is subject to a deductible of \$2,000, for which the student-athlete or his or her family will be responsible. Please note that the College assumes no responsibility for any uninsured expenses and does not assist with or cover deductibles or co-payments. We strongly recommend that the student-athlete have coverage through a primary health insurer to avoid possible, significant out-of-pocket expenses in the event of an injury.

Coverage by the plan carried by the College is only in excess of any family or employer group coverage or plan. It will not duplicate benefits, and it excludes those bills incurred that were "payable" by the family health insurance plan. The student-athlete and his or her family must follow proper procedures for filing claims with the primary insurance plan. If parents or students choose not to use the authorized medical providers of their plan, they should be aware that the excess insurance plan will not pay the bills incurred that would have been honored had they used the proper providers or procedures. For example, if the primary insurance is an HMO, a referral may need to be obtained for the student-athlete to see a physician in our area that may be outside of the HMO coverage area. The excess insurance plan is only responsible for medical charges that would have been payable had the proper procedures been followed and the proper vendors used. Please note that the College's sports medicine staff generally refers student-athletes to local area healthcare providers for the provision of medical care. It is the student-athlete's responsibility to confirm that the healthcare provider is in the student-athlete's insurance network and to obtain any pre-authorizations required by the student-athlete's insurance. **Student-athletes are encouraged to check with their primary insurance plans for information regarding Guest Memberships. Many carriers offer Guest Memberships when you or any of your dependents will be staying temporarily outside of the service area for more than 90 days.**

In the event that a student-athlete is injured and generates medical expenses, he or she can help the excess plan provide better service by following these steps and providing the following information:

- The student-athlete should present his or her primary insurance company address and policy number to the attending health care provider. (This is the **student-athlete's** insurance company.)
- File the claim with your insurer(s) as soon as possible. Retain copies of itemized bills for use when submitting the claim to the excess insurance plan (NOT BALANCE DUE STATEMENTS).

- When explanation of benefit (EOB) forms are received from your insurer(s), copies of the EOB forms and copies of itemized bills should be mailed to the following address:

**BMI Benefits, LLC
P.O. Box 511
Matawan, NJ 07747**

- To check the status on a claim, please call Bob McCloskey Insurance (BMI Benefits) at: **1-800-445-3126**.

How to Report an Athletic Injury

- All student-athletes must report any sports-related injuries to a Bridgewater College certified athletic trainer.
- An athletic trainer will assess your injury and determine if further medical treatment is needed. Student-athletes are not charged for services provided by the College's athletic trainers.
- If the student-athlete is referred to a medical provider for further treatment (or if you seek treatment independently), the following steps must be followed to assure proper insurance coverage:
 1. A medical claim must be filed, either by you or your medical provider with your private insurance carrier (e.g., your parent's insurance).
 2. The Arch Group insurance is a secondary insurance plan. All claims should first be submitted to your private insurance and then forwarded to the Arch Group after the primary insurance has been processed.
 3. You have 90 days from the date of injury to seek treatment for each claim under the Arch Group insurance. However, treatment by the College's certified athletic trainers and/or a medical practitioner will satisfy this requirement. Athletic training room or other practitioner notes will suffice.

Other Important Information

- Direct billing by providers usually results in direct payment to the providers. Make sure you give all providers your primary insurance and secondary insurance information and let the providers bill for you.
- Insurance programs will pay for intercollegiate athletic injuries only **if proper procedures are followed**. Make sure you request pre-authorization for treatment as necessary.
- Benefits will be reduced if proper referrals are not obtained for students who have HMO/PPO primary coverage. Make sure you know if pre-authorization is required by your primary insurance and who you need to contact for this pre-authorization.
- It is critical that all student-athletes understand that the responsibility for filing claims for athletic injuries rests with him/her. The athletic training staff is here to assist in this process but is not responsible for the outcome of the claims filing process, unpaid medical expenses, or any damage that can occur to the student-athlete's personal credit history as a result of insurance difficulties.

SICKLE CELL TRAIT



WHAT IS SICKLE CELL TRAIT?

Sickle cell trait, noted as Ss, is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a lifelong condition that will not change over time.

- During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to a "c" or "s" shape.
- Sickle red cells may accumulate in the blood stream during intense exercise, blocking normal blood flow to the muscles and muscles.
- During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- Heat and dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- Athletes with sickle cell trait should not be left alone during participation as precautions can be put in place.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

- Sickle cell trait occurs in about 1 in 10 of the U.S. African-American population and 1 in 2,000 to 1 in 10,000 of the Caucasian population.
- Most U.S. states test at birth, but most athletes with sickle cell trait do not know they have it.
- The NCAA recommends that athletics departments confirm the sickle cell trait status of all student-athletes.
- Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- Know your sickle cell trait status.
- Engage in a slow and gradual pre-season conditioning regimen.
- Build up your intensity slowly while training.
- Set your own pace. Use adequate rest and recovery between repetitions, especially during high-intensity and intense stationary or interval drills.
- Avoid pushing with a maximum effort more than two to three minutes without a rest interval or a breather.
- If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer or coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.



- Maintain proper strength management.
- Refrain from extreme exercise, especially during a fever, if feeling ill, or while experiencing a fever.
- Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be made available to you.
- Seek prompt medical care when experiencing unusual physical distress.

For more information, contact the NCAA at www.NCAA.org/health.

VIII. Ticket Packages, Fundraising and Sponsorships

Purpose

The purpose for fundraising through ticket packages, department fundraising and sponsorships is to assist Bridgewater College athletics in its future growth and development as an integral part of the College and the local communities. Specifically, the funds generated through these avenues provide assistance with the special needs of the athletic program of the College.

Goals

1. Increase the visibility of Bridgewater athletics with alumni and friends by maintaining frequent communications via social media outlets and the College website.
2. Establish formalized fundraising efforts to enhance the quality of the facilities and equipment for the athletic program (Athletics Golf Classic, Day of Giving, Sponsorships, etc.)
3. Provide opportunities for social interaction among athletic alumni and program supporters. (Tailgating, Alumni events, Hall of Fame Induction, Team of Distinction Recognition, etc.)

Fundraising

All funds raised for the benefit of the athletic program at Bridgewater College will be placed in a restricted account at the College, and prioritized for use to enhance the student-athlete experience. All expenditures must be in compliance with NCAA guidelines. Funds raised will help provide funding for team bus travel, facility upgrades and many other athletic team projects.

Athletic Gate Funds

The athletic program currently charges admission for all home football, women's basketball and men's basketball contests. Each sports program provides student-athletes to work the gate at these events and the revenue from these events provides funding for team bus travel, facility upgrades and special projects. Proceeds from the gate go to the Athletics restricted account.

For more information go to: <https://bridgewater eagles.com/sports/2022/5/23/information-ticketfacility.aspx>

Sponsorships

Sponsorship agreements are obtained each year from local businesses to raise funds for the Athletics and to connect with our local communities. Banners and tents are provided to our Community Partners to create community support for our College and Athletic program.

IX. NCAA POLICIES

NCAA Bylaws for Division III intercollegiate athletic programs have been established by the National Collegiate Athletic Association (NCAA). These bylaws are published and updated each year in the NCAA Division III Manual. This manual is available for review in the offices of the Director of Athletics, Associate Director of Athletics, NCAA Compliance Coordinator, and Administrative Assistant. The manual may also be accessed at the NCAA web site at:

<https://web3.ncaa.org/lstdbi/reports/getReport/90011>. The following material provides general information on policies applicable to student-athletes. Further clarification can be received through the NCAA Compliance Coordinator, Director of Athletics, or Associate Director of Athletics. The Old Dominion Athletic Conference (ODAC) Commissioner can provide additional clarification of NCAA guidelines upon referral from the Director of Athletics or NCAA Compliance Coordinator.

Eligibility

Non-permissible Activities

12.1.5.2 Non-permissible Activities—After Initial, Full-Time Collegiate Enrollment. After initial, full-time collegiate enrollment, an individual loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if the individual engages in any of the following activities:

- a) Use of Athletics Skill for Pay. Uses his or her athletics skill (directly or indirectly) for pay (see Bylaw 12.1.7) in any form in that sport including actual and necessary expenses;
- b) Accepts a Promise of Pay. Accepts a promise of pay (see Bylaw 12.1.7) even if such pay is to be received after completion of intercollegiate athletics participation;
- c) Signs a Contract. Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
- d) Receipt of any Funds from a Professional Team. Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletics skill or participation;
- e) Competes on a Professional Team. Competes on a professional team (as defined in Bylaw 12.02.5);
- f) Enters into a Professional Draft More than Once. Enters into a professional draft more than one time (see Bylaw 12.2.4.2);
- g) Agreement with an Agent. Enters into an agreement with an agent (see Bylaw 12.3);
- h) Receipt of Cash Award for Participation. Receives cash, or the equivalent thereof (e.g., trust fund), as an award for participation in competition at any time, even if such an award is permitted under the rules governing an amateur, non-collegiate event in which the individual is participating. An award or a cash prize that an individual could not receive under NCAA legislation may not be forwarded in the individual's name to a different individual or agency;
- i) Expenses or Awards not Permitted by Amateurism Rules Governing Events. Receives reimbursement for expenses incurred or receives awards that are prohibited by the rules governing an amateur, non-collegiate event in which the individual participates;
- j) Expenses above Actual and Necessary from Outside Amateur Sports Team or Organization. Receives more than actual and necessary expenses from an outside amateur sports team or organization. Actual and necessary expenses may cover the cost of travel, room and board

expenses, and apparel and equipment (for individual and team use only from teams or organizations not affiliated with member institutions, including clubs teams as set forth in Bylaw 13.11.3.4) for competition and practice held in preparation for such competition;

a) Expenses from Non-permissible Entities. Receives any expenses, including actual and necessary expenses or any other form of compensation, to participate in athletics competition (while not representing an educational institution) from a sponsor other than an individual on whom the athlete is naturally or legally dependent or the nonprofessional organization that is sponsoring the competition;

b) Payment Based on Place Finish-Team Sports. Receives any payment, including actual and necessary expenses, conditioned on the individual's or team's place finish or performance or given on an incentive basis, or receipt of expenses in excess of the same reasonable amount for permissible expenses given to all individuals or team members involved in the competition;

c) Payment Based on Place Finish-Individual Sports-During the Playing Season or During the Academic Year. Receives any payment, including actual and necessary expenses, conditioned on the individual's or team's place finish or performance or given on an incentive basis, or receipt of expenses in excess of the same reasonable amount for permissible expenses given to all individuals or team members involved in the competition;

d) Payment Based on Place Finish-Individual Sports-Outside the Playing Season During the Institution's official Summer Vacation Period. Receives any payment other than actual and necessary expenses from the sponsor of an open athletics event (an event that is not invitation only). The calculation of actual and necessary expenses shall not include the expenses or fees of anyone other than the student-athlete (e.g., coach's fees or expenses, parent's expenses); and

e) Other Activities. Receives any expenses, awards or benefits not listed as permissible in Bylaw 12.1.5.1

Competition

To be eligible to compete, the student-athlete must:

- Have been admitted as a regular student seeking a baccalaureate degree according to the published entrance requirements of the institution;
- Be in good academic standing according to the standards of the institution; and
- Be enrolled in at least a minimum full-time program (not less than 12 semester or quarter hours) and maintain satisfactory progress toward a baccalaureate degree at the institution.[Bylaws 14.01.2]

A student-athlete may compete while enrolled in less than a minimum full-time program of studies, provided the student is enrolled in the final semester or quarter of the baccalaureate or graduate program or a minor or undergraduate certificate program and the institution certifies that the student is carrying (for credit) the courses necessary to complete degree, minor, or certification requirements. [Bylaw 14.1.8.1.6.1]

A student-athlete may compete while enrolled in less than a minimum full-time program of studies, provided the student is enrolled in the final semester or quarter of the baccalaureate or graduate program or a minor or undergraduate certificate program and the institution certifies that the student is carrying (for credit) the courses necessary to complete degree, minor, or certification requirements. [Bylaw 14.1.8.1.6.1]

Practice

The student-athlete is eligible to practice if he is enrolled in at least a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of the certifying institution. [Bylaw 14.1.8.1]

A student-athlete may practice during the official vacation period immediately before initial enrollment, provided the student has been accepted by the institution for enrollment in a regular, full-time program of studies at the time of the individual's initial participation; is no longer enrolled in the previous educational institution; and is eligible under all institutional and NCAA requirements [Bylaw 14.1.8.1.6.5]

A student-athlete no longer shall be considered enrolled in a minimum full-time program of studies (after dropping a course that places the student below full-time status) when the dropped course becomes official in accordance with procedures determined by the institution for all students. [Bylaw 14.1.8.1.1]

A student-athlete with athletics eligibility remaining may participate in organized practice sessions while enrolled in less than a minimum full-time program of studies, provided the student is enrolled in the final semester or quarter of the baccalaureate program and the institution certifies that the student is carrying (for credit) the courses necessary to complete the degree requirements, as determined by the faculty of the institution. [Bylaw 14.1.8.1.6.3]

Seasons

The student-athlete is not eligible to participate in more than four seasons of intercollegiate competition, except for extensions that have been approved in accordance with NCAA legislation. [Bylaws 14.2]

The student-athlete is not eligible after the first 10 semesters or 15 quarters in which he was enrolled at a collegiate institution in at least a minimum full-time program of studies as determined by the college. [Bylaw 14.2.2]

Graduate Student/Post baccalaureate Participation: A student-athlete who is enrolled in a graduate or professional school of the institution he or she previously attended as an undergraduate (regardless of whether the individual has received a United States baccalaureate degree or its equivalent), a student-athlete who is enrolled and seeking a second baccalaureate or equivalent degree at the same institution, or a student-athlete who has graduated and is continuing as a full-time student at the same institution while taking course work that would lead to the equivalent of another major or degree as defined and documented by the institution, may participate in intercollegiate athletics, provided the student has eligibility remaining and such participation occurs within the applicable 10-semester/15quarter period set forth in Bylaw 14.2. [Bylaw 14.1.9]

Transfers

14.5.5.1 General Rule. A transfer student from a four-year institution shall not be eligible for intercollegiate competition until the student has fulfilled an academic year of residence (see Bylaw 14.02.10) at the certifying institution unless the student qualifies for one of the transfer exceptions set forth in Bylaws 14.5.5.1.1, 14.5.5.1.2 or 14.5.5.1.3. A transfer student (other than one under disciplinary suspension per Bylaw 14.5.1.2) may qualify for an exception to the academic year of residence requirement provided he or she does not have an unfulfilled residence requirement at the institution from which he or she is transferring.

14.5.5.1.1 Exception. A student who transfers to the certifying institution shall be immediately eligible if:

- (a) The student has never practiced or competed in intercollegiate athletics:
- (b) The student transfers from a four-year collegiate institution and would have been academically and athletically eligible, at the time of transfer to the certifying institution (see Bylaw 14.5.2), had he or she remained at the previous institution: or
- (c) The student transfers from a four-year collegiate institution that did not sponsor the student-athlete's sport and, while at that institution, the student-athlete:
 - (1) Successfully completed at least 24-semester or 36-quarter hours of transferable-degree credit; and
 - (2) Completed at least two full-time semesters or three full-time quarters.

Head Coaches must have a written release from a prospective transfer's previous institution before communicating about a transfer or a self-release form from the student-athlete. The Transfer Release Form is available in the Athletic Department office and can be sent to the prospective transfer's institution to obtain permission to speak with prospective student-athlete about a transfer. The Self Release Form is located on the NCAA Division III homepage as well as the ODAC homepage.

Once a transfer becomes a student-athlete at Bridgewater College, the Transfer Eligibility Tracer Form must be sent to the transfer's previous institution to verify the eligibility status of the student-athlete. This form is available in the Athletic Office.

Criteria for Determining Season of Eligibility – 14.2.4

14.2.4.1 Minimum Amount of Participation. A season of intercollegiate participation shall be counted when a student-athlete participates (practices or competes) during or after the first contest in the traditional segment following the student-athlete's initial participation of that academic year at that institution or when the student-athlete engages in intercollegiate competition during the nontraditional segment. This provision is applicable to intercollegiate athletics participation (practice or competition) conducted by a Division III collegiate institution at the varsity, junior varsity or freshman team level.

14.2.4.1.1.1 *Exception. A season of participation shall not be counted:*

- (a) During the traditional segment when a student-athlete participates in a preseason Exhibition conducted prior to the first contest following the student-athlete's initial participation of that academic year at that institution;
- (b) During the traditional segment when a student athlete participates in an alumni contest conducted before the first regular-season contest following the student-athlete's initial participation of the academic year at the institution; and
- (c) In baseball, field hockey, lacrosse, soccer, softball, and women's volleyball, when a student-athlete participates (practices or competes) in the one date of competition during the nontraditional segment.

Hardship Waiver

Bylaw 14.2.5 of the NCAA Manual provides information regarding the hardship waiver (Calculations on page 41). The ODAC requires the institution requesting a hardship waiver to submit the completed *Hardship Petition* available from the Director of Athletics. The following documentation must be attached to the waiver when sending the petition.

1. Statement from attending physician stating:
 - Date of injury or onset of illness
 - Diagnosis
 - Treatment prescribed
 - Medical reasons for withholding the student-athlete from further competition.
2. Final individual performance season statistics completed by the sports information department.
3. Official team results with contest-by-contest breakdown and dates of competition.
4. The Director of Athletics or designee must sign the form to confirm that the information is correct.

Drug Policy

If the NCAA tests the student-athlete for the banned drugs listed in Bylaw 31.2.3.4 and he/she tests positive (consistent with NCAA drug-testing protocol), he/she will be ineligible to participate in regular-season and postseason competition for one calendar year (i.e., 365 days) after the positive drug test, and he/she will be charged with the loss of a minimum of one season of competition in all sports.

If the student-athlete tests positive a second time for the use of any drug, other than a "street drug" as defined in Bylaw 31.2.3.4, he/she will lose all remaining regular-season and postseason eligibility in all sports.

If the student-athlete tests positive for the use of a "street drug" after being restored to eligibility, he/she will be charged with the loss of one additional season of competition in all sports and will also remain ineligible for regular-season and postseason competition at least through the next calendar year. [Bylaw 17.4.1.5.1.2]

A list of NCAA Banned-Drug Classes is provided on page 14.

NCAA Required Forms

The student-athlete is required by the NCAA to complete the *Student-Athlete Statement* and the *Drug-Testing Consent* prior to the institution's first scheduled intercollegiate competition.

Playing and Practice Season

Athletic Related Activities

Athletic related activities are activities that can only be performed during specific times in the academic year based on the sport's season. The activities include, but are not limited to, practice, offensive or defensive alignment, field or floor activities, review of game film, competition, required weight training or workouts, and observed activities by the institution's or your sports coaching staff.

Exceptions

Although these activities must be done during the playing season, there are a few exceptions to the by-law. Such activities include, but are not limited to, meetings that are non-athletic in nature, fundraising and community service not involving athletic ability, voluntary individual workouts, and voluntary strength and conditioning workouts, and observed activities by a staff member who has documented monitoring responsibilities.

Voluntary Athletic Related Activities

Voluntary Athletic Related Activities are activities that are voluntary in nature, are initiated by the student-athlete, and information regarding any aspect of the activity cannot be documented or reported back to a coaching staff member. These activities are cannot be subject to evaluation or penalty. For a comprehensive list of all Athletic Related Activities, Exceptions, and Voluntary Athletic Related Activities, please refer to bylaw 17.02 in the Division III NCAA Manual.

17.1.1 Playing Season. An institution is permitted to conduct athletically related activities (see Bylaw 17.02.1.1) in each academic year only during the playing season as regulated for each sport in accordance with the provisions of this bylaw. The institution must conduct the same playing season for varsity and subvarsity teams in the same sport. (Revised: 1/10/92, 4/11/11 effective 8/1/11, 1/17/23 effective 8/1/23)

17.1.1.1 Declaration of Playing Season. Each member institution shall determine the playing season for each of the sports referenced under Bylaw 17.02.13. Declaration of the institution's playing season in each such sport shall be on file in writing in the department of athletics before the beginning of the institution's playing season for that sport. Changes in the declaration for a particular sport are permissible and also shall be filed in writing in the office of the institution's director of athletics. (Revised: 4/11/11 effective 8/1/11)

17.1.1.2 Segments of Playing Season. Segment limitations are applicable to all team and individual sports (listed under Bylaws 17.02.13.1 and 17.02.13.2), except for football, golf, rowing, tennis and sports with a winter NCAA championship . The segments shall be defined as follows: (Revised: 4/11/11 effective 8/1/11, 7/24/19)

(a) Traditional Segment. The portion of the playing season that concludes with the NCAA championship in the sport shall be known as the "traditional segment."

(b) Nontraditional Segment. The remaining portion of the playing season shall be known as the "nontraditional segment."

17.1.1.3 Week. A week shall be defined by the institution as any consecutive seven-day period, regardless of the day on which the seven-day period begins. (See Bylaw 17.1.4.1 for day off requirements.) An institution may not redefine its week except in the following circumstances: (Adopted: 1/17/23 effective 8/1/23)

(a) During a segment (or period in golf, rowing and tennis) of the playing season, following a period of at least seven consecutive days that includes a vacation, final-examination period or holiday period during which no

athletically related activities occur; or (Adopted: 1/17/23 effective 8/1/23)

(b) Between the fall and spring period in golf, rowing and tennis and between segments of the playing season in other sports, provided the institution divides its practice and playing season into two distinct segments per Bylaw 17.1.1.2. (Adopted: 1/17/23 effective 8/1/23)

17.1.1.5 **Days.** Any athletically related activity by any member of the team shall constitute the use of a day. (Adopted: 7/18/23 effective 8/1/23)

- Multisport Student-Athlete: All athletically related activities shall be prohibited during one calendar day per week for every student-athlete, regardless of the number of sports in which a student- athlete participates.

Transfer Release Process

NCAA Permission to Contact: Self Release Form, Division III

13.1.1.2.1 Self Release. Using a form made available by the NCAA national office, a student-athlete who attends a Division III institution may issue, on his or her own behalf, permission for another Division III institution to contact the student-athlete about a potential transfer. The student-athlete shall forward this form to the director of athletics at the institution of interest. Contact between the student-athlete and institution may occur during the 30-day period beginning with the date the permission to contact form is signed by the student-athlete. An additional form must be issued for contact to occur or continue beyond the initial 30-day period.

1.3.1.1.2.1.1 Privacy and Disclosure Requirements. During the 30-day period, the institution in receipt of the form shall not notify the student-athlete's current institution of the contact. At the completion of the initial 30-day period, if the student-athlete decides to transfer to the institution in receipt of the form, the institution in receipt of the form shall notify the student-athlete's current institution within a seven-day period of the form's expiration date that the self-release was issued. At the completion of the initial 30-day period, if the student-athlete decides not to pursue the transfer, the institution in receipt of the form shall not notify the student-athlete's current institution of the contact at any time. If the student-athlete is undecided at the end of the 30-day period, the initial contact must remain private unless and until the student-athlete issues a second permission to contact form. Upon receipt of the second permission to contact form, the institution in receipt of the form shall notify the student-athlete's current institution within seven days that a second release was issued.

This form is available online at:

https://ncaaorg.s3.amazonaws.com/compliance/d3/2021-23/2021-23D3Comp_PermissiontoContactSelfRelease.pdf

FIGURE 14-1
Hardship Waiver Calculations - Standard Denominators Based on Bylaw 17

Sport	Standard Denominator*	First Half of Playing Season	One-third of Contests or Dates of Competition
Acrobatics and Tumbling	13	Before the start of the eighth date of competition.	5
Baseball	41	Before the start of the 21st contest.	14
Men's Basketball	26	Before the start of the 14th contest.	9
Women's Basketball	26	Before the start of the 14th contest.	9
Beach Volleyball	17	Before the start of the 10th date of competition.	6
Women's Bowling	33	Before the start of the 17th date of competition.	11
Men's Cross Country	11#	Before the start of the seventh date of competition.	4
Women's Cross Country	11#	Before the start of the seventh date of competition.	4
Men's Fencing	12	Before the start of the seventh date of competition.	4
Women's Fencing	12	Before the start of the seventh date of competition.	4
Field Hockey	21	Before the start of the 12th contest.	7
Football	11	Before the start of the seventh contest.	4
Men's Golf	21	Before the start of the 12th date of competition.	7
Women's Golf	21	Before the start of the 12th date of competition.	7

* Maximum number of contests or dates of competition plus one pursuant to Bylaw 14.2.5-(a)-(b).

Maximum of nine dates of competition (Bylaw 17) plus two dates of competition pursuant to Bylaw 14.2.5.2.5.1.

** See Bylaw 14.2.5.2.5.1.

FIGURE 14-1
Hardship Waiver Calculations - Standard Denominators Based on Bylaw 17

Sport	Standard Denominator*	First Half of Playing Season	One-third of Contests or Dates of Competition
Men's Gymnastics	14	Before the start of the eighth date of competition.	5
Women's Gymnastics	14	Before the start of the eighth date of competition.	5
Men's Ice Hockey	26	Before the start of the 14th contest.	9
Women's Ice Hockey	26	Before the start of the 14th contest.	9
Men's Lacrosse	17	Before the start of the 10th date of competition.	6
#Women's Lacrosse	17	Before the start of the 10th date of competition.	6
Men's Rifle	14	Before the start of the eighth date of competition.	5
#Women's Rifle	14	Before the start of the eighth date of competition,	5
#Women's Rowing	21	Before the start of the 12th date of competition	7
#Women's Rugby	16	Before the start of the ninth date of competition.	6
Men's Skiing	17	Before the start of the 10th date of competition.	6
#Women's Skiing	17	Before the start of the 10th date of competition,	6
Men's Soccer	21	Before the start of the 12th contest.	7
#Women's Soccer	21	Before the start of the 12th contest.	7
Softball	41	Before the start of the 21nd contest.	14

* Maximum number of contests or dates of competition plus one pursuant to Bylaw 14.2.5-(a)-(b).

Maximum of nine dates of competition (Bylaw 17) plus two dates of competition pursuant to Bylaw 14.2.5.2.5.1.

** See Bylaw 14.2.5.2.5.1.

FIGURE 14-1
Hardship Waiver Calculations - Standard Denominators Based on Bylaw 17

Sport	Standard Denominator*	First Half of Playing Season	One-third of Contests or Dates of Competition
Men's Swimming and Diving	17	Before the start of the 10th date of competition.	6
Women's Swimming and Diving	17	Before the start of the 10th date of competition.	6
Men's Tennis	21	Before the start of the 12th date of competition.	7
Women's Tennis	21	Before the start of the 12th date of competition.	7
Men's Track and Field (Indoor)	9**	Before the start of the sixth date of competition.	3
Men's Track and Field (Outdoor)	9**	Before the start of the sixth date of competition.	3
Women's Track and field (Indoor)	9**	Before the start of the sixth date of competition.	3
Women's Track and Field (Outdoor)	9**	Before the start of the sixth date of competition.	3
Women's Triathlon	7	Before the start of the fifth date of competition.	3
Men's Volleyball	23	Before the start of the 13th date of competition.	8
Women's Volleyball	23	Before the start of the 13th date of competition.	8
Water Polo	21	Before the start of the 12th date of competition.	8
Men's Wrestling	17	Before the start of the 10th date of competition.	6
Women's Wrestling (Adopted 1/25/20 effective 8/1/20)	17	Before the start of the 10th date of competition.	6

* Maximum number of contests or dates of competition plus one pursuant to Bylaw 14.2.5-(a)-(b).

Maximum of nine dates of competition (Bylaw 17) plus two dates of competition pursuant to Bylaw 14.2.5.2.5.1.

** See Bylaw 14.2.5.2.5.1.

X. ODAC POLICIES

The Old Dominion Athletic Conference holds a meeting of the Board of Directors biannually, which consists of the Conference Commissioner, Presidential Representative, and Directors of Athletics. The Board of Directors evaluates and determines policy for operation of the sponsored sports programs. These sport guidelines are updated annually and are available to the Directors of Athletics in September. Each Director of Athletics is encouraged to make the new guidelines and policies available to their athletic department staff. The complete ODAC Policy Manual is available in the Director of Athletics' office for review.

ODAC Directory

ODAC Commissioner – Brad Bankston

Sports Information Director, Associate Commissioner – J. J. Nekoloff

Director of Championships – Stacy Staley

Mailing Address – 16001 Forest Rd., Suite B, PO Box 2604, Forest, VA 24551

President - Jan Hathorn - Washington & Lee University

President-Elect – Dr. Bridget Lyons – Shenandoah University

Conference SAAC

The ODAC Student-Athlete Advisory Committee is made up of two representatives from each institution in the Conference. This Committee meets twice a year and provides the representatives an opportunity to be involved in the Conference governance. Additionally, the SAAC has the opportunity to discuss Conference issues, NCAA issues and information relative to their own campus committee. Periodically, the SAAC will hear presentations on leadership, sportsmanship and ethical behavior.