

UNIVERSITY OF IDAHO

DEPARTMENT OF ATHLETICS

STUDENT-ATHLETE HANDBOOK



2023-2024

TABLE OF CONTENTS

Welcome from the President	Page 2
Welcome from the Athletic Director	Page 3
The University of Idaho	Page 4
Fast Facts	Page 4
Moscow, Idaho	Page 4
Mission Statement	Page 5
Our Values	Page 5
Fight Song	Page 6
Alma Mater	Page 6
Academics (Student-Athlete Support Services)	Page 7
Center for Disability Access & Resources	Page 13
Code of Conduct (Student-Athlete)	Page 14
Compliance (NCAA)	Page 15
Communications (Sports Information)	Page 22
Discipline Policy (Student-Athlete)	Page 24
Equipment Room Services	Page 28
Financial Aid	Page 30
Hazing Policy	Page 35
Name, Image, Likeness (NIL) Policy	Page 37
Non-Discrimination	Page 38
Relationship Policy	Page 39
Sport Performance (Athletic Training)	Page 39
Strength and Conditioning	Page 43
Sportsmanship and Ethical Conduct	Page 44
Technology Support and Policies	Page 46
Title IX	Page 47
University Resources	Page 49

WELCOME FROM THE PRESIDENT

Dear Vandals,

Welcome to the University of Idaho!

We're proud to have you representing our great university as student-athletes. The Vandal family is here to support you in the athletic arena, but also in your academic journey and your career.

Our dedicated faculty and staff provide the tools, knowledge and opportunities for students to pursue their dreams. For nearly 135 years, the U of I has fueled student success and planted the seeds for thriving careers.

As a Vandal alum myself, I can personally attest to the outstanding education and life-changing experiences available on our campus. I encourage you to take full advantage of this time and place in your life.

Support your fellow Vandals at athletic events, take in concerts, attend a lecture, bike the trails around Moscow and walk downtown. Invest in your education by diving into your studies. Visit with your professors, explore research opportunities, and learn from your academic advisors.

Vandals work hard and support each other. As a U of I student-athlete, I want you to know that your Vandal family is behind you every step of the way and we look forward to cheering you on throughout the year.

Go Vandals!

C. Scott Green
President

WELCOME FROM THE ATHLETIC DIRECTOR

Hello Vandals!

Welcome to Moscow and the Vandal family! We are so excited to welcome all our new student-athletes as well as coaches and staff. To give you the best student-athlete experience, we continue to *elevate* and *enhance* all areas of Idaho Athletics. Vandals continue to rise!

The campus, the community, and the people that support our programs are gracious and dedicated. This allows all Vandals participation opportunities and a chance to succeed at the highest level. As a department, we strive to compete but also develop young men and women to guide you on your path to get your degree. I am proud to say that last spring, our student-athletes earned a cumulative, record, GPA of 3.44, with 103 Vandals earning a 4.0. So, be mindful of your studies and let's keep it going!

This time in your life will be a period where you develop who you are and empower yourself to become whatever you want to be. The obstacles and challenges you will overcome during your time on campus will help you in so many ways moving forward. Don't be afraid to ask questions or reach out for help, we are all here to accommodate those requests.

I want to encourage you and your teammates to reach out to our support services in the Department of Athletics and on campus. Connect with other students or organizations too. Your time on campus will go by quickly so don't hesitate to take advantage of what the U of I can offer you.

AS ALWAYS, GO VANDALS!

Terry Gawlik
Athletic Director

THE UNIVERSITY OF IDAHO

We are Idaho's Land-Grant University. The U of I's role in the state's economic prosperity dates back to our inception. Our research-driven, innovative spirit began in agriculture, engineering, and military sciences. We continue this tradition today, making an impact on all areas of industry. From providing a high-quality, accessible education — to leading breakthroughs in clean water, cybersecurity, healthcare, agronomics, and fire science — we forge partnerships to improve the lives of all Idahoans.

FAST FACTS

Founded: 1889	Nickname: Vandals
Mascot: Joe Vandal	School Colors: Silver & Gold
Enrollment: 11,304	Full-Time Employees: 2,252
President: C. Scott Green	Degrees Awarded: 142,740
Undergraduate Majors: 93	Graduate Majors: 58
Student-Faculty: 16-1	Annual Research Fund: \$133-M
Endowment: \$461.4-M	Athletic Conferences: Big Sky & WAC (S&D)
Varsity Sports: 16	

MOSCOW, IDAHO

There is something special about Moscow, Idaho. It is neither too big not too small – everything you need is within a short walk or bike ride from campus. Moscow is a safe, walkable community filled with smart, creative people who see the world just a bit differently.

Just blocks from campus is our historical Main Street, where you will find coffee houses, stylish boutiques and thrift shops, contemporary art galleries, local eateries, and live music. Tucked between the sculpted hills of the Palouse, Moscow is a gateway to incredible four-season adventure and outdoor thrills on the area's scenic trains, mountains, rivers, and lakes.

MISSION STATEMENT

The University of Idaho Department of Athletics shall serve to inspire the pursuit of excellence through honest effort, fair-play, and personal integrity. Our highest priority is to enhance the educational growth of our young men and women.

The primary purpose of the department shall be to provide a successful, quality, competitive intercollegiate athletic experience for University of Idaho students which will enrich their lives, provide the necessary training ground for life growth, enhance the image of the institution, and build upon the academic mission of the university.

The athletic experience of student-athletes should be positive, rewarding, and enjoyable while achieving their degrees. The provision of excellent coaching, facilities, and services shall enable these students to maximize their potential. In this manner, the athletic program will be a source of pride to all associated with the university. The department will fulfill its unique position within the educational and public efforts of the institution.

OUR VALUES

**Excellence
Passion**

**Inclusivity
Perseverance**

**Integrity
Respect**

We are Idaho. We are Vandals.

We are University of Idaho Athletics.

We are Vandal Family.

We value greatness while welcoming all viewpoints and contributions.

We are tried and true in our pursuits.

We honor our rich history.

We are honest and accountable.

We all bear down for the IDAHO.

Brave. Bold. Vandals.

FIGHT SONG

“GO VANDALS, GO”

Came a tribe from the North, brave and bold,
Bearing banners of Silver and Gold;
Tried and true to subdue all their foes
Go Vandals, go mighty Vandals!

C'mon go Vandals, go
Fight on with hearts true and bold,
Foes will fall before your Silver and your Gold...
The victory cannot be withheld from thee..
So all bear down for Idaho...
Come on old Vandals, go!

I-D-A-H-O
Idaho, Idaho, Go! Go! Go!

The victory cannot be withheld from thee...
So all bear down for Idaho...
Come on old Vandals, go!

<https://www.youtube.com/watch?v=QnYIKnAbDnM>

ALMA MATER

“AND HERE WE IDAHO”

And here we have Idaho,
Winning her way to fame.
Silver and gold in the sunlight blaze,
And romance lies in her name.
We'll go singing, singing of you.
Ah, proudly, too,
All our lives through.
We'll go singing, singing of you.
Alma mater, our Idaho.

ACADEMICS

Student-Athlete Support Services (SASS) exists to assist all student-athletes at the University of Idaho in their pursuit of academic, athletic and personal development goals.

This unit works to help student-athletes achieve a balance between the academic and athletic demands made on their time through a proactive approach. SASS programs and staff pursue three primary goals: monitoring initial and continuing academic eligibility leading to graduation from the University of Idaho; developing educational and leadership experiences which capitalize on the values and benefits of athletic competition; and preparing Vandal Student-athletes to be successful in their chosen degree program, and to be productive members of the global community.

Each team is assigned an athletic academic advisor who will provide academic support to ensure that you understand the University and NCAA requirements and that these requirements are met. These advisors will make sure you are on the right course and can help with class selection, major selection, and a graduation plan.

Advising and Registration

- Pre-registration advising begins in October for spring semester and in March for summer and fall semesters. Each student-athlete is required to meet with both their athletic academic advisor and their primary academic advisor in their major.
- At least 2 weeks prior to registration student-athletes should schedule a time to meet with their faculty academic advisor in their current chosen major to choose courses for upcoming semester(s) and check progress toward graduation. Student athletes must meet with their primary advisor to remove their advisor hold, this is required to register.
- Student-athletes should also meet with the athletic academic advisor prior to registration to confirm that their course selections align with NCAA eligibility requirements.

Tutoring

- Tutoring is available in the Academic Center located in the Kibbie Dome and the SASS staff coordinates the tutoring services provided to student-athletes.
- All SASS scheduled tutoring appointments will take place in the Kibbie Dome Academic Center.
- Campus also offers a variety of tutoring available in both drop in and scheduled appointments. Campus tutoring is located on the second floor of the library. Tutoring schedules can be found on the Tutoring and College Success website each semester.
- The Polya Mathematics Learning Center (POLYA) and the Writing Center provide drop-in tutoring. Many departments, such as business, psychology, geology, etc. also offer regular help.

Academic Center/Study Hall

- All new transfer and freshmen student-athletes will have academic meetings and study hall requirements for a minimum of their first semester.
- After a student's first semester, study hall hours are determined each semester by the team's Academic Advisor with input from the Head Coach.
- Student-athletes are expected to come to the Academic Center prepared to study. Space will be set aside for people to work in small groups or with tutors; otherwise, the Academic Center noise should be kept to a minimum. Any Student-Athlete who cannot follow study hall rules will be asked to leave and will have all study hours cancelled for that day.

Progress Report – Monitoring

- Early warning grades are submitted through Vandal Star between weeks 4 and 5 of Fall and Spring semesters. Early warning grades are meant to provide students with early notification of their progress in courses so that changes can be made if needed so that students are able to be successful.
- The University requires all instructors to report midterm grades for all students in each of their courses after the first eight weeks of class. In addition to these reports, SASS requests updates on your grades throughout the semester as deemed necessary.

Academic Eligibility-NCAA Requirements

The NCAA requires that all student-athletes meet specific academic requirements in order to maintain their eligibility. Failure to meet these standards can result in loss of scholarship, loss eligibility and/or removal from the team. See compliance section of handbook for specific eligibility requirements.

Academic Standing

The following are UI academic regulations. They may relate to athletic eligibility but are an entirely separate area of academic concern. It is your responsibility to know and adhere to these requirements. Coaches and athletes need to be fully aware of these regulations and their possible impact on athletic eligibility.

Academic Probation and Disqualification

- Anyone who does not attain the required UI cumulative GPA for their academic rank are placed on academic probation for the next semester of enrollment and must see their appropriate dean for advising. Students on academic probation who attain the required minimum UI cumulative GPA at the end of the semester are automatically removed from probation.

- Students on academic probation will be disqualified at the end of a probationary period unless the minimum UI cumulative GPA required for their rank, or a semester GPA of at least 2.0 is attained. To be able to re-register for a subsequent semester after being disqualified, an individual must be reinstated by his/her academic dean.
- Cumulative UI GPA includes only course work taken at UI. A student must petition his/her academic dean for reinstatement. After a first disqualification, students may automatically be reinstated by remaining out of the UI for at least one semester.
- Students who are disqualified and reinstated are reinstated on academic probation. Disqualification at the end of a spring semester does not affect a student's ability to continue in the immediately ensuing summer.
- Students who attend another institution while disqualified must meet the requirements which apply to the admission of transfer students in order to re-enter UI. Before taking such coursework off the UI campus, be sure to obtain approval from your dean, the Registrar, and SASS in advance.
- Students who have been reinstated with the approval of the dean may continue to be enrolled so long as they attain a 2.0 or better GPA for the semester following the first disqualification.
- Student-athletes on disqualification are NOT ELIGIBLE TO COMPETE, or RECEIVE ATHLETIC AID, and generally will not be allowed to practice.
- Any coursework taken off the UI campus should receive advance approval from SASS staff, so that it can be confirmed the course taken will transfer to the University of Idaho as the appropriate course.

Student-Athlete Textbook Scholarship Procedure

All scholarship student-athletes who receive aid for textbooks are required to follow SASS textbook pickup and returns policies.

Scholarship Student-Athlete Book Pickup Process

Approximately, one month prior to the start of the semester, SASS contacts each team with their preferred book pick up day and time. Once times and days are set, SASS then contacts the bookstore and sends the pickup schedule.

Those students that receive book scholarship are sent to the Financial Aid Compliance Coordinator who adds them to the book scholarship list, which is sent to the bookstore and updated as student-athletes are approved for aid.

Once at the bookstore, each student-athlete prints their booklist from Textbook Express, located on VandalWeb. After booklists are printed, student-athletes can collect their books from the shelves and then proceed to the checkout counter.

Student-athletes will need their ID cards as the bookstore employee will swipe them during the checkout process. Books that may be missing due to materials being added late by professors or schedules being changed are noted by the Academic Advisor. Student-athletes should order the missing books through the bookstore at that time. Books that professors require but are not available in the bookstore may be purchased by SASS staff through an Amazon Business account. Book purchased are kept in an excel document by semester.

Student-athletes need to take care of all financial obligations prior to going to the VandalStore. Holds on their student account will prevent student-athletes from receiving their books. Therefore, student-athletes will need to make sure they take care of any "Personal Responsibility Fees" (parking tickets, disciplinary charges, etc.) prior to getting their books.

Any class changes/additions made to a course schedule AFTER student-athletes have picked up their books from the bookstore, will require them return to the bookstore. If the student has dropped a class from their schedule before the last day to add a class, he or she will need to return the books from the dropped course to his or her Academic Advisor.

If the student has dropped a course and added a new course, then he or she will need to return the books from the dropped course and return to the bookstore or their Academic Advisor to purchase the books required for the new course.

A student may not keep any books from classes that have been dropped before the last day to add a course. Keeping Books, and more specifically selling back books from dropped courses, is an NCAA violation. If, for some reason, books from dropped classes cannot be returned to the bookstore, books should be returned to their Academic Advisor as soon as possible. Books are kept and tagged so at the end of the semester they can be checked off the list of books that need to be returned.

Textbook Returns

All student-athletes on book scholarship must return their books at the end of the semester. Book return takes place during the final week of each semester.

Prior to finals week, SASS will contact the bookstore for a list of all books purchased by student-athletes from the bookstore that semester. As books are returned, they are crossed off the list and asked to initial the list next to their name to indicate the books have been returned. Student-athletes can be billed to their student account if they fail to return their books.

Summer Courses and Summer Scholarship

All student-athletes have an opportunity to take courses during the summer, however, not all student-athletes are awarded aid. In order to be considered for summer aid, student-athletes must complete a Summer Scholarship Request form located on Jump Forward. The form becomes available early each spring and goes through an approval process once complete.

Summer aid NOT guaranteed and is evaluated each year based on a variety of criteria and available funding.

Student-Athlete Graduation Sash

All student-athletes have an opportunity to earn an Idaho Student-Athlete graduation sash to wear at their graduation ceremony. Sashes are presented to graduates each semester, usually at a Student-Athlete Graduation ceremony. In order to receive the graduation, sash each student-athlete must:

- Earn their varsity letter (specific to each team);
- Remain in good standing with their respective team (not quit or be removed from the team for any reason);
- Completed their undergraduate/graduate degree and/or;
- Exhaust their eligibility from the University of Idaho.

CENTER FOR DISABILITY ACCESS AND RESOURCES

The Center for Disability Access and Resources (CDAR) provides services and support to ensure individuals with disabilities can access and participate in all the opportunities available at the University of Idaho.

Students who received accommodations while in high school may be eligible to receive accommodations while they are a student at the University of Idaho.

Students should contact Student Athlete Support Services to begin the application process with CDAR.

Once a student's eligibility is determined, CDAR staff, SASS and the student work together to formulate the academic accommodations each semester that will best assist the student in pursuing their academic goals accommodations need be renewed each semester, but once approved will be available during their entire time at Idaho.

CODE OF CONDUCT FOR STUDENT-ATHLETES

Participating in intercollegiate athletics as representative of one of the University Idaho athletic teams is a privilege that is earned through hard work and discipline in the classroom as well as in the athletic arena.

By participating in intercollegiate athletics for the university, the student-athlete accepts the responsibilities that go along with their association with the University of Idaho Department of Athletics.

U of I student-athletes are public figures, and their conduct reflects on teammates, coaches, the university, and themselves. Student-athletes will conduct themselves in a responsible manner.

COMPLIANCE – NCAA

The information below summarizes some pertinent NCAA rules and regulations affecting your status as a student-athlete at the University of Idaho. It is your responsibility to keep informed regarding various rule categories through interaction with your coaches, the Compliance office, Director of Athletics and/or Senior Woman Administrator.

Playing and Practice

In-Season

No practice session shall be longer than four (4) hours.

You may practice no more than 20 total hours per week.

You must have one (1) day off from practice per week. Coaches declare what day the week starts on prior to the start of practice. A day off must occur within the 7-day declared week, but not necessarily every 7 days.

- Example: Coach declares week as Sunday to Saturday and takes Sunday off. The next day off can occur as late as Saturday of the following week – 13 days after the Sunday off.

Your season is limited to a specific number of days depending on your sport.

No required workouts can take place after a competition.

Out-of-Season

You may have supervised conditioning and skill instruction periods during any academic year days that are not a part of the declared playing and practice season.

Skill instruction is limited to no more than 4 hours per week.

In football, off-season activities are limited to strength and conditioning, review of game film, and walk-throughs.

No more than 2 hours per week may be for film review and walk-throughs.

No more than 8 hours of CARA per week.

Mandatory 2 days off per week during this time period.

Voluntary/Vacation Period Activities

Student athletes can participate in voluntary athletic activities at any time during the academic year.

Generally, there should be no coach involvement in voluntary activities.

Athletic trainers as well as strength and conditioning may be present at voluntary workouts for safety reasons.

During vacation periods (winter break, spring break, summer break, etc.), student athletes in individual sports (cross country, track & field, tennis, golf, swimming & diving) may request that a coach be present at a workout.

Seasons of Competition

In general, student athletes have 5 years from their date of initial collegiate enrollment to complete 4 seasons of competition.

You use a year of eligibility by appearing in any part of a game/contest/tournament against outside competition.

Exceptions include:

- Football 4-game rule.
- Competition in preseason exhibitions/scrimmages.
- Successful medical hardship waiver.

Employment

Student-athletes may receive compensation for teaching or coaching sports skills or techniques in his/her sport on a fee-for-lesson basis, provided:

- Institutional facilities are not used.
- Playing lessons shall not be permitted.
 - Example: A golf student-athlete could not be involved in match play, just instruction.

- The compensation is paid by the lesson recipient (or the recipient's family) and not another individual or entity.
- Instruction to each individual in a group lesson is comparable to instruction that would be provided during a private lesson.
- Approved by the Compliance Office.

Camps and Clinics

Student-athletes may be employed as counselors in camps or clinics and there is no limit on the number of student-athletes in a sport who may be employed in an institutional or non-institutional (privately owned) camp or clinic provided:

- Student-athletes do not participate in organized practice activities other than during the institution's playing season in that sport.
- Student-athletes employed at sports camps must perform duties that are of a general supervisory nature, in addition to any coaching or officiating assignments.
- Student-athletes' compensation must be comparable to the going rate for all the camp's counselors of similar ability and experience. They can only be paid for work actually performed.
- A student-athlete who only lectures or demonstrates at a camp/clinic may not receive compensation for his/her appearance at the camp/clinic.
- Transportation to and/or from the camp/clinic may not be provided, unless it is provided to all employees.

Promotional Activities

NCAA rules allow student athletes to participate in promotional, volunteer or community service activities sponsored by Idaho, a recognized entity of Idaho (e.g. fraternity, sorority, student government organization), a member conference, or a non-institutional charitable, educational, or non-profit agency.

Certain parameters have to be met to participate in the promotional or volunteer activity. Student athletes must seek approval from Idaho Compliance prior to any participation in promotional or voluntary activities.

Student athletes cannot miss class to participate in any approved promotional or volunteer activity.

Extra Benefits

An extra benefit is any special arrangement by an institutional employee or a representative of the institution's Athletics interests to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation.

Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution's students or their relatives or friends or to a particular segment of the student body (e.g., foreign students, minority students) determined on a basis unrelated to Athletics ability (Bylaw 16.02.3).

Do not allow anyone to provide a benefit to you solely based on your status as a student-athlete unless you have a valid NIL agreement in place. If the benefit or assistance is not available to all students on campus, you cannot take advantage of it.

Acceptance of impermissible extra benefits (i.e., dinners, shoes, clothing, etc.) will affect your eligibility.

A student-athlete may not accept athletic equipment, supplies or clothing (e.g., tennis racquets, golf clubs, balls, shirts) from a manufacturer or commercial business.

A student-athlete may not receive a special discount, payment arrangement or credit on a purchase (e.g., airline tickets, clothing) or a service (e.g., laundry, dry cleaning) from an institution's employees or representative of its athletic interest.

Meals and snacks can be provided to student athletes by an institutional staff member at any time and at any location.

Meals provided by a representative of athletics interest (i.e. booster) can be provided anywhere on special and infrequent occasions. Reasonable transportation can be provided if the meal is at the booster's home.

Reasonable transportation can be provided to student-athletes at any time.

An institution, conference, or the NCAA can provide reasonable entertainment to student-athletes at any time. Cash cannot be provided for such entertainment.

Gambling on Sports

The NCAA has explicit rules and regulations regarding gambling on sports by both staff members and student-athletes. Bylaw 10.3 states that you should not knowingly:

- Provide information concerning intercollegiate Athletics competition to individuals involved in organized, or other, gambling activities.
- Solicit a bet on any intercollegiate team.
- Accept a bet on any team representing the institution.
- Participate in any gambling activity that involves intercollegiate Athletics or professional sports through a bookmaker, a parlay card or any other method employed by organized gambling.
- Participate in sports gambling. This includes online fantasy leagues and sports pools, 800 numbers and betting cards.
- The provisions of Bylaw 10.3 preclude a student-athlete from soliciting or accepting a bet for a/any non-monetary item (e.g., shirt, dinner, etc.) that has tangible value.

Notification of Transfer

In order to initiate the notification of transfer process, student athletes must complete the Transfer Notification form.

Student-athletes must also watch a NCAA Module related to the NCAA Transfer Portal and present the compliance department with a Certificate of Completion.

NCAA rules mandate that a student athlete's Transfer Portal profile be created within 2 business days of the student athlete's written request.

Request is considered submitted when a student athlete submits a signed Transfer Notification form **AND** has forwarded proof they have watched the NCAA module.

NCAA rules allow Idaho to cancel athletic aid provided to a student athlete that enters the Transfer Portal. This cancellation can only occur in the term that follows the student athlete's Notification of Transfer declaration.

- Example 1: A student athlete requests to be put in the Transfer Portal in the Fall semester. Idaho can cancel that student athlete's athletic aid for the Spring semester.
- Example 2: A student athlete requests to be put in the Transfer Portal in the summer after signing an aid agreement for the upcoming academic year. Idaho can cancel that student athlete's athletic aid for the ensuing Fall and Spring semesters.

Student-athletes must enter the transfer portal during the applicable transfer windows associated with their sport or they cannot use the one-time transfer rule. Student-athletes not using the one-time transfer can enter the portal outside their window, but only after the initial window has passed.

Student-athletes gain an extra transfer portal window 30-days after the **departure** (not firing) of their current head coach.

Student-athletes transferring as postgraduate transfers can enter the portal at any time prior to the applicable deadline for their sport.

**This rule doesn't apply to 4-4 undergraduate transfers who are put on athletic aid in their first year upon transfer to Idaho.*

Continuing Eligibility

To be eligible for practice and competition, student athletes must be enrolled full time. This means undergraduate student athletes must be in at least 12 credit hours and graduate student must be in at least 9 credit hours.

Some exceptions to this rule are available for student athletes nearing the end of their degree program at Idaho.

Never drop a course without first consulting your SASS advisor. If you drop below full time at any point once a semester begins, you are immediately ineligible for practice and competition.

You must earn at least 6-degree applicable credits per semester to be eligible for the following term.

- Summer courses may not be used in this calculation.

You must earn at least 18-degree applicable credits over the academic year (fall and spring semesters) to be eligible for the following fall term.

- Summer courses may not be used in this calculation.

Football student athletes must earn at least 9 credits in the fall semester or they will be ineligible for the first 4 contests of the following football season.

Student athletes are required to meet NCAA percentage of degree benchmarks beginning their 3rd year. Benchmarks are as follows:

- 40%-degree completion prior to beginning of 5th semester.
- 60%-degree completion prior to beginning of 7th semester.
- 80%-degree completion prior to beginning of 9th semester.

Student athletes are required to meet NCAA minimum GPA benchmarks beginning their 2nd year. Benchmarks are as follows:

- Entering 2nd year: 1.8 GPA
- Entering 3rd year: 1.9 GPA
- Entering 4th year: 2.0 GPA
- Entering 5th year: 2.0 GPA

COMMUNICATIONS – ATHLETICS

Social Media Guidelines

The following recommendations have been made regarding the use of websites such as Instagram, Twitter, Snapchat, TikTok and any other networking sites.

- The Athletic Department encourages you to use common sense and safe practices online.
- Please remember that as a U of I student-athlete you are held to a higher level of accountability, and you may be the target of many unwelcomed third-parties.
- Violation of the following policies may result in punishments, up to removal from your team and loss of any financial aid.

Follow these guidelines with regard to any online communication websites, including any social networking sites:

- Do not post any pictures suggesting illegal or unbecoming behaviors (i.e. underage drinking & explicit photos), especially while wearing Vandal gear.
- Profanity or use of any derogatory, racially insensitive, homophobic, or sexually explicit language or content, including shares or retweets.

- Do not post derogatory comments about officials, coaches, administration, U of I faculty, staff or team/classmates.
- Privacy settings can protect you from unwanted requests or other unsolicited activity but may also limit your personal brand and marketability for NIL opportunities. It is up to you to determine your privacy limits.
- Friends and others may request injury or other inside information from you. Do not share this information, ever. You may be subject to suspension or criminal liability because of NCAA and US Federal gambling legislation.
- If members of the media request information from you or ask for an interview, please refer them to your team's athletic communications contact.
- If you are harassed, threatened, stalked, doxed, or the subject of unwanted advances, contact your coaches, the Office of Civil Rights & Investigations or the police. You have the right to exist online without feeling threatened.
- TikTok has been banned from access on any University of Idaho device or on any University of Idaho internet network.
- Do not post any personal information (i.e. phone number, address & schedules).

The Department of Athletics and your coaches reserve the right to monitor your online social media accounts.

Conduct found on these sites to be in violation of the University and Student-Athlete Code of Conduct can be used against you in a disciplinary actions case.

DISCIPLINARY PROCESS FOR STUDENT-ATHLETES

The University of Idaho Department of Athletics requires administrators, coaches, athletic trainers, and support staff to conduct themselves in a manner that creates a positive image of the people associated with the athletic department. Similarly, student-athletes are expected to uphold the same standards of conduct and to be positive role models within the academic and athletic community.

The Department of Athletics recognizes that a clear statement of sanctions is a necessary component in addressing inappropriate behavior. Situations can be more clearly and objectively resolved when such a statement exists.

Felony Charge

Any student-athlete arrested and charged with a felony, or with a crime involving gambling or game fixing under Idaho law or any other jurisdictional equivalent, shall be suspended automatically from practice and playing privileges until the charges are dropped, dismissed or otherwise resolved. The student-athlete may appeal this decision pursuant to the Appeals Procedure found in the Student-Athlete Handbook.

Felony Conviction

Any student-athlete convicted of or pleading guilty or no contest to a felony charge or a game fixing charge under Idaho law or any other jurisdictional equivalent shall be permanently dismissed from the team. The athlete shall retain her/his grant-in-aid for the balance of the academic year.

The Department of Athletics will notify the Financial Aid Office that the grant-in-aid shall not be renewed for any succeeding academic years. The student-athlete may appeal this decision pursuant to the Appeals Procedure found in the Student-Athlete Handbook.

Gambling Violations

Student-athletes involved in gambling violations shall be subject to the sanctions contained in Section 10.4 of the NCAA Manual.

Misdemeanor Charge and/or Conviction

Any student-athlete who is arrested, charged and/or convicted of a misdemeanor charge (other than gambling or game fixing which are addressed above and other than minor traffic infractions) will be subject to a review process.

The Athletic Director and Head Coach will review the charges and all of the surrounding circumstances. The Athletic Director will consult with the Head Coach and, if appropriate, the Dean of Students, then may impose sanctions.

The factors which the Athletic Director will consider include, but are not limited to:

- Nature of charge (violent or non-violent);
- Prior behavior;
- Self-disclosure of the violation;
- Cooperation during the investigation;
- Alcohol and/or drug use;
- Consistency with regard to handling of similar cases.

Sanctions imposed by the Athletic Department may include, but shall not be limited to:

- Suspension from play and/or practice for a stated period of time.
- Restricted use of athletic services or facilities.
- Dismissal from the team (only available for a conviction or if the student-athlete pleads guilty or no contest to a misdemeanor).
- In the event of dismissal from the team, the student athlete may retain her/his grant-in-aid for the balance of the academic year at the discretion of the Athletics Director.

- The Athletic Department will notify the Financial Aid Office that the grant-in-aid shall not be renewed for any succeeding academic years.
- The student-athlete may appeal this decision pursuant to the Appeals Procedure found in the Student-Athlete Handbook.

This review process will be used when Athletic Department employees first learn of the charge and/or arrest. This review process will also be utilized again, in its entirety, if there is then a conviction resulting from the charge and/or arrest. The student-athlete may appeal any decision made pursuant to this review process by following the Appeals Procedure found in this Handbook.

Alcohol Related Incidents

Excessive and/or illegal consumption of alcohol is at the root of many of the problems relative to athlete behavior. Any student-athlete involved in an alcohol related incident (e.g. minor in possession, DUI, altercations, etc.) will automatically be required to attend an alcohol awareness class sponsored by the University of Idaho.

In addition to attending an alcohol-awareness class the student-athlete will meet with his/her coach **and** the athletic director and address the team on the issue. Depending on the circumstances other sanctions as described in this document may apply.

Drug Related Charges

Any student-athlete who is arrested, charged and/or convicted of a drug related offense will be required to be tested immediately under the University of Idaho's Substance-Abuse Policy and Mandatory Drug Testing Program for Student-Athletes.

In addition to the sanctions/classes/counseling required by the Program, the student-athlete will meet with his/her coach **and** the athletic director and address the team on the issue. Depending on the circumstances other sanctions as described in this document may also apply.

University of Idaho Code of Student Conduct

At the discretion of the Athletic Director, the process which is followed for a misdemeanor charge and/or conviction may be used in the event that a student-athlete is found guilty of a violation of the University of Idaho Code of Student Conduct contained in University of Idaho Policies.

Privacy Concerns

In recognition of each student-athlete's right to privacy, sanctions imposed under these procedures will not be announced publicly.

Appeals Procedure

Any student-athlete sanctioned under these procedures may appeal within five working days, in writing to the Athletic Director. In the event of an appeal, a Review Committee shall consider all factors, including any extenuating circumstances.

The student-athlete may appear personally before the committee, with or without a representative of her/his own choosing from the members of the university community.

The Review Committee shall be composed of:

1. The President (or designee);
2. The Athletic Director;
3. The NCAA Faculty Representative (committee chair);
4. Head Coach.

Within five working days after hearing the appeal, the Committee shall issue its decision, which shall be final with no further right of review.

EQUIPMENT ROOM SERVICES

Issuing Equipment

Student-athletes (SA) will be issued apparel, footwear, and athletic equipment once the University of Idaho Athletic Compliance and Athletic Training Services have authorized them. The U of I Compliance office will email the Athletic Equipment Room, Coaches, and Support Staff with notification of this authorization.

The Head Coach of each sport has overall responsibility for assuring that their SA's have clearance to participate in practices or competitions when using U of I equipment.

Each SA will be given the necessary team issued Nike branded athletic apparel, Nike footwear and equipment to participate in work outs, practices, travel, and competitions for UI.

At the beginning of each sport season when equipment is issued each SA will be provided with two laundry loops, two towels, combination lock and a numbered cubby that correlates with the loops and towels.

The SA is responsible for keeping their cubby **locked at all times**. SA's will be required to pay the replacement cost for any lost, stolen, or damaged equipment. The equipment room will notify the SA and the coaching staff with the replacement cost for any lost, stolen, or damaged equipment.

Equipment Returns

Specific apparel and equipment must be returned to the equipment room at the end of the season as requested. Each SA must return his/her own apparel and equipment to the equipment room and should not assume any gear or equipment is theirs to keep. The equipment room will require a signature for all apparel and equipment returned by him/her.

If an SA quits a team, is cut from a team, or is no longer on a team for any other reason, he/she must clean out their locker and cubby. All team issued gear and equipment must be returned to the equipment room, within one week from the date of **separation from the team**.

Team Travel

SA's must return travel bags/rollers from road trips with all team issued travel gear upon arrival back to campus unless prior arrangements and approval have been made by the equipment staff. Failure to return travel items in a timely manner will result in discipline by the head coach.

Equipment Exchange/Repair

If any team issued apparel or footwear do not fit to the SA's comfort, return the item(s) to an equipment staff member to exchange, as long as the items have the tags or have not been worn and if size availability permits. SA's may bring unusable or worn-out gear to the Equipment Room for a replacement, this also applies to towels. If any items need repair, check with an equipment staff member and if the item is not repairable a new replacement will be re-issued.

Billing of Equipment

Failure to return team issued athletic apparel or equipment when it is due or for any items that have been lost, stolen or damaged will be billed to the SA's account. Billing will be done through the UI Cashier's Office. The replacement/retail cost of the items will be charged to the SA's general student account. It is the SA's responsibility to pay any charges that might accrue during their eligibility. If a student has not returned their checked-out gear by the end of the academic school year it becomes their personal property, and the charges cannot be cleared.

Laundry

Equipment room Hours of operation:

- Monday-Friday: 8:00 a.m. – 8:00 p.m.
- Saturday-Sunday; Depends on team needs & seasons

Each sport may have unique needs and requirements for laundry. In general, each SA will be issued two laundry loops, one for weight room workouts and second for practices. Workout/practice gear must be turned in through the laundry chutes or bins, with all gear attached to the laundry loop provided and towels may be left off the loop. The Equipment staff recommends getting dirty laundry in as soon as possible, however SA's have 45 minutes to get their laundry turned in following practice or work outs. Loops and towels will be washed, dried, and put back into the SA cubby that same day in preparation for the next day's work out/practice.

ALL gear issued is to stay in the Kibbie Dome. SA's are not to wear gear home and it must be left in the cubby or locker room. The equipment room will not loan gear to SA's if they take their gear home and forget it.

Only gear issued by the Athletic Equipment Room should be put on the loops, apart from a few personal items that are used for practice/work outs. If the loop turns into a personal clothing loop, the privilege to have your laundry done may be taken away.

FINANCIAL AID

Athletic Grant-In-Aid

Each student-athlete receiving any type of athletic aid, which includes in-state tuition, non-resident tuition, fees, books, room, and board, shall be issued an Idaho Athletic Aid Agreement from the Financial Aid Office. This document:

- Will list the exact aid offered and the terms under which it is offered.
- Is an official Idaho document that is in force for the time frame noted, which is usually 1 academic year (fall and spring semesters).
- Contains stipulations, terms, and conditions that outline the obligations of both the student-athlete and Idaho Athletics.

Carefully read and review your Athletic Aid Agreement and do not hesitate to contact your coach or another member of the athletic staff if you have questions about its content. Do not sign any document until you fully understand its stipulations.

Other important points regarding your Athletic Aid Agreement include:

- Your athletic aid may or may not be renewed after the agreement's stated term has ended.
- The maximum award shall consist of no more than the cost of tuition, fees, books, room, and board. This is known as a full grant-in-aid. There may be opportunity for cost-of-attendance payments above and beyond the full grant-in-aid in certain situations.

- If you are not a 4-4 undergraduate transfer to the University of Idaho, your award may be canceled, reduced or graduated during the period of the award if you (see 4-4 undergraduate transfer stipulations later in the section):
 - Become ineligible for intercollegiate competition (for example, by carrying less than credit hours than is necessary to be full-time).
 - Give false information on my application, letter of intent or financial aid agreement.
 - Do not comply with my team's or Idaho's policies and guidelines regarding appropriate conduct of a student-athlete, the academic policies or standards of Idaho and the Idaho athletics department. This includes but is not limited to not adhering to student-athlete expectations, not returning phone calls, voicemails, text messages, emails and not showing up for practices or workouts.
 - Engage in any misconduct that brings disciplinary action from the University.
 - Voluntarily quit (withdrawal) the team.
 - Engage in any activity that does not comply with all applicable laws and ordinances, whether local, state or federal.
 - Sign a professional sports contract in your sport.
 - Accept money for playing in an athletic contest that causes you to exceed the cost of a full grant in aid.
 - Agree to agent representation or accept any type of benefits as defined by the NCAA.
 - Receive other financial aid that causes me to exceed my individual limit per NCAA rules.

You will be notified no later than July 1 regarding your athletic aid status for the next academic year:

- All offers must be in writing and meet NCAA rules to be valid.
- If your athletic aid is reduced and/or nonrenewed, you may request a hearing before the Idaho Student Financial Aid Committee.
- The Idaho Student Financial Aid Committee is independent of the Athletics Department and will render all financial decisions on any athletic aid appeal cases.

The NCAA does not require that Idaho provide any specific reason for your aid not being renewed after the term noted in the agreement is complete.

The terms of your athletic aid are included your Athletic Aid Agreement. No other athletic aid will be provided unless an increase in athletic aid is approved.

If you are a 4-4 undergraduate transfer student to the University of Idaho and you are on athletic aid in your first year, you cannot have your athletic aid reduced or cancelled until you have graduated or your 5-year eligibility clock has expired, whichever occurs earlier. The only way your aid will be completely cancelled during the period of award is if:

- You enter the transfer portal and matriculate at another institution, or;
- You lose your amateurism.

Other Financial Aid

The Idaho Financial Aid Office manages all Idaho financial aid including scholarships and all state and federal aid distributed through the University.

Pell Grants, WUE, institutional academic awards (i.e. Go Idaho, WUE+, Invitation to Idaho), and loans are awarded through Financial Aid with absolutely no involvement of Idaho Athletics.

You must contact the Idaho Financial Aid Office if you want information about any Idaho aid other than athletic scholarships.

Funds from institutional or outside scholarships may replace or be included in a portion of your athletic grant to align with institutional, NCAA and conference financial aid limitations.

NCAA Student Assistance Fund

The Student Assistance Fund (SAF) is intended to provide direct benefits to student-athletes with financial need seen as a priority. As a guiding principle, the fund shall be used to:

- Assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate Athletics.
- Support enrollment in summer school.
- At Idaho, the SAF will be used to partially cover the Student Health Insurance Plan (SHIP) charges for (a) international students or (2) those receiving the Pell grant.
- Half the price of SHIP will automatically be posted to your account if you meet the above criteria. We work in consultation with the financial aid office on these payments. If you think you meet the criteria but haven't been awarded SAF funding, please do not hesitate to contact the Idaho compliance office.

Note: International student-athletes who receive these funds will be taxed as dictated by IRS rules and regulations.

Post-Eligibility Aid Program

Coach makes recommendation for post eligibility athletic aid via the normal scholarship request form after discussion with student-athlete.

Post-eligibility athletic aid will be limited to one semester for those student-athlete that can graduate with one additional semester.

Post-eligibility athletic aid is only available to 4-4 undergraduate transfer students to the University of Idaho after that transfer student-athlete has completed his or her 5-year eligibility clock.

Post-eligibility athletic aid will be limited to two semesters for those student-athletes that can graduate with two additional semesters.

Any request beyond two semesters will be evaluated on a case-by-case basis.

No post eligibility athletic aid will be provided to any student-athlete after completion of requirements for first undergraduate degree. In other words, post eligibility athletic aid will not be awarded for a second undergraduate degree.

Post eligibility athletic aid for graduate degree will be determined on a case-by-case basis.

Post eligibility athletic aid will be awarded based on the following factors:

- Athletic aid budget. Just because a request has been made does not mean post eligibility athletic aid will be approved and/or awarded at previous levels of athletic aid received; gift account funding may be required – discuss with your program administrator;
- Post eligibility athletic aid will be awarded using only FGIA figures consisting of tuition, fees, room, board and books; student-athletes residing outside of the Moscow area will not be eligible to receive room and board stipends as part of their post eligibility athletic aid;
- Efforts will be made to award post eligibility athletic aid similar to the average of the athletic aid awarded during the last two years of eligibility;
- If a student-athlete did not receive an element of athletic aid during the last year of eligibility, student-athlete will not be awarded post eligibility athletic aid in that element;
- Generally speaking, a student-athlete should not receive more post eligibility athletic aid than they received during their last year of eligibility.

Student-athletes receiving post eligibility athletic aid must attend class and meet NCAA eligibility requirements to maintain their athletic aid for the ensuing semester [e.g. pass all enrolled credits, maintain 2.0 GPA (semester and cumulative), maintain full-time enrollment unless student meets full-time enrollment exception, remain in good academic standing, etc.].

Student-athletes receiving post eligibility athletic aid are still considered Idaho student-athletes and must follow all NCAA and Idaho rules and regulations applying to all student-athletes.

Post eligibility athletic aid may be cancelled for not following post eligibility athletic aid requirements as stated above and in your post eligibility athletic aid scholarship agreement principal terms and conditions.

HAZING POLICY

Hazing is defined as but not limited to, any intentional, knowing, or reckless act, occurring on or off the University of Idaho campus, by one person alone or acting with others, directed against a student, that endangers or harms the mental or physical health or safety of a student for the purpose of being initiated into or maintaining membership in any group or athletic team whose members are or include, students at the University of Idaho. Hazing includes but is not limited to:

- Any type of physical brutality, such as whipping, beating, striking, branding, electric shocking, placing of a harmful substance on the body, or similar activity;
- Any type of physical activity, such as sleep deprivation, exposure to the elements, confinement, calisthenics, or other activity that subjects students to an unreasonable risk of harm or that adversely affects the mental or physical health or safety;
- Any activity involving consumption of food, liquid, alcoholic beverage, liquor, drug, or other substance which subjects students to an unreasonable risk or harm, or which adversely affects the mental or physical health;

- Any activity that intimidates or threatens students with ostracism, that subjects students to extreme mental stress, shame, or humiliation, or that adversely affects the mental health or dignity, or discourages students from entering or remaining registered in an educational institution, or that may reasonably be expected to cause students to leave the organization or the institution rather than submit to acts described in this subsection;
- Any activity that induces, causes, or requires students to perform a duty or task which involves a violation of the Penal Code.

The above definition is a departmental definition and does not override, displace or provide protection from Article III of the Student Code of Conduct or Chapter Two, Section 2300 of the Faculty-Staff Handbook.

The University of Idaho Department of Athletics views hazing activities as serious offenses. The Department of Athletics does not condone, support, nor defend any acts of hazing by student- athletes or staff. Nor does the Department of Athletics condone, support, or defend any inaction by student-athletes or staff that allow for hazing activities to occur.

Those student-athletes or staff who participate in or allow hazing activities to occur will be subject to disciplinary action by the Athletic Department and/or the University Judicial Council.

The Department of Athletics mandates staff to implement proactive educational measures to prevent the occurrence of hazing activities.

NAME, IMAGE, LIKENESS (NIL)

Facts to Know

You may disclose any proposed NIL contract or agreement to the INFLCR platform. If your NIL activity is with an University of Idaho booster, you **must** provide the Idaho Compliance department with an NLI Booster/Student-Athlete Attestation form and an INFLCR disclosure.

- Review is solely for the purpose of ensuring compliance with the U of I's NIL policy and the NCAA directives.
- You MAY NOT receive NIL compensation for (1) your athletic performance or achievements (aka pay-for-play) or (2) as a recruiting inducement.
- Proceeds from NIL activities will not affect your eligibility or your athletic scholarship.
- Proceeds from NIL activities may affect your eligibility for federal aid, such as the Pell Grant.
- You may not miss class, tutor sessions, or required team activities to participate in NIL activities.
- U of I facilities can be used for NIL activities, but you must obtain the proper approval from Administrative Operations.
- U of I trademarks, and licensing can be shown during your NIL activities (i.e. wearing the "I Vandals" logo at a public appearance) with prior approval from either LEARFIELD or the Collegiate Licensing Company.
- It is encouraged that you use a professional service provider, such as a tax consultant or financial manager, to help secure and navigate NIL opportunities if necessary.
- You can and should work to create your own NIL opportunities. However, U of I employees can:

- Engage with NIL companies and inform student-athletes of NIL opportunities.
- Provide student-athletes with contact information and recommendations for NIL companies, NIL agents, tax professionals, etc.
- Arrange space for NIL companies and student-athletes to meet and engage in NIL negotiations.
- Promote student-athletes' NIL activities on social media and other platforms provided there's no cost to the University of Idaho.
- Provide photos, intellectual property rights, videos, graphics to student-athletes or third-parties so long as fees are paid for the intellectual property rights.
- Institutional staff members are not permitted to participate in NIL opportunities with student-athletes, including, but not limited to purchasing merchandise or apparel from student-athletes.

NON-DISCRIMINATION

It is the policy of the University of Idaho that no person in the University may be excluded from participation in, be denied the benefits of, or be subjected to discrimination or harassment under any educational or employment program or activity on the basis of race, color, religion, sex (including pregnancy), sexual orientation, gender identity or expression, genetic information, national origin, age, disability, marital status, familial status, or other prohibited classification.

This includes all forms of sexual harassment, sexual violence, domestic violence, dating violence, and stalking. Retaliatory actions against any person who has, in good faith, reported a potential violation, or participated in a subsequent investigation, is also prohibited.

RELATIONSHIP POLICY

There are ethical and legal consequences of personal relationships between Athletic Department staff and student-athletes. Athletic Department staff are educators, here to enhance the student experience. Engaging in an “amorous relationship” creates a conflict of roles for the coach with risks for everyone involved, including the student-athlete, other members of the team and the University.

The power differential makes these relationships inherently unequal:

- “Mutual consent” becomes problematic;
- Regardless of minor/adult status;
- Regardless of the age difference.

The coach or staff member is employed by an institution of Higher learning and consequently is expected first to be an Educator. Participating in a relationship with a student athlete denies that opportunity for both.

SPORT PERFORMANCE – ATHLETIC TRAINING

The purpose of the athletic training room and staff is for the prevention, care, and rehabilitation of athletic injuries. **All student-athletes have equal access to the athletic training room and the services provided therein.**

A professional atmosphere is necessary for smooth and effective operation; therefore, student-athletes will conduct themselves accordingly and abide by the following Rules and Regulations:

- Treatment and rehabilitation protocol will be prescribed by the team physician and/or certified athletic trainer. It is assumed that athletes will adhere to this protocol until told otherwise by a certified athletic trainer or a physician.
- All treatment with electrotherapy modalities will be administered by an athletic trainer.

- Loitering, horseplay, use of profanity, use of tobacco, food, and drinks is NOT permitted in the athletic training room. The athletic training room is not an extension of the locker room or a lounge.
- The athletic training room is a co-educational facility. Appropriate clothing must be worn at all times, preferably team issued gear.
- Post-practice treatments and evaluations will be given **ONLY** AFTER SHOWERING.
- All athletic equipment (football pads, rackets, cleats, spikes, bags, etc.) is to be kept outside the athletic training room. **No shoes are to be on the tables.**
- The athletic training room towels are to remain in the athletic training room.
- Supplies/equipment are to be dispensed/operated by the Athletic Training Staff only.
- Use of cellular phone cameras/videos (i.e. Snapchat, Instagram, Facetime etc.) in athletic training room is prohibited.
- Student-athletes should be in University of Idaho issued apparel while in the athletic training room.
- Telephones in the athletic training room offices are for business only. No student-athlete is allowed to use an office phone unless an athletic training room staff member deems it appropriate.

Injury Illness Reporting

It is the responsibility of the student-athlete to report to a certified athletic trainer when injured or sick. An injury report will be delivered to the coaching staff each morning at a designated time. Athletes must report to the athletic training room or call before that designated time if they believe they will be unable to participate that day.

Failure to do so will result in the athlete explaining to the coaches the reason for their absence. In addition, if a scheduled treatment time or medical service appointment is missed, it will be noted on the injury report.

A student-athlete not participating is still required to attend all meetings and be dressed appropriately for practice (university distributed shorts, sweats, athletic shoes, etc.) unless otherwise instructed by the supervising athletic trainer or coach.

Physical Examinations

All student-athletes must pass a physical examination/ screening each year supervised by the team physician(s) before checking out equipment or participating in any kind of organized activity. A physician exam is required your first, third and sixth term on campus. The physician exam during your second and fourth term may be waived.

Medical Expense Coverage

The athlete's family or personal insurance will be the first policy to respond whenever necessary ("primary"), and it is critical for the student-athlete to arrange for such insurance. (The UI does require all students to have a "primary" personal medical policy in place as a "condition of enrollment").

The University Athletic Department carries an "excess" medical insurance policy, but the student-athlete's own personal medical policy will be "primary." If the student athlete does not have insurance coverage prior to enrolling, the UI Student Health Services offers a policy.

The University's responsibility, following benefits under the University's secondary insurance policy, will be limited only to charges incurred within 104 weeks after the date of injury.

When a covered injury occurs, the University's policy does provide full coverage when no other coverage applies. Only the following types of injuries are covered by the University's policy:

1. Injuries incurred during participation in a scheduled game or contest, or during an official practice session of the team. This may include conditioning/weight training only if supervised and within NCAA guidelines.
2. Injuries incurred during official travel to and from such games or contests and practice sessions.

The athletic department will not assume responsibility for expenses due to illness or injury that do not occur as a direct result of intercollegiate athletic activity; the athletic department has the right to discontinue financial aid if a

student-athlete is unable to continue intercollegiate participation due to medical reasons sustained from illness or injury that did not occur as a direct result of intercollegiate athletic activity.

The athletic department will only pay for optical exams or purchase contact lenses or glasses that are deemed medically necessary. The athletic department will also replace any contacts or glasses that were lost or broken during practice or competition.

The athletic department will not pay for dental exams or necessary work unless such treatment is the result of an injury sustained during practice or competition.

The student-athlete must take a referral form from the athletic training department to all appointments including but not limited to the UI team physician(s), UI appointed specialist, and diagnostic testing facilities. If a referral form is NOT taken, the student-athlete and parent(s)/guardian(s) may be responsible for any bill(s) incurred.

If a student-athlete is injured during practice or competition and requests a physician other than the team physician(s),

the athlete will be responsible for any expenses incurred unless prior approval is given from the Director of Athletic Training Services.

Pre-existing medical conditions are the sole responsibility of the athlete unless a student-athlete has been cleared for participation by a University of Idaho team physician and/or his/her designee.

Athletic Training Staff

Senior Associate Athletic Director for Internal Administration & Wellness
Chris Walsh, MS, ATC, LAT
Cell: 206-856-5261

Director of Athletic Training Services
Carmen Hewlett, MS, ATC, LAT
Office: Cell: 720-285-6375

Assistant Athletic Trainer
Clayton Malinich, MS, ATC, LAT
Cell: 321-720-5049

Assistant Athletic Trainer
Natsumi Kuribayashi, MS, ATC, LAT
Cell:360-471-7683

Assistant Athletic Trainer
Kassi Johnson, MS, ATC, LAT
Cell: 208-386-0188

Vandal Health Clinic
Office: 208-885-6693

Counseling and Mental Health Center
Office: 208-885-6716

STRENGTH AND CONDITIONING

The purpose of the Idaho Athletics Strength and Conditioning program is to provide a safe, positive and challenging environment for every student athlete to train. The goals of the department are:

1. To assist each student-athlete achieve maximal success in his/her sport.
2. To create the foundation of physical development that could prevent injury.
3. To provide a safe, sports-specific training environment.

Sports Conditioning Rules

1. Student-athletes must train during normal operating hours unless accompanied by a coach. Student-athletes are required to train at their assigned time slot unless prior, agreed upon arrangements are made.

2. Gear worn while training is the decision of the team's head coach. Student-athletes must wear proper footwear at all times.
3. Tobacco is not permitted in the weight room.
4. The stereo is controlled by Strength & Conditioning staff.

Student-athletes may not make or receive phone calls from staff phones.

SPORTSMANSHIP AND ETHICAL CONDUCT

As a member of the NCAA, all University of Idaho student-athletes shall act with honesty and sportsmanship at all times. A consequence of unethical conduct is a loss of eligibility to participate and/or to receive an athletic grant-in-aid. Unethical conduct may include, but is not limited to the following:

- Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the university.
- Knowing involvement in arranging for fraudulent academic credit or false transcripts.
- Knowing involvement in offering or providing a prospective or enrolled student-athlete an improper inducement or extra benefit or improper financial aid.
- Knowingly furnishing or knowingly influencing others to furnish the NCAA or the individual's institution false or misleading information concerning an individual's involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation.
- Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (e.g., "runner").

- Knowing involvement in providing a banned substance or impermissible supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal law.
- Failure to provide complete and accurate information to the NCAA or institution's admissions office regarding an individual's academic record (e.g., schools attended, completion of coursework, grades and test scores).
- Fraudulence or misconduct in connection with entrance or placement examinations.
- Engaging in any athletics competition under an assumed name or with intent to otherwise deceive.
- Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or the institution's athletics department regarding an individual's amateur status.
- Knowledge of or use of banned drugs.

The University of Idaho athletic department views good sportsmanship as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities characterized by generosity and genuine concern for others.

The ideals of sportsmanship apply equally to all. Individuals, regardless of their role in U of I competition, are expected to be aware of their influences on the behavior of others and model good sportsmanship.

The prerequisite of good sportsmanship requires one to understand his/her own prejudices that become a factor in behavior. The true value of intercollegiate competition relies upon everyone exhibiting behavior, which is representative of a sound value base.

A person who can take a loss or defeat without complaint or victory without gloating and who treats his/her opponents with fairness, courtesy and respect is a good sport.

TECHNOLOGY SUPPORT POLICIES

Department of Athletics technology is intended for University related business. It is not intended for commercial, profitable, religious, or political use.

Department technology is subject to the following University IT Policies:
<https://www.uidaho.edu/its/policies>

All University of Idaho students receive technology support primarily from the Student Technology Center (TLC128, support@uidaho.edu).

Up-to-date information can be found at:
<https://support.uidaho.edu/TDClient/40/Portal/Home/>

Student Email Account

Entering law students receive access to a NetID, the University of Idaho student technology account maintained by ITS. The NetID is four letters from the last name followed by four numbers. Students can change passwords and access other account services at the ITS Account Management web page, <https://help.uidaho.edu/>. The NetID gives student access to *VandalWeb*, *VandalMail*, *BBLearn* (Blackboard), and many other University services.

Student-Athlete Listserv

Each student-athlete is automatically subscribed to the Idaho Athletics student listserv. The Department uses the listserv to send students notices, announcements, and other information. Students are bound by and responsible for knowing the content of information sent to their Vandal Mail accounts by the administration, faculty, and staff. Therefore, it is good practice to check Vandal Mail at least daily.

Laptops

The Department recommends that all students own laptop computers. Specifications for suggested minimum laptop requirements are posted on the Admitted Students web page. Contact the ITS Help Desk for help with university-related laptop issues or a local computer repair shop for hardware problems.

Wireless Network

Students can connect to Air Vandal Gold, the University's wireless network, throughout campus including the ASUI Kibbie Dome, Vandal Athletic Center, Swim Center, and Memorial Gym. The network is accessed by using the UI NetID username and password.

TITLE IX

The University of Idaho seeks to maintain a safe learning, living, and working environment free from all types of sex -based and gender-based discrimination; as such, sexual misconduct by any member of the U of I community is prohibited. If you or someone you know has experienced sexual misconduct, we are here to help! To learn more about sexual misconduct at U of I, including options and resources available to those who experience misconduct, visit: www.uidaho.edu/titleix

Unless deemed a confidential resource, all University employees who receive a report of sexual misconduct must report the matter to the Title IX Coordinator within 24 hours. Confidential Resources (those who are not required to report a complaint) are listed in the policy. Reports of Sexual Misconduct (sexual harassment, sexual assault, sexual battery, domestic violence, dating violence and stalking) or Sex- or Gender- Based Discrimination will be addressed in accordance with the University's applicable policies.

How to Report

You may report sexual misconduct to the university, law enforcement, or both.

www.uidaho.edu/report, 208-885-4285, titleix@uidaho.edu

Moscow Police Department, 208-882-COPS (2677)

Confidential Resources

- University of Idaho Athletic Training Staff
- Counseling & Testing Center
- Vandal Health Clinic
- Gritman Medical Center
- Alternatives to Violence of Palouse
- Women's Center

Below are a few highlighted definitions, which you can read more about in the Faculty Staff Handbook, Section 6100.

Complainant means an individual who is alleged to be the victim of conduct that could constitute sexual harassment.

Respondent means an individual who has been reported to be the perpetrator of conduct that could constitute sexual harassment.

Consent is knowing, voluntary, and clear permission by word or action to engage in sexual activity. Consent can be withdrawn at any time.

Supportive measures mean non-disciplinary, non-punitive individualized services offered as appropriate, as reasonably available, and without fee or charge to the complainant or the respondent before or after the filing of a formal complaint or where no formal complaint has been filed.

Sexual harassment means conduct on the basis of sex that satisfies one or more of the following:

1. A University employee conditioning the provision of an aid, benefit, or service of the University on an individual's participation in unwelcome sexual conduct;
2. Unwelcome conduct determined by a reasonable person to be so severe, pervasive, and objectively offensive that it effectively denies a person equal access to the University's education program or activity;
3. Or, sexual assault, dating violence, domestic violence, or stalking.

Dating violence is violence on the basis of sex committed by a person who is in or has been in a social relationship of a romantic or intimate nature with the complainant.

Domestic violence is violence committed by a current or former spouse or intimate partner of the complainant; by a person with whom the complainant shares a child in common; by a person who is cohabitating with, or has cohabitated with, the complainant as a spouse or intimate partner [etc.]...

Sexual assault means any sexual act directed against another person, without the consent of the victim, including instances where the victim is incapable of giving consent including instances where the victim is incapable of giving consent because of his or her age or because of his or her temporary or permanent mental or physical incapacity. This includes rape, sodomy, sexual assault with an object, fondling, incest, and statutory rape.

Stalking means engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for the person's safety or the safety of others or suffer substantial emotional distress.

UNIVERSITY RESOURCES

There are several other policies applicable to all University of Idaho Students, including the following:

Office of the President

<https://www.uidaho.edu/president>

Office of the Provost & Executive Vice President

<https://www.uidaho.edu/provost>

Office of Civil Rights & Investigations

<https://www.uidaho.edu/ocri>

Dean of Students

<https://www.uidaho.edu/student-affairs/dean-of-students>

Office of Equity and Diversity

<https://www.uidaho.edu/diversity/edu>

Office of Multicultural Affairs <https://www.uidaho.edu/diversity/edu/oma>

University Advising Services

<https://www.uidaho.edu/current-students/academic-support/academic-advising>

Public Safety and Security <https://www.uidaho.edu/infrastructure/pss>

Jeanne Clery Act <https://www.uidaho.edu/infrastructure/pss/jeanne-clery-act>

Ombuds Office

<https://www.uidaho.edu/governance/faculty-staff/ombuds>

