



# STUDENT- ATHLETE HANDBOOK

**DURHAM COLLEGE ATHLETICS**



# DURHAM LORDS

## STUDENT-ATHLETE HANDBOOK

The Department of Athletics & Recreation offers the following facilities on campus:

- Five (5) full gymnasiums - Basketball/Volleyball
- Vaso's Field (Turf) - Soccer & Rugby
- Babcock Field - Softball
- DC Esports Gaming Arena - Esports
- Campus Fieldhouse
- Campus Ice Centre
- FLEX Fitness Centre with 200m Indoor Track
- Whitby Fitness Centre
- ETS Varsity Athlete Training Centre
- Athletic Therapy Clinic
- Health & Wellness Centre
- Varsity Academic Study Lounge

In addition to being the location for varsity practices, varsity home events, and both provincial and national sport governing body events, the Campus Recreation & Wellness Centre (CRWC) also houses many additional college and university functions, such as intramurals, convocations, clinics, speaking assemblies, classes, lab time, high school and elementary school events, shows and special events.

When using the CRWC you must scan your student/staff ID card for access through the turnstiles. [Click here to access the Campus Recreation App.](#)

On top of the incredible on campus facilities, a number of our varsity teams also utilize off campus venues such as:

- Kinsmen Civic Memorial Stadium - Baseball
- Watson's Glen Golf Course - Golf
- Thompson Rugby Park - Rugby





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## STUDENT-ATHLETE HANDBOOK



Campus Recreation & Wellness Centre



ESports Gaming Arena



Vaso's Field



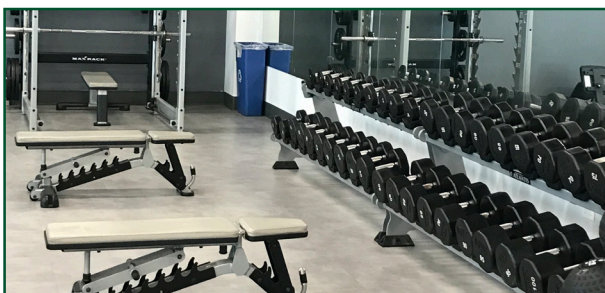
Campus Fieldhouse (CFH)



Babcock Field



Kinsmen Civic Memorial Stadium



Whitby Fitness Centre



Thompson Rugby Park



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Campus Ice Centre



Athletic Therapy



FLEX Centre



Varsity Training Centre



Varsity Academic Study Lounge



Watson's Glen Golf Club



Health and Wellness Centre



Residence



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### OBJECTIVE FOR VARSITY ATHLETICS

Help develop and promote the physical, intellectual, social and emotional well-being of student-athletes.

### PHILOSOPHY

Athletics are a positive force in preparing students for a vital role in life. To be consistent with the philosophy, “Mission”, “Values” and “Goals” of the college, your experience within the intercollegiate program should involve a meaningful and applied learning process.

Sport should be a vehicle for:

- Self-Discipline
- Self-Development
- Self-Respect

Through sport, student-athletes should acquire certain values, philosophies, attitudes and character traits that will make them a more marketable graduate and productive citizens.

### PARTICIPATION

All varsity team members must be registered in a full-time academic program in order to compete in intercollegiate athletics. Part-time students do not qualify for intercollegiate athletics. If student-athletes are unaware of the difference, they can approach their Program’s Academic Advisor or contact the Academic Advisor for Varsity Athletics, Mike Duggan, Manager of Intercollegiate Athletics - michael.duggan@durhamcollege.ca.

To be chosen as a member of a Durham College intercollegiate team is a privilege not a right. Playing time is up to the discretion of the head coach (non-negotiable).

Intercollegiate student-athletes are asked to contribute time, effort, commitment and loyalty to their respective team(s). Student-athletes are asked to accept training rules, travel regulations and academic policies because of their commitment to this philosophy.

The Department of Athletics reserves the right to deny a student the privilege of competing as a member of an intercollegiate team if:

- Their attitude or actions as a student and/or athlete contravenes the Rules and Regulations outlined in this Durham College Lords Student-Athlete Handbook.
- They are counterproductive to the progress of their particular team (i.e. disrespectful, unreliable, undependable, unsportsmanlike).
- Act in any other behavior that may reflect in a negative manner on the department of athletics and the college.



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## STUDENT-ATHLETE HANDBOOK

### CONDUCT OF INTERCOLLEGIATE ATHLETES CONTINUED...

- Durham College student-athletes who participate in varsity athletics are representing themselves and the institution and their conduct must properly reflect both. Should an athlete behave in a way detrimental to the sport, his/her team or college, the student-athlete will be suspended from further competition. A policy of zero tolerance will be enforced by the athletic department related to the following: \*Act of theft or other criminal offenses, \*Use of illegal substances, \*Acts of violence or abusive behavior on and off the field of play.
- Student-athletes involved in these types of activities will be immediately dismissed from the athletic program.
- Student-athletes are required to represent Durham College in a mature and responsible manner in all situations. Acting in accordance with the regulations and expectations of Durham College as brought forth in the Students Rights and Responsibilities and subsequent code of conduct for students (found in the Student Handbook) and following the OCAA Code of Ethics.
- Athletes at Durham College, whether on-or-off the playing field/courts are representatives of the college and the department of athletics.
- Athletes are closely observed in many areas, in competition, in the classroom, on the campus, on the road, and in the community. Therefore, as a representative of your team, the athletic department and Durham College, you must be above reproach at all times with your conduct.
- When engaging in athletic competition, athletes are expected to demonstrate sportsmanship at all times. Athletes are expected to control themselves at all times. Profanity, illegal tactics, or loss of physical control are behaviors that will not be tolerated.
- Each student-athlete must abide by the standards of the college (see Student Handbook) and any additional guidelines set forth by the coaching staff, both on-and-off campus, in-season and out-of-season for returning athletes.
- The conduct of teams when traveling should be impeccable. Student-athlete representing this institution in a positive manner in the community is one of the fundamental reasons for the athletic program.
- When teams are involved in events where overnight accommodations are required, a curfew shall be set by the coaching staff. This curfew shall be strictly enforced. Failure to abide by the set curfew or misconduct while representing the College will not be tolerated. Also, any incidental charges to your rooms will be paid by the athlete before checking out of the hotel.
- Provincial laws prohibit the consumption of alcohol aboard licensed vehicles. Therefore, under NO circumstance shall alcohol be present and/or consumed on the team bus, van or any other method of team transportation. The consumption of alcoholic beverages while traveling with the school team is strictly prohibited. Any athlete who breaks this rule will be face a possible suspension or dismissal from the team.



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### CONDUCT OF INTERCOLLEGIATE ATHLETES CONTINUED...

- Durham College is committed to providing safe transportation for all teams to and from competitions. All student-athletes, coaches, team therapy, team personnel, due to strict liability regulations, must travel on the team bus/van. Those individuals on the bus/van must return on the bus/van as a team. Any other arrangements must be made through the athletic department with a travel waiver, with approval from the head coach and athletic director or sport coordinator. The waiver is available on the Lords website, [www.durhamlords.com](http://www.durhamlords.com) under the “Inside Athletics” icon. Please submit the form with all appropriate signatures 24 hours in advance of the trip departure time. Failure to complete this task is subject to a denial of the request.
- Spectators, family, children or friends shall NOT be permitted to travel on the team bus or van. There may be times when a member of the school paper will request to travel with a team. This will be permitted.
- Recognizing the value of personal appearance and professionalism, student-athletes may be required to adopt to a specific standard set forth by his or her coach or by the athletic department (i.e. specific travel dress code)
- Acceptable conduct as a student-athlete will include the following desirable characteristics of behavior:
  1. Dedication and loyalty to the team.
  2. Playing hard, but playing fair.
  3. Determined to improve.
  4. Humble in victory, dignified in defeat.
  5. Responsible.
  6. Tolerant of others mistakes.
  7. Respects opponents, officials and others.
  8. Demonstrates good sportsmanship at all times.
  9. Enthusiastically supports all other teams.
- Student-athletes are responsible for assisting the jobs of the team manager, the team therapist and coaching staff (i.e. return of uniforms and equipment following games, practices and/or trips, assist in loading and unloading the bus/van and cleaning the bus/van after use).
- Student-athletes are expected to demonstrate 100% commitment to the team, as well as full attendance at games and practices.
- The major expenses on road trips (lodging and travel) are assumed by the college. The coach is responsible for dispersing meal subsidy when provided. Whenever your team is away, a meal subsidy amount or a travel meal will be provided to all team personnel.
- Student-athletes are responsible for assisting with Lords home tournament events in your respective sport.



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### CONDUCT OF INTERCOLLEGIATE ATHLETES CONTINUED...

#### Policy of Harassment and Discrimination

The intercollegiate athletics program at Durham College supports the Harassment and Discrimination Policy of the OCAA and Durham College. This policy is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. Durham College recognizes that harassment is prohibited by the Canadian Human Rights Code and by human rights legislation in every province and territory of Canada. Harassment can also be an offense under Canada's Criminal Code. Please consult the Athletic Department at Durham College for further information.

#### Discrimination & Sexual Harassment

Durham College coaches are to refrain from any behaviour that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious.

All coaches are asked to complete an online module on Harassment and Sexual Harassment outlined by Durham College policies.

#### Bullying

Every person in sport, in every role, has the right to participate in an environment that is fun, safe and healthy, and to be treated with respect, dignity and fairness. Bullying denies participants these rights and can result in feelings of disgrace, embarrassment, shame or intimidation. Bullying can also affect an individual's athletic performance, level of enjoyment, work or school life, academic achievement and physical and mental health.

Durham College coaches are responsible for seeing possible signs of bullying and are required to act in an appropriate manner and will report these situations to the director of athletics and sport coordinator.



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### CONDUCT OF INTERCOLLEGIATE ATHLETES CONTINUED...

All coaches, coaching staff and managers are required to complete an online module regarding Bullying as outline by the Canadian Colleges Athletic Association (CCAA).

#### Safe Sport

Durham College athletics is committed to being a leader in advancing inclusive, healthy, rights-based, safe sport for all individuals (athletes, coaches, staff, officials and fans). Specifically, we strive to be an equitable and inclusive community, rich with diversity, protecting the human rights of all persons based upon understanding and mutual respect for the dignity and worth of every person.

We will cultivate, uphold, live, and measure Safe Sport principles through:

- Consistent enforcement of policies, procedures, and best practice guidelines through all levels of the college.
- Implementation of best practice safeguards, support for identification and reporting of misconduct, as well as confidential, procedurally fair, and timely processes for investigating and resolving allegations.
- Provision of educational resources, tools, and initiatives that serve to develop, support, and enhance the knowledge and positive practices of all members of the Lords community.
- Active promotion of our Safe Sport commitment throughout programs, interactions, activities, and events.
- Collaboration with provincial partners, multi-sport organizations, as well as public partners to support and advance Safe Sport programs.
- Evaluation of the effectiveness of college Safe Sport Framework and corresponding policies, education, and advocacy initiatives periodically.

Affiliation with Durham College varsity athletics brings many privileges and benefits. As such, participants are expected to conduct themselves appropriately in all matters involving or impacting athletics, and where they may be seen to be representing Durham College in a manner that is fully consistent with our values. At all times, participants' behavior must reflect and not compromise the trust of the college's stakeholders.

Specifically, student-athletes, coaches and staff are required to represent Durham College in a mature and responsible manner in all situations. Participants are expected to act in accordance with the regulations and expectations of Durham College as a student or employee as brought forth in the rights and responsibilities policies and subsequent code of conducts outlined by the university in their policies and procedures.

Visit [www.durhamlords.com/safesport](http://www.durhamlords.com/safesport) for more resources.



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### CONDUCT OF INTERCOLLEGIATE ATHLETES CONTINUED...

#### Promoting respect and resolving conflict

All college members have a role in preventing conflict escalation by confronting and addressing rude and disrespectful behavior when it occurs and creating and maintaining a campus environment that is inclusive for all. As a community, we can help to prevent escalation by focusing on addressing conflict in a timely, constructive and cooperative manner.

Informal approaches to resolving conflict can foster prompt resolution and prevent escalation; particularly when concerns are raised expeditiously. These are opportunities for parties to resolve a dispute, ensure Harassment and Discrimination do not occur and address broader issues that caused or contributed to a dispute.

Coaches and other support staff who observe conflict or become aware of disrespectful or inappropriate conduct will proactively address offending behaviour. Individuals who believe they are being treated disrespectfully are expected to make good faith efforts to attempt to resolve matters. They should immediately make known to the person responsible that the conduct is unwelcome or offensive. It is important that this message be clear and unambiguous.

When presented with a legitimate concern, college members are expected to make reasonable adjustments to their behaviour to resolve the matter.

#### Hazing & Rookie Initiations

Hazing is a broad term encompassing any action or activity which does not contribute to the positive development of a person. These actions could inflict or intend to cause physical or mental harm or anxieties, which may demean, degrade, or disgrace any person, regardless of location, intent or consent of participants. It is an action taken or situation created, intentionally, whether on-or-off campus, to produce mental or physical discomforts, embarrassment, harassment or ridicule.

More clearly defined: "Any potentially humiliating, degrading, abusive, or dangerous activity expected of a junior-ranking athlete by a more senior teammate, which does not contribute to either athlete's positive development, but is required to be accepted as part of a team, regardless of the junior-ranking athlete's willingness to participate. This includes, but is not limited to, any activity, no matter how traditional or seemingly benign, that sets apart or alienates any teammate based on class, number of years on the team, or athletic ability."

Hazing or Rookie Initiations are not permitted within Durham College or any varsity athletic team. There will be a zero tolerance approach to any proven initiation or hazing situations or occurrences. Violations will result in penalties from individual suspension to team suspension to cancellation of the program.



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## STUDENT-ATHLETE HANDBOOK

### CONDUCT OF INTERCOLLEGIATE ATHLETES CONTINUED...

#### Commitment to Inclusivity

The Department of Athletics is committed to developing and fostering an inclusive and diverse coaching environment for coaches and their student-athletes. A diverse coaching environment acknowledges the differences in age, gender, education, and background. It acknowledges individuals' unique life experiences, qualities, and characteristics.

An inclusive coaching culture embraces, respects, and values differences in people regardless of gender, age, race, background, disability, or sexual orientation.

Coaches are asked to maintain and enhance the dignity and self-esteem of their student-athletes and other individuals by:

- Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, age, ancestry, colour, race, citizenship, ethnic origin, place of origin, creed, disability, family status, gender identity, gender expression, sex and sexual orientation.
- Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees.
- Consistently demonstrating a spirit of sportsmanship, sport leadership, and ethical conduct.
- Acting, when appropriate, to correct or prevent practices that are unjustly discriminatory.
- Consistently treating individuals fairly and reasonably.
- Ensuring adherence to the rules of the sport and the spirit of those rules.
- Durham College coaches take part in a "Respect for Sport" online workshop.

#### Sexual Violence Education

An important new initiative has been developed by the CCAA for their Student-Athlete Safe Sport Training program. Creating a Campus Environment Free of Sexual Violence, is a new online seminar that addresses a very real topic that occurs on College and University campuses across the country. In trying to create a safe, inclusive and diverse campus this topic is important to address the importance of communication in any relationship and how we can all work together to do our part.

This seminar can be found at following link <https://durhamlords.com/sports/2013/11/6/cces.aspx> or by going to the Lords website, under the athletes tab, CCES/CCAA Mandatory Seminars.



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### SOCIAL MEDIA

The goal of the Lords social media policy is to educate and inform individuals of social media issues that can arise through the use of online social networks. Websites and mobile applications such as Twitter, Facebook, Instagram, TikTok, etc. are outstanding ways to express creativity and promote your team. The Department of Athletics strongly encourages you to utilize these websites to their fullest potential. This includes expressing yourself and posting creative, personal, and unique content.

As intercollegiate athletes for Durham College, you and your team are in the public eye and are expected to behave accordingly. Violation of any of the below regulations will be subjected to possible disciplinary action such as a suspension or dismissal to be determined at the discretion of the Durham College Department of Athletics.

1. You may not organize or promote events under the Durham College Lords brand without the permission of the department of athletics.
2. You may not under any circumstances post negative or derogatory comments regarding: an individual, an institution, or an intercollegiate sport program.
3. You may not post text, pictures or videos of yourself or any other individuals engaging in or discussing illegal or questionable activities.



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### OCAA CODE OF ETHICS

The OCAA has the authority to establish policies to govern its own affairs and to prescribe, monitor and enforce the conduct of its members pursuant to such policies. This Code of Ethics identifies the standard of conduct, which is expected of all members of the OCAA, including administrators, coaches, officials and athletes. The Code of Ethics applies to all activities and functions of OCAA including competitions, practices, travel, accommodation, banquets, and social activities associated with competitive events. Individuals who violate the Code of Ethics may be subject to disciplinary actions.

#### General Conduct

- OCAA members are expected to uphold the highest standard of ethical behavior and personal conduct at all times, and are responsible for conducting themselves in such a way as to represent their institution and the Association in the most favorable light at all times.
- Members are bound to exhibit and encourage behavior, which is consistent with the Association's stated philosophies, standards of conduct, and guidelines for fair play.
- The OCAA is committed to providing an environment where members respect the personal dignity of others, are free from all forms of harassment, and are free to exercise their rights under the Human Rights Code, and the Canadian Charter of Rights.

#### Game Conduct

All college competition occurs under the auspices of the OCAA and therefore must conform to the association's expectations:

- Athletic Directors educate their coaches and athletes to accord respect to all coaches and athletes from opposing colleges.
- Members avoid any blatant humiliation of the opponent.
- Members avoid any intimidation or harassment of the opponent.
- Internal college publicity and promotion be designed to encourage positive support of the college team.
- Host colleges provide adequate security to ensure safety of players, spectators and officials.



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### ATHLETE ELIGIBILITY

#### Maximum Years

A student-athlete shall be allowed to participate in the Ontario Colleges Athletic Association (OCAA) for five (5) years in all sports whether they lead to a National Championship or not.

- All Durham College student-athletes must meet the OCAA/CCAA academic guidelines for participation
- Athletic eligibility will be assessed for all students-athletes at mid- semester each term and the end of each semester. All returning students will be assessed at the end of each semester. **YOU MUST BE A FULL-TIME STUDENT** to be eligible to participate on a varsity team.

There are three (3) categories of eligibility status for students-athletes:

**ELIGIBLE:** A full-time student (as defined by the College) whose most recent Grade Point Average (GPA) is 2.0 or above, and who is currently meeting the academic and attendance objectives of their program.

**PROBATIONARY:** A full-time student (as defined by the College) whose most recent Grade Point Average (GPA) is between 1.50 and 1.99 and who is currently meeting the academic and attendance objectives of their program.

Probationary student-athletes are eligible to participate in practice, travel and play once they have met with the IAASP Academic Advisor, Mike Duggan, to address their academic status and receive their academic plan. Student-athletes can re-establish **ELIGIBLE STATUS** only after obtaining a minimum 2.0 GPA at the completion of the next academic semester and approval by the IAASP Advisor.

**INELIGIBLE:** A full-time student (as defined by the College) whose most recent Grade Point Average (GPA) is below 1.50. Ineligible student-athletes are not eligible to participate in intercollegiate athletics (which includes play and travel with the team). The student-athlete will still be entitled to practice regularly with their respective team with the approval of the Head Coach. Ineligible student-athletes must meet with an IAASP Academic Advisor, Mike Duggan, to address their academic status and follow an academic plan developed to get them back on the academic track. Reinstatement can occur only after obtaining a minimum 2.0 GPA at the completion of the next academic semester and approval by the IAASP Advisor.



#### ACADEMIC SUCCESS CENTRE

The varsity Academic Success Centre is study space located on the second floor of the Campus Recreation and Wellness Centre (CRWC) that is **ONLY** for varsity athletes. This space provides a quiet area for student-athletes to study between classes or take part in study hall. This space is shared with student-athletes from Ontario Tech.



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### ATHLETE ELIGIBILITY

It is acknowledged that athletes must devote a great deal of time to their sport in order to excel. However, you as an athlete must recognize that your first priority is your academic program. In the event that you will be away from class due to a scheduled varsity event, be sure to:

- Personally communicate to your professor well in advance regarding the time and day that there is a conflict.
- It is your responsibility to clearly communicate in advance. You will provide each of your faculty advisors with a package that includes:
  - A cover letter explaining that you have made a varsity team which is located on the lords website under the “Athletes” icon.
  - Print off a team schedule highlighting all games and where conflicts arise.
- Get all important assignments, handouts and announcements from professors well in advance. As a Durham College student you should be familiar with your mycampus account and know how to access your class notes and assignments.

A respectful, cooperative approach will provide a positive rapport with your professors. Our faculties are excellent and very supportive. They simply need to know well in advance in order to understand the potential conflicts you may face as a Lord.

### WHAT HAPPENS IF...

#### Practice conflicts with class?

Inevitably, with the number of students and courses on the campus, there are bound to be some conflicts with intercollegiate practices. It is the policy of the Program of the Athletic Department that you are expected to honour your academic commitment and attend class. This may result in your late arrival at practice or your early departure.

#### Practice time/scheduled intercollegiate competition conflicts with a test or mid-term?

Tests or mid-terms are sometimes scheduled outside of regular class meeting times. Once again, the academic commitment has priority. However, you may pick up an Intercollegiate Athletic Commitment Verification Form from the athletic department, have your coach and either the director of athletics or the sport coordinator sign it, and return it to your professor at least one (1) week prior to your test or mid-term.

It will be left to the discretion of your professor whether alternate arrangements can be made to write the test or mid-term. Remember that this is not your decision! It is your responsibility to inform your professor well in advance and to resolve the conflict in a cooperative manner. This form may only be used in the event that your professors has an unannounced test or midterm that was not in your original class syllabus.



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## STUDENT-ATHLETE HANDBOOK

### LEARNING STRATEGIES FOR STUDENT-ATHLETES

What does it take to be a good student? Success in academics, much like success in sports, depends on characteristics like dedication, discipline, and drive. A strategic student, like a smart athlete, thinks about the best way to achieve a goal and develops a realistic plan. Involvement in athletics means less time and energy than the average student to devote to academics, so a strategic approach to school is especially important. Here are some learning strategies that can help:

#### Work with 'coaches' to strengthen your thinking skills

As the level of competition increases, coaches play a more important role in helping athletes perform at their maximum potential. When it comes to education, there are coaches off the field who can help students achieve their academic best.



Additional Study Space



Academic Support Services



Peer-Tutoring

#### SALS

SALS (Student Academic Learning Service) is located in the Student Services Building, 2nd floor, room SSB204. SALS offers tutoring for most courses, workshops, and many more services.

#### PLAN TO TRAIN REGULARLY

- **Attend All Classes:** a strategic student wouldn't miss the learning opportunity provided by class.
- **Maximize your learning by going to class prepared:** do the readings, utilize your laptop and your mycampus account.
- **Establish a Weekly Routine:** include time for coursework, tutorials and labs, practice times, game (and travel) times, and free time.
- **Spend time on every course each week.**
- **Use Small Blocks of Time:** a lot of good work can be done in those one or two hours between classes, before practice, or on the bus traveling to out-of-town competitions: e.g. review class notes, do a few problems, read some text pages, jot down ideas for an essay.
- **Use a day planner:** keep track of assignments, labs, exams, team meetings, and competitions. Anticipate crunch times and plan ahead accordingly.
- **Prioritize academic, athletic, and other responsibilities.**



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### LEARNING STRATEGIES FOR STUDENT-ATHLETES

#### Train Strategically

- Good athletes not only put in the time but know the types of training that will yield the best results. Successful students know that regular time on each course is just the start; knowing what to do and when to do it, lead to quality time.
- Learn Now! Build a strong knowledge base: don't understand readings, lectures, or problems? Don't wait until just before a test to learn - see the professor or TA, speak with a classmate.
- Take the initiative: ask questions and persevere day-by-day until you understand.
- See How Information is Inter-related: pay attention to titles, headings, and subheadings on course outlines and in textbooks: a sense of the "big picture" helps make course material manageable and the details under them more meaningful.
- Be an active listener and note-taker: don't be passive in class. Approach classroom learning in the same way that you would approach a game. Be focused, and intend to leave the class with your goal accomplished: quality notes from which to study later. Just because your notes are online doesn't mean you don't have to go to class. Professors will expect you to be prepared for class and will elaborate on their posted notes during lecture and seminar.
- Review your notes briefly after class: a short (10-20 min.) and active review of lecture notes soon after class is a remarkably effective learning strategy. Without this review, forgetting occurs quickly. Reinforce the information while it's fresh in your mind.
- Set small achievable study goals: avoid the marathon approach to academics. Two or more hours available for coursework? Instead of planning to read for hours on end or work on an essay from dawn-to-dusk, set academic goals you can achieve in about 45 minutes. For example, read the first 10 pages of the economics chapter or work on five physics problems. After each 45 minute block, take a brief break and decide if you'll continue on that course for another 45 minutes or switch to another course. This structured approach helps to monitor concentration and eliminate procrastination.

#### Aim for a top performance

- Dedicated athletes work hard to be ready on game day or for that major competition. In the academic game, performance on exams and tests demonstrates if students have the skills and knowledge expected in the course.
- Self-Test Regularly: no matter how well course material is understood, some forgetting will occur. Self test by recalling key information from memory, doing practice exams, teaching one another in groups, etc. Consider organizing a study group on the team bus.
- Prepare psychologically and physically: practice self-talk and visual imagery that help to build confidence and prepare for tests and exams. Keep stress in check with proper sleep, nutrition, and exercise.
- Plan how to write tests: have an exam-writing plan that includes such things as reading instructions carefully, budgeting time according to marks, and doing less difficult questions first to build confidence. Know the strategies for different test formats; SALS has sessions on how to prepare and succeed in tests and exams

#### Beware of the end of season

- Some student athletes find difficulties arise when their sport season ends. The weekly schedule changes dramatically - no more daily practices, no more weekend competitions, etc. Without this structure in their lives, athletes may feel at a loss and let things go. Minimize these difficulties by being ready for the change and establishing a new routine that includes some ongoing practice time in a sport or an exercise regimen.



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### POLICY ON PARTICIPATION ON MORE THAN ONE INTERCOLLEGIATE TEAM

Durham College does not prohibit a student-athlete from participating on more than one intercollegiate team during the academic year. However, it is a mandatory requirement and the responsibility of the student-athlete to obtain the full support and partnership of both relevant coaches to gain a clear understanding about the terms and conditions which will prevail in order for the student-athlete to participate in more than one sport. The student-athlete should be aware of the fact that, in some instances, it may not be possible for such an agreement to be reached. It is also strongly recommended that the student-athlete inform the Director of Athletics of their desire to play for two varsity teams.



When such an agreement cannot be reached, a coach or student-athlete may formally notify in writing the athletic director that a satisfactory resolution has not been achieved. The author of the letter must provide a copy of the notification to the other relevant parties (i.e. other coach(es) or student athlete). The director will then convene a meeting, or a series of meetings, in order to determine which one of three courses of action will be pursued:

- a. achieving a mutually satisfactory resolution with the assistance of the athletic director.
- b. requesting mediation from a mutually acceptable, neutral third party.
- c. requesting a formal review to be conducted by the athletic director.

If the third course of action is taken, it will be the responsibility of the director to notify the relevant parties what rules and procedures (i.e., order of proceedings, rules of evidence, etc.) will govern the conduct of a formal review. Upon conclusion of a formal review, the Director will issue a decision in writing to the relevant parties.



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### DURHAM COLLEGE VARSITY ATHLETIC THERAPY

The athletic department provides trained athletic therapists on staff to provide coverage for home practices, games and events. Varsity Athletic Therapy specializes in injury and illness prevention, assessment, treatment and rehabilitation services and athlete education to every student-athlete. On site medical coverage is provided to all teams by our Athletic Therapists, in conjunction with students from Sheridan College and York University Athletic Therapy programs and student trainers from the Ontario Tech University Health Sciences/Kinesiology program. The Athletic Therapists operate out of the Athletic Therapy Clinic located in the Health & Wellness Centre and are professionally certified and accredited, as well as trained in the Emergency Procedures of Durham. Along with our clinic, a "Lords" training room used for pregame practice preparation is located outside gyms 1 & 2 with the coaches offices.

The Athletic Therapy Clinic will operate on a booking schedule for appointments. The Athletic Therapy Clinic is a busy place and therefore is not designated as a social hangout for student-athletes.

In cases requiring a Physician's care, the Athletic Therapist in consultation with the Physician will clear the athlete to resume participation in all cases. Written clearance from a physician is required.

#### **Cancellation Policy**

We require one hours notice for cancellation without penalty. All missed appointments without a one hour notification will be charged a \$20.00 "no show" fee.

Athletic Therapy is available by appointment only.

Varsity Athletes can make appointments by calling: 905-721-3025 or by email at [athletictherapy@dc-uoit.ca](mailto:athletictherapy@dc-uoit.ca)





# DURHAM LORDS

## STUDENT-ATHLETE HANDBOOK

### DURHAM COLLEGE VARSITY ATHLETIC THERAPY CONT...

#### Drug Education and Doping Control Program

The Program of Intercollegiate Athletics supports the position of the CCAA which states: The CCAA is unequivocally opposed to the use by student-athletes of any banned substances or methods in contravention of the rules of the National and/or International Sport Federations, the International Olympic Committee. The CCAA is unequivocally opposed to any encouragement of the use of such substances and/or methods by individuals in positions of leadership in college sport (i.e., coaches, athletic staff, medical practitioners, sport scientists, administrators, etc.) or by the athletes themselves. The provision of, or administration of banned substances and/or methods to athletes is also forbidden.

#### CCAA Doping Control Program FAQs

- CCAA, in cooperation with the Canadian Centre for Ethics in Sport (CCES), coordinates a doping control program that incorporates both in-competition and out-of-competition testing, and event testing.
- Student-athletes are tested in accordance with the rules of the Canadian Anti-Doping Program (CADP).

#### Who's eligible for testing?

- Every CCAA student-athlete is eligible for testing, with approximately 1 in 25 CCAA student-athletes being tested each year.

#### When can I be tested?

- Testing occurs in all sports, both in-and-out of competition, throughout the calendar year.

#### Are prescribed medications permitted?

- While many prescription medications are permitted, some are prohibited.
- You must be very diligent to the status of any medication before you consume it.
- Under certain medical conditions and circumstances, often with asthma and respiratory ailment drugs, prescribed medications containing a prohibited substance may be permitted upon declaration and approval by the CCES.
- For information regarding "Therapeutic Use Exemption" process for a prohibited substance, please contact the CCES directly at [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca), or 1-800- 672-7775.

#### Are herbal products and nutritional supplements prohibited?

- Herbal and nutritional supplements are not subject to the same federal regulations as pharmaceutical grade products (medications), and as such it is possible for a product to contain prohibited ingredients that are not listed on the packaging. Additionally, the possibility of 'cross-contamination' during the manufacturing process is a concern.
- Some of these products contain "natural" or botanical sources of prohibited substances without listing the substance (for instance, "ma huang" is an herbal equivalent to the banned drug ephedrine, as is "Sida Cordifolia").
- The CCES cannot provide a guarantee on the status of these products.
- It is the athlete's responsibility to check the status of all medications. Also be aware that, despite similar names and packaging, one or more products within a family of products may contain a banned substance while others do not (for example, Tylenol is permitted while Tylenol Decongestant is banned).

#### Where can I find a complete list?

- For the most up-to-date listing of permitted, restricted and banned substances, please visit the Canadian Centre for Ethics in Sport (CCES) website at [www.cces.ca](http://www.cces.ca) or [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca)
- You can also contact the CCES toll-free at 1-800-672-7775



# DURHAM LORDS

## STUDENT-ATHLETE HANDBOOK

### INTERCOLLEGIATE ATHLETICS FINANCIAL AID

#### **Adopt-a-Lord**

- The Adopt-A-Lord program is an initiative designed to provide financial assistance to all Durham College student-athletes through a community members donation. It provides an avenue for alumni, community, family and friends who want to be involved in the lives of our student-athletes.
- The donation for the Adopt-A-Lord program will be used to provide the athletes with complete team clothing packages for their specific sport.

#### **Work-Study**

Durham College's Work-Study program offers an opportunity for students to work part-time on campus in jobs that accommodate their studies. The objectives of the Work-Study program are: to assist students in financial need with a regular source of income that does not add to their debt load, offer students training and experience that will assist them in further studies and their eventual entrance into the workforce, and to help staff and faculty. Interested student-athletes can inquire about job opportunities in the Department of Athletics, along with other departments within the college via DC Financial Aid and the Hired Portal on your mycampus.

#### **Athletic Scholarships**

The object of the Athletic Scholarship program is to assist student-athletes who have demonstrated a combination of outstanding athletic ability and scholastic achievement (in accordance with OCAA Guidelines).

A maximum of one (1) Athletic Scholarship can be awarded to a student-athlete (under OCAA Guidelines). Athletic Scholarships are awarded to first-year students who intend on enrolling in a full-time post-secondary program at Durham College for the first time. Once awarded an Athletic Scholarship, the student-athlete shall receive the sport-specific scholarship each year they are attending full-time and remain a member in good standing of the varsity team in which they received the scholarship.

Scholarships are available in the following varsity athletic programs:

Women's Softball, Men's Baseball, Men's & Women's Golf, Men's & Women's Rugby, Men's & Women's Soccer, Men's & Women's Basketball, Men's & Women's Volleyball, Esports

Athletic Scholarships are valued at a maximum value of \$3,000. In order for a student-athlete to obtain their award, they must have a GPA of 2.5 or higher with a full-time course load. If a student-athlete obtains a GPA of 2.5 or higher in the first semester, half of their scholarship amount is distributed at the end of the semester. The other half of the award is distributed at the end of the second semester if the student-athlete obtains the required 2.5 or higher GPA in that semester.



# DURHAM LORDS

## STUDENT-ATHLETE HANDBOOK

### DURHAM COLLEGE ATHLETICS HALL OF FAME

The school established a Sports Hall of Fame in 1997 to recognize significant athletic achievement and contributions by student-athletes, coaches and builders. One can visit and read up on our Hall of Famers in the upper Athletic Centre main hallway.

The Hall of Fame annual induction ceremony takes place every other year in the late fall, rotating between honouring individual and team successes. It is well attended by past Hall of Famers and Alumni....and all current DC team captains play an active role at the induction ceremony.

### DURHAM COLLEGE VARSITY ATHLETIC BANQUET

The annual Durham College Athletic Banquet is a memorable event each April. The outstanding achievements of our student-athletes are recognized through a program of awards celebrated annually in a first-class setting. Varsity awards presented each year for each team are as follows:

- Rookie of the year
- Leadership award
- MVP Award
- Male and Female Freshman Athlete of the year
- Male and Female Athlete of the year

### DURHAM COLLEGE CAMPUS WALK

The safety of the student-athletes is of paramount concern to the intercollegiate athletics program. DC offers a foot patrol service during the evenings for personal walking escorts around the campus. Student-athletes are strongly encouraged to make use of this service during the evenings before or after practices.

The Campus Walk service is provided by trained student teams who will, on request, accompany students, staff, faculty or visitors to their car, the residence or other campus locations on weeknights.

To request this service, contact Campus Security at:

Gordon Willey building, security desk, 905.721.2000 ext. 2400 or 905.721.3211.

In the Student Centre, speak with security personnel.

Student Services building, security desk.

Whitby campus, Campus Security office at 905.721.2000 ext. 4098.

You may also call the security desks directly and request to be met at a specific location by Campus Walk team members.

Campus Walk is operational from September to the end of April.

***DURHAM COLLEGE***

**LORDS**