

2023-2024
DOMINICAN
UNIVERSITY
STUDENT-ATHLETE
HANDBOOK

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PURPOSE STATEMENT

Representing Dominican University and the department of athletics is a privilege that is earned by college-level student-athletes who conduct themselves with integrity and honor when representing Dominican University on and off the court and field. Your conduct and appearance should reflect the highest of standards at all times. Obey the rules and positively represent Dominican University, the department of athletics, your team and yourself.

Each head coach will develop their his or her own team guidelines. These guidelines will vary from team to team and coach to coach. Please be aware of your specific team's guidelines in detail and make certain to ask your head coach any questions you may have regarding these guidelines.

The student-athlete handbook is specific only about the policies and regulations that exist within the department of athletics and the university student handbook.

DEPARTMENT OF ATHLETICS MISSION STATEMENT AND CORE VALUES

The department of athletics prepares individuals to discover the truth about one's abilities while striving to be the best individual one can be in a team-first environment. As a member of the department of athletics, compassionate service opportunities are both provided and encouraged which inspires future involvement in the creation of a more just and humane world. Our student-athletes also gain valuable leadership skills both on and off the field through participation in intercollegiate athletics which will ultimately assist them in making a positive impact in society.

- S** Safety and Welfare
- H** Honorable Leadership
- I** Inclusion
- N** Nurturing Competitiveness
- E** Excellence in the Classroom

DEPARTMENT OF ATHLETICS PHILOSOPHY

The Dominican University department of athletics is committed to achieving a level of excellence and to the fair and equitable treatment of all student-athletes. A diverse, challenging athletics program supplements the rigorous academic curriculum. The lessons learned through athletic endeavors represent an invaluable part of the non-academic aspects of a balanced education.

The primary focus of the department is the development of the student-athlete. The Dominican University department of athletics places a high priority on the student's educational achievement and the completion of one's chosen academic program(s). Participation in intercollegiate athletics should enhance an individual's personal, educational and social development.

The professional staff of the department - administrators, coaches and athletic trainers - is expected to serve and adhere to institutional, conference and national association guidelines and regulations.

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 athletics activities are conducted as an integral part of the student-athlete's educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

DEPARTMENT OF ATHLETICS DIVERSITY AND INCLUSION INITIATIVE

Our Contribution to Dominican's Diversity Initiative

The department of athletics has developed and executed a comprehensive Title IX compliance program, which ensures equal opportunity and treatment for all prospective student-athletes, current student-athletes and staff. The environment created is inclusive regardless of individual differences including, but not limited to: race, ethnicity, religion, gender, gender identity and orientation, age and socio-economic status. Additionally, each member of the department of athletics is respected and valued as a unique individual, and the unique qualities that individuals possess are viewed as a positive contribution to the department.

Additionally, the department of athletics is compliant with Dominican University's policies on sexual misconduct and One Process can be found on our website at www.dom.edu.

DEPARTMENT OF ATHLETICS INFORMATION*Address:*

7900 West Division Street
River Forest, IL 60305

Enrollment:

2,063 undergraduates
1,003 graduate students
3066 total enrollment

Founded:

1901

Nickname:

Stars

Colors:

Navy Blue, Gold and White/Grey

National Affiliation:

National Collegiate Athletic Association (NCAA), Division III

Conference Affiliation:

Northern Athletics Collegiate Conference (NACC)

Men's sports (six):

Fall: cross country, golf and soccer Spring: baseball, and volleyball
Winter: basketball

Women's sports (seven):

Fall: cross country, soccer, and volleyball Spring: softball
Winter: basketball, bowling, STUNT

2023-2024 STAFF MEMBERS

Dominican University Senior Administrators and Staff Directory can be found at: www.dom.edu/directory

Dominican University Athletics Administrators and Support Staff can be found at: www.dustars.com

NATIONAL AFFILIATION

Dominican University is a member of the National Collegiate Athletic Association (NCAA) and competes at the Division III level. Dominican University supports the NCAA philosophy that places the emphasis on “student” in the term “student-athlete.” While Division III institutions seek to offer highly-competitive and broad-based programs, it is recognized that participants in athletics are enrolled to receive a good education and a collegiate experience.

CONFERENCE AFFILIATION

Dominican University is a member of the Northern Athletics Collegiate Conference (NACC). The NACC is comprised of 14 institutions throughout Illinois and Wisconsin:

Alverno College “ <i>Inferno</i> ” Milwaukee, WI	Illinois Tech “Scarlet Hawks” Chicago, IL
Aurora University “ <i>Spartans</i> ” Aurora, IL	Lakeland College “ <i>Muskies</i> ” Sheboygan, WI
Benedictine University “ <i>Eagles</i> ” Lisle, IL	Marian University “ <i>Sabres</i> ” Fond du Lac, WI
Concordia University “ <i>Cougars</i> ” River Forest, IL	Milwaukee School of Engineering “ <i>Raiders</i> ” Milwaukee, WI
Concordia University “ <i>Falcons</i> ” Mequon, WI	Rockford University “ <i>Regents</i> ” Rockford, IL
Dominican University “ <i>Stars</i> ” River Forest, IL	St. Norbert College “Green Knights” DePere, WI
Edgewood College “ <i>Eagles</i> ” Madison, WI	Wisconsin Lutheran College “Warriors” Milwaukee, WI

FACILITIES

On-campus athletic facilities include: The Igini Sports Forum - a 15,000 square foot gymnasium that seats 1,200 with a suspended indoor running track, West Campus soccer field, an athletic training room, a fitness center, two indoor and two outdoor batting cages, a team meeting room, a laundry room, and locker rooms.

Off-campus athletic facilities include:

- Wintrust Field, 1999 South Springinsguth Road, Schaumburg, IL 60193 (baseball)
- Bowlero 3111 River Road, River Grove, IL. 60171 (women’s bowling)
- Stardust Bowl, 37 East Lorraine Avenue, Addison, IL 60101(women’s bowling)
- Triton College East Campus Athletic Complex, 2000 5th Ave. River Grove, IL 60171 (softball)

- The Stadium at the Parkway Banks Sports Complex, 27 Jennie Finch Way, Rosemont, IL 60018 (softball)

AUDIO AND VIDEO RECORDING POLICIES

Per institutional rules:

Cellular telephones equipped with any imaging capability (as well as any device capable of recording or transmitting visual images) are prohibited in all communal restrooms, dressing rooms and locker rooms. Anyone in possession of this type of device must make sure it is turned off and remains off at all times within any communal restroom, dressing room and locker room.

Dominican University student-athletes are prohibited from recording (audio and/or video) athletically related activities and/or communication from a coach to a student-athlete(s) unless they receive the written consent of the head coach. This includes, but is not limited to, the following team areas and activities:

TEAM AREAS

- Gymnasium
- Fitness Center
- Batting cages
- Practice or game fields
- Locker room or changing areas
- Athletic training room
- Road trips (Bus, airplane, van, hotel, restaurant...etc.)
- Team room or meeting areas

ACTIVITIES

- Practice, scrimmages, or games
- Film sessions
- Communication between a coach and a student-athlete(s)
- Team meetings
- Strategy sessions
- Game meetings (Pre-game, in-game, post-game...etc)
- Individual meetings with a coach or department of athletics administrator

Violation of this rule will result in penalties that range from a warning to a possible suspension and/or removal from the team.

MUSIC AT GAMES AND EVENTS

The department of athletics encourages teams to provide warm-up music as well as in-game music to enhance the student-athlete experience. The music provided is expected to be appropriate for a family atmosphere. At no times profanity acceptable; neither is the insinuation of it.

Music that will be used at events will need to be approved before being played over the Dominican University sound system:

- The music must first meet the approval of team captains that will ultimately be held responsible for what is played
- The music must then be taken to the sports information director's (SID) office and dropped off no later than 48 hours prior to the event

If the SID deems the music inappropriate for any reason, a department playlist will be used at the next two events, and the team will have one more chance to select the music. After two failed attempts, the team will lose all rights to pre-game and in-game music, and music will be provided by the department of athletics.

The department of athletics will not accept one long mix to be played during pregame. Music must be provided in separate files. Any song that is deemed inappropriate will be removed from the playlist. If more than two songs are deemed inappropriate, the entire list will be deemed inappropriate and the team must begin the process from the start. After two failed attempts, the team will lose music and music will be selected by the department of athletics.

Teams should not touch the sound system at the venue unless directed to by the contest manager or other athletics staff member. Any instance where a team touches the sound system will result in loss of music for that event.

ELIGIBILITY

Dominican University student-athletes are held to a certain standard regarding their eligibility to compete in NCAA sponsored sports. To remain eligible, a student-athlete must be in “Good Academic Standing” and maintain “Satisfactory Progress.” Definitions of these requirements are listed below:

GOOD ACADEMIC STANDING-DOMINICAN UNIVERSITY

Good Academic Standing means not being on academic notice. Students are placed on notice if their Dominican University cumulative grade point average falls below 2.00.

SATISFACTORY PROGRESS

Full-time students are expected to maintain an average rate of progress during each academic year of 12 earned credit hours per semester of registration.

Student-athletes will be certified as eligible if:

They have accumulated 24 earned credit hours in the previous two semesters of full-time enrollment (this will include credits earned in the summer session).

** First-term freshmen or transfer students must earn 9 or more credits.

** “Earned Credit Hours” will include Study Skills, 090 level courses, Summer session, and transfer credit earned while enrolled as a Dominican University student. Repeat courses, where credit has previously been earned, do not count towards satisfactory progress.

** Semesters are counted as two consecutive semesters of full-time enrollment.

** For transfer students, “Satisfactory Progress” is assessed on academic work done at Dominican University.

DOMINICAN UNIVERSITY ACADEMIC FORMS

- Follow the link below to complete Add/Drop/Withdraw/Transfer Credit Approval Forms:

https://mydu.dom.edu/ICS/Resources/Student_Services/Stars_Connect.jnz

PRIOR APPROVAL - NCAA BYLAW 14.4.1.3*

14.4.1.3 Prior Approval -- Summer Courses at Other Institutions. Prior approval by appropriate academic officials of the certifying institution is required if courses taken during another institution's summer term are to be used in determining the student's academic status (i.e., good academic standing and satisfactory progress).

If student athletes take coursework at another institution during the summer then you **MUST** complete the digital Transfer Credit Approval Form and have it on file with the Registrar and Antonio Rivas prior to the class beginning. NCAA Bylaw 14.4.1.3 (above) requires prior approval of courses taken at other

institutions during the summer if the earned transfer credit is going to be used to meet the Satisfactory Progress requirement for academic eligibility.

DOMINICAN UNIVERSITY STUDENT-ATHLETE EXCUSED ABSENCE POLICY

Although games are strategically scheduled to avoid as much missed class time as possible, scheduling often necessitates that competitions be held mid-week and mid-afternoon. Although most sports are conducted in the evening, travel arrangements sometimes require participants to leave earlier in the day. As such, conflicts may arise between a student-athlete's participation in intercollegiate sports and attendance at all regularly scheduled classes.

While emphasizing that academics comes first, the university administration and faculty recognize the importance of athletics to Dominican University and its student-athletes and will accommodate participation in its intercollegiate athletic programs.

Accordingly, the university has adopted the policy regarding student-athletes' excused absences from class and completion of coursework.

1. It is the responsibility of each student-athlete to provide their instructors with a schedule of intercollegiate athletic contests (along with meeting times) for their sport and identify competition dates that may necessitate any absences from class. Ordinarily, said schedule will be available by the end of the drop/add period in each term. Updates will be communicated by student-athletes to their instructors. Faculty may confirm a student-athlete's status by accessing the "Athlete Rosters" link on each faculty member's respective class roster pages. Additionally, the official and current schedules of Dominican University athletic contests can be confirmed online at <http://www.dustars.com>.
2. Each student-athlete will personally notify their instructor no less than two (2) weeks in advance of any athletics competition that conflicts with a class or laboratory session and will request an excused absence as well as alternate arrangements for any missed work. In those situations where a two-week notice is not feasible (e.g. re-scheduled competitions, post-season competitions, competitions during the first two weeks of a semester) student-athletes are expected to notify their instructors as soon as possible.
3. For all in-class work (e.g. quizzes, tests, presentations, etc.), an instructor may choose to give the student-athlete a comparable alternate assignment or require the student-athlete to complete the work at an alternate time and/or date. If the instructor considers it unfeasible to grant a student-athlete's request, the rationale for denial must be communicated in writing to the student-athlete in question, and the Faculty Athletics Representative. If the Faculty Athletics Representative, the Student athlete and faculty instructor are unable to come to a resolution, the request will then be passed on to the corresponding Dean of the College where the class is housed for a final decision. The Dean will then communicate to the aforementioned parties their decision on whether the student-athlete is entitled to the requested accommodation.
4. Student-athletes excused from class in accordance with these procedures will not be penalized for their absence as long as they fully comply with the terms of the agreed-upon arrangement for makeup of missed work. Student-athletes who fail to do so may be subject to academic penalty in accordance with the grading policy stipulated in the respective class syllabus. Any student-athlete wishing to contest a penalty should seek mediation by the Faculty Athletics Representative before initiating any formal challenges through the Academic Appeals process.
5. If a student-athlete chooses to attend a regularly scheduled class, instead of an athletic competition, the student-athlete will not be penalized for the absence by their coaches.

6. In accordance with NCAA and Dominican University Athletic Department regulations, this policy is in effect only for games (including re-scheduled games and travel to games). Students may **never** miss class to attend practice.

STUDENT-ATHLETE WITH DISABILITY POLICY

In order to receive accommodations and/or access with a disability, student-athletes must register with the Access and Disability Coordinator housed within the Academic Success Center. Disabilities may include, but are not limited to: physical, psychological, emotional, medical (including life threatening allergies or dietary restrictions), and sensory or cognitive disabilities. Students qualify for services by requesting a meeting with the Access and Accommodations office, discuss a plan for support and receive a formal accommodation letter from the office.

DISABILITY DOCUMENTATION PROCESS

Student-athletes seeking accommodations under the ADA must have adequate documentation on file in the Access and Disability Office before accommodations can be enacted. Documentation can be from a variety of sources, it must be from the student-athlete's medical provider who can address the functional limitations due to the disability and its impact in an athletic setting.

The Access and Disability Office recommends that all student-athletes provide documentation that can either verify a diagnosis and/or enhance the information available to the Access and Disability Office when assessing each situation. It is in the best interest of the student to provide the Access and Disability Office with documentation updates as they become available. Students are also encouraged to update documentation at least every five years, as this will have personal benefit to the student and assists students who will request accommodations in other situations (graduate school exams, licensure exams, employment opportunities, etc.). If additional accommodations are needed, the student must update their paperwork with the Access and Disability Office.

It should be noted that documentation policies differ from one institution to another. The Access and Disability Office documentation policy is designed to fit the Dominican University campus climate and does not consider documentation requirements external to Dominican University. If a student-athlete will attend another institution after attending Dominican University or take a standardized test (GRE, MCAT, STEP 1 etc.) administered by an outside agency, the student-athlete is responsible for researching those documentation policies and should investigate requirements at least six months prior to an anticipated start date or test date. Due to these documentation differences and depending on the student's documentation on file with the DSS office, it may not be appropriate for Access and Disability Office staff to complete the required supporting paperwork to certify eligibility for standardized testing. In such cases, the staff member will explain the reasons why completing the supporting paperwork is not appropriate.

PROCESS FOR REQUESTING DISABILITY ACCODOMATION

1. The student-athlete must schedule an intake meeting with the Access and Disability Office to review documentation and discern appropriate and reasonable accommodations. While documentation is required, Access and Disability Office recognizes that barriers exist and can create hardship for

students with regard to having and presenting documentation. Thus, we encourage students to meet with the Access and Disability Office without the need for documentation in hand at the time of the first conversation. Determinations on individual documentation needs will be made during the initial meeting with the student. For more information please visit the Access and Disability Office website.

2. Once the Access and Disability Office has received and reviewed all required documentation, they will generate a accommodations form and this will be provided to the student athlete.
3. The student Athlete may choose to share the form with coaches and athletic training staff if they wish to have accommodations made within the athletic setting.

STUDENT-ATHLETE WITH A NON-LIFE THREATENING FOOD ALLERGY OR INTOLERANCE

A student-athlete with a non-life threatening food allergy or intolerance may request dietary accommodations with our head athletic trainer. The head athletic trainer is located in the athletic training room in the basement of Power Hall.

Student-athletes seeking accommodations for a non-life threatening food allergy or intolerance must have adequate documentation on file with the head athletic trainer in a timely manner before accommodations can begin, preferably soon after enrollment. Student-athletes should not assume that non-life threatening food allergies or intolerances are known to the head athletic trainer merely because it was disclosed in another area of campus. Although documentation can be from a variety of sources, it must be from the student-athlete's medical provider (not a family member) who can address the needs of the student-athlete.

PROCESS FOR REQUESTING DIETARY ACCOMODATIONS FOR A NON-LIFE-THREATENING FOOD ALLERGY OR INTOLERANCE

1. The student-athlete must inform the head athletic trainer and/or the head coach if they are going to request dietary accommodations for a non-life-threatening food allergy or intolerance.
2. Supporting medical documentation must be provided to the head athletic trainer from the student-athlete's medical provider (not a family member).
3. The head athletic trainer will review the documentation with the student-athlete.
4. The head athletic trainer will work with the department of athletics to provide dietary accommodations
5. A meeting will take place with the head athletic trainer, head coach and student-athlete. The head athletic trainer will provide the student-athlete and coach with a written outline for dietary accommodations. This will be signed by all parties.
6. If accommodations cannot be agreed upon, there will be consultation with the Access and Disability Office to resolve the conflict.
7. If any changes are made to the accommodations, the head athletic trainer will provide the student-athlete and coach with a new written outline for dietary accommodations.
8. If the student-athlete has any concerns about the dietary accommodations throughout the academic year, they need to notify the head athletic trainer about the concern. The head athletic trainer will review the situation and work with the coach and student-athlete to resolve the concerns.

ALCOHOL POLICY

Dominican University's alcohol, written in accordance with the Drug-Free Campus Act and Illinois State law, supports the mission of the institution and its academic goals. Dominican University's department of athletics has adopted the university's alcohol policy. Should a student-athlete be found in violation of Dominican University's alcohol policy through Dominican University's code of conduct process, it will result in the following sanctions which may run concurrent with additional sanctions from the university conduct process. If a student-athlete is in season for multiple sports at the time of the offense, suspensions will be served individually for each sport.

- **For a first offense**, the student-athlete will not be suspended. The student-athlete is required to meet with their coach. The student-athlete will need to complete 5 hours of community service coordinated and tracked by their coach.
- **For a second offense**, the student-athlete will be suspended for 5% of the total varsity regular season scheduled contests.
- **For a third offense**, the student-athlete will be suspended for 10% of the total varsity regular season scheduled contests.
- **For a fourth offense**, the student-athlete will be suspended for 50% of the total varsity regular season scheduled contests.

Suspensions will be served immediately if it does not potentially cause forfeiture of the contest(s). The director of athletics/or designee (with consultation from the university conduct officer) and the head coach will determine the handling of these cases.

For programs with reserve teams, the suspension will be served in the next varsity or reserve contest(s) based primarily on the majority of that student-athlete's previous appearances.

Post-season games are included in the suspension.

Suspensions carry over to the next regular season.

These sanctions are in addition to any that may be assessed by the university.

This alcohol policy is in alignment with the university student policies which span the entire enrollment period of the student at Dominican University.

ILLEGAL DRUG POLICY

The unlawful use, possession, manufacturing, selling, and/or distribution of illicit drugs are strictly prohibited at Dominican University. Students, who use, sell, create, possess, distribute or provide controlled substances will be subject to disciplinary action as outlined in the student code of conduct. Dominican University's department of athletics has adopted the university's drug policy.

Use of a substance in the banned drug class cannabinoids

Although Illinois has passed laws allowing the use of medical cannabis and recreational cannabis in certain circumstances, federal laws classify cannabis as a controlled substance and prohibit cannabis use, possession, and distribution on property owned by institutions of higher education or in any activities operated by such institutions. In addition, the applicable Illinois laws indicate that colleges and universities are not prevented from prohibiting cannabis consistent with federal law. As such, the use, possession, and distribution of cannabis on DU's campus (or other DU property) or as any part of its activities remains prohibited, notwithstanding Illinois laws legalizing the use of medical and recreational cannabis. In

addition to any Dominican University sanctions, the Department of Athletics adopts the following NCAA policy on the use of substance in the banned drug class cannabinoids:

Sanctions or consequences for a first offense related to cannabinoids:

- Shall engage in an education and management plan for substance misuse as developed or facilitated by the institution.

Sanctions or consequences for a second positive test:

- Shall continue to engage in an education and management plan for substance misuse as developed by the institution provided the institution can attest the student-athlete was compliant with the education and management plan after the first positive test. If the institution cannot or does not attest, the student-athlete shall be considered ineligible for competition during 25 percent of a season in all sports.

Sanctions or consequences for a third positive test and beyond:

- Shall continue to engage in an education and management plan for substance misuse as developed by the institution provided the institution can attest the student-athlete was compliant with the education and management plan after the first positive test. If the institution cannot or does not attest, the student-athlete shall be considered ineligible for competition during 50 percent of a season in all sports.

Sanctions or consequences for a first positive test after having tested positive for use of any substance in a banned drug other than cannabinoids and narcotics:

- Shall engage in an education and management plan for substance misuse as developed or facilitated by the institution.

Use of a substance in the banned drug class narcotics

Further, the Department of Athletics adopts the following NCAA policy on the use of a substance in the banned drug class narcotics:

Sanctions or consequences for a first positive test:

- Shall be immediately declared ineligible and be withheld from competition for the next 50 percent of a season in all sports (50 percent of all contests or dates of competition in the season following the positive test).

Sanctions or consequences for a second positive test

- Shall be withheld from competition for 365 days from the date of the test and shall lose a year of eligibility.

Sanctions or consequences for first positive test after having tested positive for the use of any substance in a banned drug other than cannabinoids and narcotics:

- Shall be ineligible for competition for 50 percent of a season in all sports (the first 50 percent of regular contests or dates of competition in the season following the positive test).

Use of banned drug other than cannabinoids and narcotics

Additionally, the Department of Athletics adopts the following NCAA policy on the use of a banned drugs other than cannabinoids and narcotics:

Sanctions or consequences for a first positive test

- Shall be withheld from competition in all sports for 365 days from the drug test collection date and shall lose a year of eligibility.

Sanctions or consequences for a second positive test

- Shall lose all remaining regular season and postseason eligibility in all sports.

Sanctions or consequences for a first positive test after having tested positive for the use of substance in the drug class cannabinoids:

- Shall be subject to the first positive penalty for that class.

DRUG TESTING POLICY

Selection: All Dominican University student-athletes are subject to drug testing. Student-athletes can be chosen for testing through a random selection process or by reasonable suspicion. The department of athletics can conduct random or reasonable suspicion drug testing at its discretion at any time. All student-athletes are eligible to be selected. Therefore, someone may be tested more than once per year. An entire team may be selected at any time. The director of athletics and/or designee will determine the date, time and site for testing.

Notification Process:

- Upon selection, student-athletes will be notified prior to testing by a member of the Dominican University athletic training staff.
 - Staff will call all available phone numbers in an effort to notify the student-athlete.
 - Staff WILL NOT leave a phone message on the student-athletes voicemail or with anyone answering the phone other than the student-athlete.
- Notification will take place no more than twenty-four (24) hours before the scheduled test.
- Upon notification, the student-athlete will be asked to come to campus to read and sign the *Dominican University Drug Testing Athlete Notification Form* (in the presence of a member of Dominican University's athletics training staff), notifying them of the date, time and site of testing, as well as any other special instructions pertinent to the test.
 - The student-athlete will be instructed to report to the test site with a picture ID.
 - On the day of testing, the student-athlete will not be allowed to practice or otherwise participate in team activities until he/she has reported to the testing site and supplied a viable sample.

Failure to report or provide an appropriate sample, or to report to the testing site following notification will result in immediate suspension from all athletically related activity and may enact consequences as listed in the Dominican University drug policy for a positive drug test.

DRUG AND ALCOHOL TRAVEL POLICY

The use or purchase of drugs or alcohol when traveling as a student-athlete or team manager on a Dominican University athletic trip is prohibited. Any violation of this policy will result in the student-athlete or team manager being sent home immediately at their own expense.

TOBACCO POLICY

Dominican University supports the NCAA rules and regulations pertaining to tobacco use. NCAA bylaw 11.1.5 reads as follows: *The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.*

NCAA bylaw 17.1.6.3 reads as follows: *The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.*

In addition to NCAA regulations, the following regulations apply to the department of athletics at Dominican University: *Tobacco use is prohibited during all organized team activities. Organized activities include being in vehicles that transport teams to and from venues, team meetings or other athletically related activities as defined by the NCAA.*

Any student-athlete who is caught or is under suspicion of using tobacco will be dealt with by the head coach and/or director of athletics.

DISCLOSURE OF SUPPLEMENTS AND MEDICATIONS

All medications (prescribed and non-prescribed) and supplements being taken by student-athletes should be disclosed to the Dominican University athletic training staff.

2023-2024 NCAA BANNED SUBSTANCES

2023-24 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 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 the list may change during the academic year, that updates may be found on the NCAA website (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 and/or medical staff before using any substance.

The NCAA bans the following drug classes (this list is subject to change per the guidance of the NCAA, refer to the NCAA website for the most up to date list):

- Stimulants.
- Anabolic agents.
- Alcohol and beta blockers (banned for rifle only).

- Diuretics and masking agents.
- Narcotics.
- Cannabinoids.
- Peptide hormones, growth factors, related substances and mimetics.
- Hormone and metabolic modulators (anti-estrogens).
- Beta-2 agonists.

***Note:** Any substance chemically/pharmacologically related to any of the 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. All drugs within the banned-drug class shall be considered to be banned regardless of whether they have been specifically identified. Examples of substances under each class can be found at [ncaa.org/drug testing](http://ncaa.org/drug%20testing). 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.
- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- 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 AXISTM 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).

SOCIAL MEDIA

Social Networks: Social network sites such as Facebook, Twitter, Instagram, YouTube and other digital platforms and distribution mechanisms facilitate students communicating with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important that Dominican University student-athletes be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-athletes are not restricted from using any online social network sites and digital platforms. However, users must understand that any content they make public via online social networks or digital

platforms is expected to follow acceptable social and civil behaviors while also complying with federal government, state government, Dominican University, department of athletics and National Collegiate Athletic Association (NCAA) rules and regulations.

Facebook, Twitter, YouTube and similar directories are hosted outside of the Dominican University servers. Violations of policy (e.g. harassing language, Dominican University drug or alcohol policy violations, copyright infringement, etc.) or evidence of such violations in the content of online social networks or digital platforms are subject to investigation and sanction under the department of athletics and other Dominican University policies. They are also subject to the authority of law enforcement agencies.

It is incumbent upon student-athletes to be aware of Dominican University regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them.

Guidelines for Student-Athletes

The Dominican University department of athletics' guidelines are intended to provide framework for student-athletes to conduct themselves safely and responsibly in an online environment. As a student-athlete at Dominican University you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an e-mail address can access your personal page. It is unwise to make available information such as full date of birth, social security number, address, residence hall room number, phone number, cell phone numbers, class schedules, bank account information or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained on its pages; use these settings to protect private information. However, once posted, the information becomes property of the website.
2. Be aware that potential current and future employers often access information you place on online social networking sites. You should think about any information you post on Facebook, Twitter, YouTube or similar directories potentially providing an image of you to a prospective employer. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. You have accepted a position of ambassadorship for Dominican University, the department of athletics, your team, your family and yourself. It is incumbent upon you to be the guardian and good steward of the brand of these constituents. Therefore, it is imperative that you refrain from posting language and photographs that are profane, uncivil and would be considered unacceptable at Dominican University.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions.

Prohibited Conduct: Student-athletes are highly visible representatives of Dominican University and are expected to uphold the values and responsibilities of the university while meeting all requirements set forth by the NCAA and the Dominican University department of athletics. The Dominican University department of athletics prohibits malicious and reckless behavior when utilizing public media outlets. It is important that student-athletes recognize the power of public media domains and the

potentially negative image that they can portray about student-athletes, coaches, the athletic program and institution.

Sanctions: Student-athletes will be held responsible for what they display on these websites. Consequences may include penalties for posting inappropriate material as well as additional penalties for violation of the law, team, athletic department, or university rules. Penalties for violation of this policy by a student-athlete will be determined and enforced by the head coach of the student-athlete's sport. The director of athletics will also be notified of all violations and penalties that occur. Possible repercussions for violations of the above policy may include but are not limited to:

- written notification that the content be removed immediately
- suspension from practice, contests or games
- legal ramifications due to breaking the law
- departmental or university penalties for breaking team, department, or university rules
- dismissal from the team

PARTICIPATION AT PRACTICES

Currently enrolled student-athletes and approved coaches are the only individuals who are permitted to participate in any kind of intercollegiate athletics practice (including conditioning activities) at Dominican University. Student-athletes will only be allowed to participate after the appropriate paperwork has been completed and submitted to the associate director of athletics and athletic training staff.

Practices are not open to former students, alumni or other individuals. For liability reasons, Dominican University cannot permit any involvement by non-enrolled individuals.

SPORTS WAGERING POLICIES

Per NCAA Division III Bylaw 10.3, "The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

- Staff members of an institution's athletics department
- Non athletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletics representative, individual to whom athletics reports)
- Staff members of a conference office
- Student-athletes

HAZING AND INITIATION ACTIVITIES

Dominican University does not permit any type of hazing or initiation activities within any of its programs. Dominican University's department of athletics does not condone any activities that may fit into this category.

Should there be any type of hazing or initiation done in a sport/program at any time this year, on or off campus, or any time in the future, there will be repercussions for the program. Activities that can be considered to be hazing include, but may not be limited to:

- being verbally assaulted
- being physically assaulted
- being forced to participate in an activity that promotes embarrassment
- being forced to participate in an activity that is unsafe
- being forced to participate in an activity beyond one's will
- being forced to drink excessively

DOMINICAN UNIVERSITY DEPARTMENT OF ATHLETICS TRANSPORTATION POLICY

The following will be used to determine the means of transportation for teams and student-athletes to and from practices and games/matches for the Department of Athletics.

Student-Athletes Driving Themselves (or Teammates)

- 1) Student-Athletes are allowed to transport themselves or other teammates to all practice facilities/venues and all home games/matches. This is completely on a voluntary basis.
- 2) Any travel in personal vehicles is the sole responsibility of the vehicle owner, not Dominican University. Any physical damage incurred to a personal vehicle is the responsibility of the vehicle owner.
- 3) Student-Athletes that will be transporting themselves or teammates needs to have a Waiver for Student-Athletes Transporting Themselves or Teammate(s) to Practice or Games/Matches waiver form on file with the Department of Athletics. All Head Coaches will be required to keep their student-athletes insurance on file for the year.
- 4) Student-Athlete drivers and their passengers must wear seatbelts. Cell phone use while driving is prohibited.
- 4) In the sports of golf and bowling, coaches will make an effort to have a Dominican University mini bus, rental van, or department car at a practice or home off campus event.
- 5) If a medical emergency arises under #4, 911 should be called to assess the severity of the medical emergency. If the student athlete declines transport from emergency services, the student-athlete has the choice to either drive themselves to an emergency room, have another student-athlete drive them, or have a coach who is an approved driver drive them in a Dominican owned or rented vehicle. In the case where there is not a Dominican vehicle present, the coach can transport the student-athlete in their

personal vehicle. The coach assumes all liability and insurance in this case. Student-Athletes should only be transported by a coach in their personal vehicle when a Dominican vehicle is not readily available.

6) Student-Athletes will not be reimbursed for gas/tolls/mileage if they choose to transport themselves. They assume all liability for the trip.

7) The only away game/match that a student-athlete can transport themselves or other teammates to will be Concordia-Chicago.

Coaches Transporting Team (DU Mini Bus/Rental Vans)

1) Individual sports (Cross Country/Bowling/Golf) will have the opportunity to transport their team with one or multiple Dominican mini buses or rental vans to away games/matches that are within 150 miles. Exceptions can be made for conference tournament or national tournament play.

2) Any trip that is over 150 miles will require the use of a charter bus.

Charter Bus Transporting

1) All team sports will transport their team with a charter bus.

2) Requests can be made for a charter bus transportation for individual sports that would qualify for transportation in a Dominican mini bus or van if there is the potential for inclement weather.

MISCELLANEOUS

1) All coaches must fill out a Dominican University Drivers Application and make a photocopy of their license to be an approved driver. All first time approved drivers will also have to schedule and be put through a road test with Campus Safety.

2) Charter requests for the upcoming school year will be arranged during the summer and submitted to our charter company.

3) Any Dominican University mini bus or rental van requests need to be submitted to Steve Hardman. The requests will be gathered and placed on a calendar on the H Drive.

ATTIRE FOR TRAVELING TEAMS

When traveling to athletics events away from campus, it is expected that all student athletes shall be attired in an appropriate and professional manner. The individual officially responsible for the traveling party is responsible to enforce travel attire expectations. Attire should be uniform in nature and represent Dominican University in a positive manner. Student-athletes, coaches or any other support staff should not wear any logo that represents other universities or athletic organizations when traveling.

TRAVEL RELEASE POLICY

Student-Athletes are permitted, with prior approval, to travel with their parent(s) or legal guardian(s) to and/or from competitions. They can also travel around the area that they are staying during an overnight

trip with their team. The student-athlete, their parent(s) or guardian(s), and the coach will need to fill out a Travel Release Waiver in order for the travel to be allowed. The coach will keep the waiver on file for their records. At no time is a student-athlete allowed to travel in these situations with anyone other than the aforementioned approved parties or any other approved coaches or staff members within the Dominican University Department of Athletics.

PREGNANCY POLICY

Dominican University follows the guidelines set forth by the NCAA regarding student-athlete pregnancies and follows the guidance of requirements for notification to the Title IX coordinator so the student athlete can be notified and provided written notice of their rights.

Pregnant student-athletes will be treated the same as student-athletes needing any other accommodation. In addition, pregnant student-athletes will be provided medical leave when necessary, and will be reinstated to the team at the same status under which they left. Additionally, the following standards apply:

- A pregnant student-athlete's maternity health care provider should make medical decisions regarding sports participation.
- A student-athlete with a pregnancy must be provided with the same types of modifications provided to other student-athletes to allow continued team participation.
- Pregnant student-athlete cannot be harassed due to pregnancy.
- Per NCAA Bylaw 14.2.2.3, a member institution may approve a two-semester or three-quarter extension of the 10-semester/15 quarter period of eligibility for a female student-athlete for a reason of pregnancy.
- A student-athlete who has taken leave for a pregnancy must be reinstated.
- Dominican University may apply for a season of participation waiver if the situation warrants it.
- Medical care related to the pregnancy for the pregnant student-athlete will not be covered.
- Termination of pregnancy is a choice protected by the 1975 Title IX regulations.
- "Misconduct" Involving pre-marital sex cannot be used as a justification for limiting pregnant student-athlete's participation.
- A pregnant student-athlete cannot be retaliated against for reporting or complaining about pregnancy discrimination.
- Partners/former partners of pregnant women are protected from discrimination under Title IX law.
- Medical and psychological resources for the pregnant student-athlete or partner/former partner of the pregnant student-athlete can be discussed with the Head Athletic Trainer.

STUDENT-HOST AGREEMENT

On occasion, Dominican University student-athletes are asked to host a prospective student-athlete. By signing this handbook, you agree to the following:

I will represent Dominican University and the department of athletics by conducting myself in a positive manner with the utmost courtesy and respect.

I will abide by all university, NCAA, residence hall, department of athletics and team policies.

I will not use alcohol, drugs, tobacco, or any illegal substance or encourage or provide for the prospective student-athlete I am hosting to do so.

I will alert my coach immediately to any violations or concerns of violation of these rules.

I will abide by the following NCAA regulations:

If a recruit is provided a meal, it must be in the Dominican University dining facility, unless on-campus dining is not available *and* your coach has provided otherwise. Coaches will pay for the recruit's meal. Student-athletes may not swipe or pay for a recruit. A student-host assigned to that recruit may also be provided a meal when accompanying the recruit. The prospective student-athlete's parents, guardians, spouse or a person of a comparable relationship may only receive a paid meal during an *official visit* or an admissions event. Friends or other relatives of a recruit may not be provided a free meal by athletics.

A recruit staying overnight at Dominican University must be housed on campus. That recruit must be checked in an out of the residence halls, or the host can be fined up to \$250.00. Overnights will not happen in the fall semester, and will be revisited for the spring.

Never allow a recruit to use or drive any student or student athletes car. (No coach or institutional staff member or booster may provide or arrange a vehicle for you or the recruit to use).

A prospective student-athlete may not be provided complimentary admissions to an NCAA Tournament event.

On an official visit, prospective student-athlete's parents, guardians, spouse or a person of a comparable relationship may be provided entertainment within a 30-mile radius of campus (NCAA bylaw 13.6.5.1). However, it is not permissible to entertain friends or other relatives at any time or place.

On an official visit, a student-host may receive \$40 for the purposes of entertaining the prospective student-athlete's parents, guardians, spouse or a person of a comparable relationship (NCAA bylaw 13.6.5.5). These funds may also be used to pay for the student-host while entertaining the recruit. These funds may not be given directly to the recruit or parents/guardians and may not be used to buy souvenirs like t-shirts or other mementos. The student-host must keep receipts for any purchases and return the receipts and the remaining amount to the designated department of athletics representative.

STUDENT-ATHLETE ADVISORY COMMITTEE

Dominican University is committed to developing an active and dynamic Student-Athlete Advisory Committee (SAAC). Each team will be represented by an individual on the committee. Officers are selected annually by the committee and include a president, vice-president, secretary and treasurer.

The SAAC at Dominican University strives to improve the quality of the intercollegiate athletics experience for all participants.

The purposes of the Dominican University SAAC are:

- to generate a student-athlete voice within the department of athletics and the university
- to discuss issues and develop recommendations to enhance each student-athlete's well-being on campus
- to solicit student-athlete response to proposed NCAA legislation and NACC legislation
- to organize service efforts to promote a positive image of the department of athletics in the community

The Student-Athlete Advisory Committee at Dominican University supports the mission of the National SAAC, which includes the following statement:

“The mission of the National Collegiate Athletic Association Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete welfare and fostering a positive student-athlete image.”

Dominican University also supports the National SAAC beliefs in the following functions of the SAAC program:

- promote communication between athletics administration and student-athletes
- disseminate information
- provide feedback and insight into athletics department issues
- generate a student-athlete voice within the campus athletics department formulation of policies
- build a sense of community within the athletics program involving all athletics teams
- solicit student-athlete responses to proposed conference and NCAA legislation
- organize community service efforts
- promote a positive student-athlete image on campus

DEPARTMENT AWARDS

At the completion of each season, there are departmental awards that are presented at the end of year banquet. Additionally, each team has a Most Valuable Player, Most Improved Player and a Coaches Award. The departments of athletics criteria for departmental awards are as follows:

ACADEMIC AWARD – SCHOLAR-ATHLETE

- All class years considered
- Cumulative GPA of 3.25 or higher for the current academic year
- Sent to NACC for submission

MALE/FEMALE ATHLETE OF THE YEAR

- All class years considered
- One male and one female varsity student-athlete
- Each program will have the opportunity to nominate one student-athlete for inclusion on the ballot
- Emphasis is placed on athletic accomplishments

SENIOR SCHOLAR-ATHLETE OF THE YEAR

- Must have senior status
- Must have a cumulative Dominican University GPA of 3.5 or higher
- One varsity student-athlete award will be given each year
- 70% consideration given to academic accomplishments
- 30% consideration given to athletic accomplishments
- Head coaches present nominees

MALE and FEMALE FRESHMAN ATHLETE OF THE YEAR

- Must have freshman status
- Each program will have the opportunity to nominate one student-athlete for inclusion on the ballot
- Emphasis is placed on athletic accomplishments

TEAM PERFORMANCE OF THE YEAR

- Each program will have the opportunity to nominate
- Emphasis based on importance of performance (background on contest considered)

INDIVIDUAL PERFORMANCE OF THE YEAR

- Each program will have the opportunity to nominate
- Emphasis based solely on play (no background on contest to be considered)
- Must have video of play to be considered

STARS DIVERSITY AWARD

- Nominees must have freshman status.
- Nominees must be student-athletes in good academic standing.
- The Dominican University Athletics' Coalition of Connectedness will accept nominations.
- Nominations will be screened and voted by outside committee of 5 to be determined.
- Nominees will promote or demonstrate the core values of Dominican University Mission Statement and Department of Athletics Mission statement.
- Nominees have made an impact with in their athletic program and the athletics department, campus and community through the development of awareness and knowledge of diversity and inclusion.
- Enhances inclusion through positive communication between persons of different backgrounds.
- Demonstrates outstanding efforts to promote an environment free of bias and discrimination.
- Participates in department wide inclusion and outreach initiatives.
- Serves as an advocate for under-represented populations.

- Nominees must provide a letter of recommendation from their nominator stating why this applicant is deserving of the award.
- Each nominee should provide a written statement that includes answers to the following questions: Why is diversity and inclusion important to you? What is your definition of diversity? Please provide a list of accomplishments that meet the above stated criteria.

STARS ALIGN COMMUNITY AWARD

- Must have freshman status.
- Nominees must be student-athletes in good academic standing.
- Any Dominican University student-athlete, staff member may nominate qualified individuals for the Stars Align Community Award.
- The Dominican University Department of Athletics will accept nominations, screen all submission through a blind screening and select the award recipient. The award recipient will be announced during the annual department of athletics award ceremony.
- Promote or demonstrate the core values of Dominican University Mission Statement and Department of Athletics Mission Statement.
- Nominee has made an impact within their sport program and the athletics department, campus and community through by relationship-building and working with departments around campus.
- Demonstrates outstanding efforts to serve both the Dominican University community and local community.
- Participates in athletic department community engagement and service initiatives.
- Nominees must provide a letter of recommendation from their nominator stating why this applicant is deserving of the award.
- Each nominee should provide a written statement that includes answers to the following questions: Why is serving your community important to you? What characteristics are needed to serve others? Please provide a list of accomplishments that meet the above stated criteria.

MENTAL HEALTH EMERGENCY FOR STUDENTS

If you or a friend are in a mental health emergency, the Dominican University Counseling Staff wants to respond. Emergencies are about preventing harm or getting help if someone is not safe. (If it is not an emergency, call the Wellness Center M-F, 9am-5pm). If there is a mental health emergency, call 708-524-5999. Tell security it is a mental health emergency. Give them your phone number and ask that the Wellness Center On Duty be notified. A plan for support will be communicated.

ATHLETIC TRAINING POLICIES AND PROCEDURES

OUR MISSION

The athletic training department at Dominican University mission is to provide quality medical care to the student-athletes within the athletics department. The success of Dominican University's athletic teams depends on the safety and well-being of its student-athletes. The Athletic Training staff is committed to promoting a safe and healthy environment for all student-athletes in their intercollegiate participation at Dominican University. DU Athletic Training shall provide injury prevention, care, and rehabilitation services of recognized excellence.

The Athletic Training Clinic is a medical facility, which must follow Occupational Safety and Health Administration (OSHA) guidelines. It is to be utilized for medical business. It is not an area for lounging.

USE OF ATHLETIC TRAINING SERVICES

In order to use athletic training services at Dominican University, students must be considered a student-athlete. A student-athlete is someone who is academically eligible, on a traditional and/or non-traditional roster, has a physical on file, and is NOT a team manager. Once a student-athlete quits or is dismissed from the team, they are considered a general population student and will NOT receive any athletic training services.

SERVICES RENDERED

- Any injuries sustained within a Dominican University sanctioned event or practice will be able to receive athletic training services
- Injuries that were sustained during the in-season and linger into the non-traditional season will have access to athletic training services. In-season sports and injuries will have priority
- Any injuries sustained outside of Dominican University sanctioned events or practice will have limited use of athletic training services

ATHLETIC TRAINING CLINIC RULES

- CONDUCT – Communicate efficiently. Be responsible and courteous to all student-athletes and staff.
- RESPECT – dress appropriately, no horseplay, inside voices, appropriate language (no profanity)
- ETIQUETTE – no loitering, no food or drink (except water), no cell phones.

INJURY REPORTING

- All new injuries and illnesses MUST be reported to the athletic training staff as soon as possible
- Talk to the athletic training staff BEFORE or AFTER practice session
- Call/email the athletic training staff as soon as possible or the next day AND leave a message
- Being late to practice because of treatment is not an excuse. If you have a new injury, set up an appointment to be evaluated at least ONE hour before practice by a certified athletic trainer.

NCAA CONCUSSION SAFETY EDUCATION

What is a concussion?

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function. It is not typically accompanied by loss of consciousness.

How can I keep myself safe?

1. Know the symptoms.

You may experience ...

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion, concentration or memory problems

2. Speak up.

- If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

3. Take time to recover.

- Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
- Once you have recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

How can I be a good teammate?

1. Know the symptoms. You may notice that a teammate ...

- Appears dazed or stunned
- Forgets an instruction
- Is confused about an assignment or position
- Is unsure of the game, score or opponent
- Appears less coordinated
- Answers questions slowly
- Loses consciousness

2. Encourage teammates to be safe.

- If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
- Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

3. Support your injured teammates.

- If one of your teammates has a concussion, let him or her know you and the team support playing it safe and following medical advice during recovery.
- Being unable to practice or join team activities can be isolating. Make sure your teammates know they're not alone.

No two concussions are the same. New symptoms can appear hours or days after the initial impact. If you are unsure if you have a concussion, talk to your athletic trainer or team physician immediately.

What happens if I get a concussion and keep practicing or competing?

- Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
- In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.

- Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
- Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
- Athletes who delay reporting concussion take longer to recover fully.

What are the long-term effects of a concussion?

- We don't fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
- Athletes who have had multiple concussions *may* have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

NCAA | SPORT SCIENCE INSTITUTE | CONCUSSION SAFETY | WHAT STUDENT-ATHLETES NEED TO KNOW

For more information, visit ncaa.org/concussion.

NCAA is a trademark of the National Collegiate Athletic Association.

What do I need to know about repetitive head impacts?

- Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
- Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

Did you know?

- NCAA rules require that team physicians and athletic trainers manage your concussion and injury recovery independent of coaching staff, or other non-medical, influence.
- We're learning more about concussion every day. To find out more about the largest concussion study ever conducted, which is being led by the NCAA and U.S. Department of Defense, visit ncaa.org/concussion.

CONCUSSION TIMELINE

Baseline Testing Balance, cognitive and neurological tests that help medical staff manage and diagnose a concussion.

Concussion

If you show signs of a concussion, NCAA rules require that you be removed from play and medically evaluated.

Recovery

Dominican University has a concussion management plan, and team physicians and athletic trainers are required to follow that plan during your recovery.

Return to Learn

Return to school should be done in a step-by-step progression in which adjustments are made as needed to manage your symptoms.

Return to Play

Return to play only happens after you have returned to your preconcussion baseline and you've gone through a step-by step progression of increasing activity.

REHABILITATION / TREATMENT

Coaches will be informed of ALL conduct during treatment and rehabilitation times. This includes missed appointments, failure to comply with treatment and rehabilitation, status, etc.

- Student-athletes will be treated on a first-come, first-serve basis (except for emergencies).
Exceptions:
One student-athlete has a practice time earlier than another; prior arrangements have been made with the athletic training staff, in-season priority
- Evaluations and treatments may take up to one hour. Student-athletes need to plan evaluations and treatment time accordingly with practice/games and will not be tardy to practice/games.
- After an injury is evaluated, it is the responsibility of the student-athlete to coordinate rehabilitation times if needed and continue to do so until released by the treating athletic trainer.
- Treatments will NOT be given during practice times unless that student-athlete is unable to participate AND given permission by the head coach.
- If a return to play treatment appointment is missed or no-showed, student-athletes may not be given clearance to practice/games.

WHIRLPOOL USAGE

As a student-athlete, whirlpool usage may be part of rehab or daily bodily maintenance. Student-athletes must shower with soap and water prior to entering the tub. Student-athletes must bring their own towels. Towels will not be handed out by the athletic training department. The temperature of the tubs will be set by the athletic training staff. One ice bath per student-athlete per day, unless otherwise dictated.

RETURN TO PLAY

All final decisions on athletically related physical activity will be decided by the athletic training staff and, when necessary, in conjunction with the team physician/s, along with communication and feedback from the student-athlete. The policy will be applied to the following situations during both the traditional and non-traditional playing seasons:

1. Sports related daily activity
2. Return to practice protocol
3. Final return to practice clearance
4. Return to competition protocol

5. Final return to competition clearance

EQUIPMENT ISSUE

Any equipment issued for rehabilitation and bracing purposes are on borrowed basis only and need to be returned at the end of the season/year. Student-athletes are responsible for all items issued to them. Student-athletes will be responsible for replacement costs of the items if not returned.

TAPING / BRACING

Taping/bracing will be at the discretion of the athletic training staff. If preventative taping/bracing is required for an injury, student-athletes must perform rehabilitation exercises prior to taping/bracing. DO NOT ask to be taped on game day or prior to practice if you have not been evaluated by the athletic training staff.

OUTSIDE MEDICAL SERVICES

Injured student-athletes may first see the DU team physician as long as the provisions of the primary insurance are followed. If a student athlete has established care with their own physician or the provisions of their primary insurance dictates a specific provider, the S-A is responsible for scheduling that appointment, with the help of the AT staff. Anytime a student-athlete is evaluated by an outside medical provider, they need to inform the athletic training staff about plans to do so. Student-athletes that use any outside services need to provide appropriate documentation for clearance to play, diagnosis, medical recommendations, etc., prior to returning to practice or play. Student-athletes must obtain an outside medical release form from the athletic training staff. Any outside medical services not discussed prior to the visit will not guarantee coverage from Dominican's secondary insurance.

INSURANCE*

Dominican provides coverage for athletically-related injuries ONLY through the Dominican University department of Athletics' First Agency policy. Student athletes who are uninsured are encouraged to reach out to Athletic Training staff to discuss finding coverage options for illnesses or non-Dominican Athletics related injuries.

Here is a general overview of how intercollegiate medical expenses will be covered for all student-athletes for Athletically-Related injuries ONLY.

1. Primary health insurance (through your family/individual plan)
2. Dominican University First Agency plan Blanket Accident Insurance Plan. This is a limited policy; it does not cover bills incurred from illness or from injuries not sustained during athletic participation. Any claims for benefits must be first filed with the individual's PRIMARY insurance company. Only after all available benefits have been exhausted will Dominican University's blanket accident insurance plan consider payment for any remaining balances.

It is the responsibility of the student-athlete to notify the head athletic trainer of insurance coverage changes or if coverage has been discontinued for any reason, while participating in athletics. Dominican University insurance coverages will pertain to injuries sustained during intercollegiate practice and/or

competition ONLY. Injuries sustained outside of intercollegiate practice and/or competition will not be covered under Dominican University's blanket accident insurance plan.

MEDICAL CLAIMS PROCEDURE When a student-athlete suffers an athletically related injury and medical bills are incurred as a result, the following procedure **MUST** be followed:

- All medical bills must be submitted, by the student-athlete or student-athlete's parent, to the student-athlete's primary insurance carrier.
- The Student-athlete also needs to meet with the Head Athletic Trainer to file a claim with First Agency within 90 days of the date of injury.
- The Student-Athlete is responsible for communicating any unpaid bills to the head athletic trainer with-in 30-days of bills being received.
- The Student-Athlete is responsible for getting Explanation of Benefits from primary insurance, UB-04 and CMS 1500 forms from medical providers and submitting them to the Head Athletic Trainer. The Head Athletic Trainer will submit all documents directly to First Agency
- If the student-athlete or provider offices are submitting information, please send to: First Agency Attn: Dawn Witz 5071 West H Avenue. Kalamazoo, MI 49009-8501

Medical claim filing does not guarantee payment. Once a claim has been filed with First Agency it is the student-athlete's/family's responsibility to send all communication/forms/bills directly to the corresponding insurance carrier and/or the head athletic trainer. Dominican University and its staff, is not responsible for the communication/handling of any insurance claim information once a claim is filed.

TRANSGENDER POLICY

Dominican University prohibits discrimination based on gender identity or expression in order to provide an inclusive environment for all participants. This policy facilitates a safe educational environment for transgender, gender non-conforming students, and complies with state and federal law and NCAA regulations. Additional policy information can be found at www.dustars.com or in the office of the Title IX Coordinator for Athletics.

ONE PROCESS for Incidents of Bias and Sexual Misconduct

We are committed to supporting the dignity of every human person and the development of a community marked by truth, love, and justice. Gender-based and sexual misconduct compromise the integrity of human relationships and threaten the security and well-being of all individuals. Not only are gender-based and sexual misconduct unlawful but they also undermine the atmosphere of trust and respect that is essential to creating an authentic, supportive community. The Dominican community expects that interpersonal relationships and interactions will be grounded in mutual respect, open communication, and clear consent. Through these policies, the University strives to eliminate all forms of gender-based and sexual misconduct as well as prevent their recurrence and address their effects on individuals and our entire community.

Members of the university community, guests and visitors have the right to be free from all forms of gender based and sexual misconduct. This includes the right to be free from discrimination and harassment based on gender identity and expression.

In order to foster a campus environment that is safe space for all, Dominican University has a responsibility to investigate and resolve allegations of gender-based and sexual misconduct. When an allegation of such behavior emerges from the community or from any individual making a complaint, the University will take prompt action to maintain the safety of its community members and will act to protect all parties. If an investigation reveals violations of the gender-based and sexual misconduct policy, the University will impose sanctions and/or other corrective actions to address the violation and prevent its recurrence.

Please visit [One Process](#) for the complete policies and procedures.

SEXUAL ASSAULT RESOURCES

DU Campus Safety

- 24hrs. non-emergency (708) 524-5999
- Email: safety@dom.edu
- Emergencies 911

Pillars 24-hour hotline- crisis intervention for guidance and support

- Domestic Violence Hotline: (708) 485-5254
- Sexual Violence Hotline: (708) 482-9600

DU On-Campus Confidential Resources

Dominican University encourages anyone who experiences any kind of misconduct or discrimination to talk to someone identified in one or more of these groups.

DU Wellness Center (CONFIDENTIAL)

For Students Only: professional counselors and health care professionals in the Wellness Center can offer near complete confidentiality

- Stop in – Lower level of Coughlin Hall
- Call – ext. 6229 (708) 524-6229

Confidential Resource, (CONFIDENTIAL)

All members of the Dominican community can talk to a Confidential Victim Advocate. Confidential Victim Advocates are required to fill out an anonymous university report that keeps identities private.

Responsible Employees (NON-CONFIDENTIAL)

- At Dominican University, you can go to any employee or faculty member for resources and support.
- Remember, that only the Wellness Center Staff and the Confidential Victim Advocates can offer confidentiality.
- All other DU employees –including faculty, staff, administration, and student employees are mandatory reporters.

To Make an Official Report Contact

- Title IX Coordinator, (708) 524-6279 Visit - Crown 100, or fill out a star assistance form (option for anonymous reporting). https://dom.pharos360.com/apps/student_launchpad.php
- You may also reach out to any of the Title IX Deputy Coordinators

Title IX Deputy Coordinators

- **Barrington Price**, Vice President for Student Success (708) 524-5930
- **Roberta McMahon**, Executive Director of Human Resources (708) 524-6790
- **Precious Porras**, Vice President for Justice, Equity, & Inclusion (773) 524-6629

Director of Campus Safety

- **Sasha Santiago**, Director of Campus Safety (708) 524-6750

Dominican University's Title IX policies are subject to change. The most current policy can be found on our website at www.dom.edu

DOMINICAN UNIVERSITY DEPARTMENT OF ATHLETICS: NAME, IMAGE AND LIKENESS POLICY

SCOPE OF POLICIES

As of July 1, 2021, the State of Illinois passed the Student Athlete Endorsement Act, governing Name, Image and Likeness activities in Illinois.

NIL is an acronym for Name, Image and Likeness. Permitted NIL activities allow student-athletes to be compensated from the use of their Name, Image and Likeness in promoting products, services, or businesses.

Institutional policies for student-athletes should not differ from the policy for all students whenever possible.

The NCAA has specifically stated that compensation for athletics performance; specific athletic achievement; or an inducement to enroll or continue attendance at a member institution, is prohibited. In addition, compensation may only be for work actually performed and at the going rate.

Student-athletes may hire an agent or advisor solely to assist with negotiating NIL opportunities but NCAA rules still govern the hiring of an agent to market athletic abilities or to pursue professional playing opportunities.

Subject to certain restrictions put in place by Illinois law and Department of Athletics policies, Dominican University student-athletes could be compensated, proportionate to market value, for; autographs, personal appearances, brand sponsorship deals, private lessons, personal camps, advertisements, and endorsements.

DISCLOSURE

The State of Illinois requires student-athletes to disclose all NIL deals to their institution in the manner and time prescribed by the institution. Dominican University requires written notice and a copy of the agreement within 15-days of the execution of the agreement

TIMING OF ACTIVITIES

Student-athletes may not agree to NIL opportunities that conflict with required team athletically-related activities or classes.

MORALITY CLAUSE

Dominican University's NIL policies preclude our student-athletes from entering into agreements that violate NCAA rules or reflect adversely on Dominican University and its mission and values as a Catholic, Sinsinawa-sponsored institution. Some examples of services or products that the Illinois law prohibits you from endorsing or promoting are those that relate to gambling, sports betting, controlled substances, cannabis, tobacco, alcohol, vaping, performance enhancing supplements and adult entertainment.

FINANCIAL IMPACT

Student-athletes are responsible for their own financial dealings regarding NIL agreements and must ensure they follow all applicable federal and state income tax laws. It is recommended that a student-

athlete consult with a tax professional to fully understand the impacts of the tax laws on their personal finances resulting from the taxation of their NIL compensation.

An increase in income could affect a student-athlete's need based financial aid. Questions regarding need based aid should be directed to the Office of Financial Aid.

INSTITUTIONAL TRADEMARKS AND LOGOS

Student-athletes may not use Dominican University uniforms, logos, trademarks or other products protected by copyright. Written permission for photos and videos must be obtained prior to their use.

INSTITUTIONAL FACILITIES

Student-athletes may not use institutional facilities for any NIL activities. However, if a facility is needed for a student-athlete sponsored camp, clinic, or private lessons, it is possible this may be approved once the proper request paperwork is submitted. If approved, a rental agreement must be in place with proof of LLC, liability insurance, and necessary background checks.

CONFLICTING AGREEMENTS

Student-athletes may not enter into an agreement with a third-party that conflicts with an existing Dominican University sponsorship. If Dominican University identifies a conflict between the student-athletes NIL activity and an existing sponsorship agreement, the student-athlete will have an opportunity to revise the agreement to resolve the conflict. Student-athletes may not enter into an apparel contract that would require the student-athlete to wear such apparel during team events or competition.

INSTITUTIONAL/BOOSTER INVOLVEMENT

Dominican University may not create or arrange for NIL opportunities for its student-athletes. It is permissible to work with boosters however, Dominican University cannot arrange for such opportunities.

LENGTH OF CONTRACT

A contract for the use of a student-athlete's NIL cannot commence until the student-athlete has begun enrollment and may not extend beyond the exhaustion of eligibility in their sport at Dominican University.

We have partnered with NOCAP Sports (www.nocapsports.io) to guide our student-athletes through the NIL process and to make sure that they remain NCAA compliant and follow the guidelines from the State of Illinois.

FAILURE TO COMPLY WITH THIS POLICY MAY RESULT IN PENALTIES IMPOSED BY THE NCAA OR DOMINICAN UNIVERSITY WHICH MAY IMPACT THE STUDENT-ATHLETES ABILITY TO CONTINUE PARTICIPATING IN INTERCOLLEGIATE ATHLETICS.