



STUDENT - ATHLETE HANDBOOK 2022-23

Welcome to Nipissing University and congratulations on becoming a member of the 2022-23 Lakers.

Our mission is that we enrich a culture that provides every opportunity to further develop all Lakers both through athletic competition and academics to achieve excellence in life.

Our vision is striving in the pursuit of excellence in academics and athletic competition.

Our core values are the basic elements of how we go about our work. They are the practices we strive for every day in everything we do. They are who we are and what we stand for. These are the core values that we as Lakers will abide by are: **PASSION** which is the energy, commitment and enthusiasm that inspires us to strive for the pursuit of excellence in sport. We treat ourselves and others with dignity, kindness and **RESPECT**. We demonstrate **INTEGRITY** through fair play, honesty, courage and compassion. We strive for year round **DEDICATION** towards ourselves, our teammates, our sport and our University. We are committed to **EXCELLENCE** in athletic, academic, personal, and community. **We are all proud to be Lakers!**

As a Nipissing University Laker you have the responsibility to continue to build on our established tradition, whether it's in the classroom or on your respective playing field. Your peers and instructors will be paying closer attention to how you carry yourself as compared to others. Inappropriate behavior may be magnified, whether this is fair or not, so keep this in mind. With the privileges of being a member of an Athletic team comes many expectations.

This handbook is an important tool for each of you in understanding those expectations for a variety of topics including code(s) of ethics, guidelines for behavior, eligibility information and responsibilities as a student-athlete. Your coaches and the Athletics department are here to support you in any manner you need, all you need to do is ask for help.

We ask that you take some time to read through this document to ensure that you are familiar with policies and procedure that will assist you in the 202-23 season.

Please visit our website, www.nulakers.ca for more student athlete information under the inside athletics tab.

Should you ever have any questions please know that our doors are always open. Have a great season!!

Vito Castiglione
Director of Athletics

Interuniversity Sport Structure



Nipissing University has two levels of Interuniversity Sports. Nipissing participates in U Sports as well as Ontario University Athletics (OUA).

U Sports

Basketball – Men & Women
Cross Country – Men & Women
Ice Hockey – Men & Women
Soccer – Men & Women
Volleyball – Men & Women

OUA Sports

Nordic Skiing – Men & Women
Rowing – Men & Women

Varsity Club

Men's Lacrosse - CUFLA

Please take time to familiarize yourself with our four governing bodies...

PRINCIPLES OF THE OUA

<http://www.oua.ca>

PRINCIPLES OF U Sports

<http://www.usports.ca>

Eligibility

General Rules

U Sports coaches and student-athletes must abide and be aware of the U Sports policies and procedures on eligibility.

OUA coaches and student-athletes must abide and be aware of the OUA policies and procedures on eligibility. Refer to OUA website, www.oua.ca.

In order to compete in OUA/U Sports competition, each student-athlete must comply with the following rules:

Be a full-time student and/or registered in 3 full courses, 6 half courses or 18 semester hours. A student-athlete must be enrolled in a minimum of 3 courses (9 credit hours or equivalent) in the same term in which they are competing. Masters and PHD students must be enrolled in full time studies and have paid full time tuition fees.

A continuing student-athlete must be in good standing academically.

Each continuing student-athlete must have successfully completed 3 full courses (or equivalent) in the previous academic year (Sept. 1 to Aug 31) in order to be eligible for competition during



the following season. Athletes may take summer courses in order to qualify, as long as the summer courses are fully recognized by Nipissing University.

An athlete who, for the first time, enrolls full-time for academic study in January of any year must successfully complete 3 half courses or 9 semester hours prior to September 1st in order to be eligible to compete in the following year.

Academic records will be checked weekly on a regular basis. An athlete will not be permitted to compete if he/she reduces his or her course load below the eligibility requirement.

Years of Eligibility

U Sports – Basketball, Cross Country, Ice Hockey, Soccer and Volleyball – are limited to 5 years of eligibility. OUA Sports have no limitation to the number of years of eligibility.

U Sports Participation as a Professional

A professional is any student who at any time played in a professional and or semi-professional league recognized by U Sports.

Students must be a non-professional in order to be eligible to compete during the following season.

A former professional athlete is ineligible to participate in U Sports sport that he/she is considered professional until he/she has been a student in full attendance for one year at an educational institution.

All U Sports student-athletes will be charged with one year of eligibility for each year in which he/she participated in a U Sports recognized sport as a professional.

U Sports Student-athletes

A U Sports student-athlete who transfers to another academic institution must sit out one calendar year of competition prior to competing in interuniversity athletics.

A U Sports student-athlete who has completed a degree at a U Sports institution may transfer to another U Sports institution for the purpose of entering a graduate degree program and will not be required to sit out for a year. Graduate programs are Master's Degree and PHD programs and do not include medical school, faculties of education, dentistry, physiotherapy, etc.

Forms (on-line or paper copy)

Online Registration Form All student athletes are required to complete an online registration form in which you will acknowledge that the information provided is accurate and that you understand, fully agree with and accept, the responsibilities and conditions as outlined here (Nipissing Lakers Student Athlete Handbook) that comes with my participation as a varsity athlete.

ACADEMIC ADVISING



Undergraduate students who wish to plan their programs or who need advice on any academic matter should consult an Academic Advisor.

This may include, but is not limited to:

- planning for degree programs,
- choosing courses,
- clarifying academic procedures or regulations,
- determining academic standing,
- experiencing academic difficulty,
- utilizing college advanced standing or university transfer credits,
- requesting course overload,
- obtaining a letter of permission to take courses from another university (on-campus or through distance education),
- planning around extended medical absences,
- planning program/courses for an international exchange,
- planning for a second degree,
- waiving of program requirements/academic regulations through academic appeal/petition.

To connect with an Advisor please follow this link below

[Connect with an Advisor | Nipissing University](#)

<http://www.nipissingu.ca/departments/academic-advising/Pages/default.aspx>

The link above is to the Academic Advising website.

ACADEMICS AND ATHLETICS

Nipissing Athletics is committed to the concept of the student-athlete. Student-athletes must fulfil the normal requirements of their academic program as well as by the regulations of USports and OUA (see eligibility rules). It is acknowledged that athletes must devote a great deal of time to their sport in order to excel. However, you must recognize that your priority is your academic program.

If academics will be affected due to a scheduled varsity event: Student-athletes need to... Personally communicate to their professor well in advance regarding the time and day that there is a conflict.



Respectfully approach professors if there are any conflicts with academic classes and athletic events. It is your responsibility to clearly communicate in advance. You will provide each of your faculty advisors with a package that includes:

A cover letter explaining that they have made a varsity team (located on www.nulakers.ca website)

A schedule hi-lighting all games and where conflicts arise

Get all important assignments, handouts and announcements from professors well in advance.

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

Communication is Key! When asked, the most common reason given by athletes who have done well in both, is that their time was managed well, and they had a strong open line of communication with their faculty advisor. Ultimately, the responsibility for academic success lies with the individual student-athlete.

A student-athlete becomes immediately ineligible for any competition when dropping the minimum requirement of courses to be a full-time student - at any time during the academic year. A student-athlete must be enrolled in a minimum of three (3) courses (minimum 9 credit hours or equivalent) in the term in which they are competing within U Sports, unless there are circumstances within their academic program which would warrant an exception to this ruling and in which the university continues to declare this individual a full-time student in that term (such as graduate students as per 40.10.3.5, exchange students as per 40.10.3.3.8, registered special needs students as per 40.10.3.2.2, and co-op students as per 40.10.3.2.3).

The Department of Athletics does weekly updates on each individual student-athlete. Players should notify the Head Coach and Athletic Director anytime they are dropping or considering dropping a course. Why? Should a student-athlete drop a course which places him/her below the minimum, a course must be added at the same time to retain your full-time eligibility status. Should a student-athlete participate in any contest while ineligible, the department will be required to report that it has used ineligible athletes, and the league will apply the appropriate penalties (i.e., forfeit, loss of points gained, fines etc.).

Nipissing's Lakers Team Member - Student-Athlete Code of Conduct

Student-Athlete Guidelines for Behaviour

Membership on an athletic team at Nipissing University is considered a privilege and should not be taken lightly. Student-Athletes, as representatives of the University are amongst the most visible students on campus and in our community. Participation on an athletic team creates the unique opportunity to be a role model, peer supporter, mentor and spokesperson; it also brings



responsibilities. The social interaction and personal deportment of Student-Athletes, both on-and off-campus, can be subject to scrutiny and public knowledge.

A Nipissing Student-Athlete is expected to be a positive role model and ambassador of the University, the Athletics Department and their team, demonstrating the pursuit of ethical sport, fair play, honesty, integrity and respect for others at all times. In addition, s/he is expected to abide by all University policies, Athletic Department policies, team rules and the policies and procedures of Ontario University Athletics (OUA), U Sports and/or other sport-governing bodies. It is the expectation that Nipissing Student-Athletes will be responsible citizens, achieving academically and performing athletically.

The students referred to above include:

Nipissing University students who are athletes that train for and compete for Nipissing University in OUA, U Sports and/or other sports governing bodies (“Student-Athletes”);

Nipissing University students who assist the student-athletes with injury prevention, injury assessment and rehabilitation, otherwise known as “student trainers”;

Nipissing University students who undertake the general administration duties of a Nipissing University sponsored team and who are considered student assistants of that particular team; Herein collectively referred to as “Lakers Team Member (s)”.

In addition to those rules and responsibilities outlined in the Nipissing Students Rights and Responsibilities, Student-Athletes are expected to:

- Pursue academic success while a Lakers Team member, being a responsible member of each class, which includes attending, being prepared, completing requirements and participating at the level expected of all Nipissing students.
- Fulfill all department and team commitments throughout the year, including all eligibility and education requirements as well as all activities as required by their respective sport. To notify the appropriate department rep and their coach regarding any conflict or problem which might reasonably interfere with the fulfillment of these commitments.
- Always exhibit conduct which compliments and enhances the University and team’s reputation, reflecting the highest standards of honour and dignity that should characterize participation in competitive University sport. Not engaging, or being tolerant of, any violent acts (ie. verbal abuse, physical or sexual violence, etc)
- Not engage in and/or always separate themselves from any conduct that might be considered unsporting, or that might bring their own reputation, the reputation of the team, the Athletics Department, University or their sport into disrepute.
- Refrain from engaging in online behavior (i.e. social media) or other communication technology in any public medium that reflects negatively on the reputation of their team, coaches, teammates, staff, opponents, Lakers program, the Athletics Department and/or the University.
- Treat everyone with dignity and respect. Contribute to a positive campus athletic and team culture that embraces the values of diversity, equity and inclusion. Not engage in any behavior that is known, or ought to be reasonably known, to be harassing, hostile, intimidating and or discriminatory.



- Conduct all team welcoming and/or social activities in a manner that respects the individual's rights, integrity, dignity, safety and well-being, including the right to participate voluntarily without any pressure. Activities that have forced participation, are demeaning, humiliating or disrespectful, are unacceptable.
- Avoid any negative interaction or conflict with members of the opposing team (including fans, spectators or supporters), except as they occur in the actual course of competition, and which constitute a reasonable expression of the competitive spirit of the team or team members.
- Abide by the rules and regulations of their sport as set out by the OUA, USports and/or the respective sport-governing body.

Uphold the Principles of Drug Free Sport

- Avoid the use of any performance-enhancing drugs (i.e. anabolic steroids), and/or techniques (blood doping), as outlined by the Centre for Ethics in Sport (www.cces.ca). Athletes who engage in or observe the use of such substance or techniques by another Student-Athlete are required to report the conduct to one of the Athletic Therapists.

- Accept responsibility to ensure that any medication taken is not a prohibited substance.

Information to assist is available from:

- World Anti-Doping Agency (WADA) - see "What is Prohibited" www.wada-ama.org
- Centre of Ethics in Sports (CCES) - see "Anti-Doping" <https://cces.ca/>
- Refrain from the consumption or possession of any narcotic, controlled or prohibited substance (unless permitted by a licensed medical professional and used for the purpose prescribed and appropriately registered under a Therapeutic Use Exemption (TUE) and/or "recreational drug (cocaine, hashish) including the illegal and/ or excessive consumption of alcohol, which may negatively affect athletic performance.
- Under no circumstances shall a Nipissing Student-Athlete possess any narcotic, controlled or prohibited substances while participating on a sanctioned team activity and/or while representing the University. In addition, student athletes shall not provide alcohol or other such recreational substances to any person under the age of 19 and/or who has not given their expressed consent.

Student-Athlete Discipline Policy

Nipissing Athletics is committed to providing a sports environment that is characterized by the values of fairness, integrity, open communication, healthy competition and mutual respect.

Participation in a varsity team or varsity club at Nipissing University is a privilege and requires that students abide by university policies and procedures.

Participation on a varsity team or club creates a unique opportunity to be a role model, peer supporter, mentor, and spokesperson. However, members of a varsity team or club, as some of the most visible students on campus and in our community, may be subject to greater public interest and scrutiny. Student-athletes acknowledge that their social interaction and personal conduct,



both on- and off-campus, will be viewed as a reflection of Nipissing students' commitment to good citizenship generally.

Therefore, student-athletes, as representatives of the University, shall conduct themselves in a manner that recognizes this enhanced profile.

Given the nature and timeline that result from participation in athletic activities and schedules related to competition, Nipissing Athletics requires the ability to deal with non-academic disciplinary matters in an expedient and transparent manner, while respecting the principles of fairness and natural justice.

In recognition of the short timelines between sporting events and competitions, all efforts will be made to manage the disciplinary investigation and hearing process in a timeframe that ensures due process, while being cognizant of the time constraints related to participation and competition schedules.

Regarding matters of discipline within Athletics programs, consideration must be given to the differing sport environments, rules of play, governing regulations, and cultures.

For example, there are significant variations in sport rules and regulations regarding conduct and imposable penalties; e.g., a red card in soccer is judged differently than an unsportsmanlike technical foul in basketball.

Nipissing University recognizes that all members of the University community have the right to be free from harassment and discrimination. A complaint of harassment or discrimination may be brought under the Nipissing University Code of Student Rights and Responsibilities or the Nipissing University Harassment/Discrimination Policy and Procedures

Any student-athlete or team who does not follow the Lakers team member Guidelines for Behavior is subject to the Discipline Policy.

Conduct

Nipissing University students are required to conduct themselves in a manner that does not infringe on the rights of other members of the University community. Student-athlete behavior must also conform to Athletics department policies, team rules, and policies and procedures of Ontario University Athletics (OUA), U Sports and/or any other applicable sport-governing body. Issues related to the Student Rights and Responsibilities Policy, the University's Harassment and Discrimination Policy and Procedures, or other disciplinary processes will be referred to other disciplinary tribunals.

OUA Code of Ethics

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

Hazing, Initiation and Rookie Parties



Hazing is NOT permitted by the Athletics Department. No team/individual is permitted to plan, engage in, or condone hazing on or off the University campus.

This is not intended to prohibit team welcoming activities and/or broader team bonding initiatives that are positive and educational in nature and/or designed to instill a group culture or unity. Its intent is to deter those behaviors that cause or are likely to cause danger, harm or humiliation to another student.

Hazing includes any activity done in connection with a team that causes or is reasonable likely to cause another student to suffer bodily danger, physical harm, or significant personal degradation or humiliation, even if no bodily danger, physical harm, or significant degradation or humiliation in fact results. Hazing might occur during initiation or pre-initiation into a team but is not limited to these time frames. Any individual who plans or intentionally assists in hazing activity has engaged in hazing, regardless of whether that individual is present when the hazing occurs.

Nipissing Athletics expects its student-athletes to conduct themselves in socially responsible and respectful ways. The matter of hazing and/or inappropriate team welcoming activities will be dealt with seriously and in accordance with the Athletics Department Discipline Policy. Consent, implied or expressed, is not a defense to any complaint or charge alleging a hazing violation. Participation in hazing, either as an individual and/or team, may result in serious individual and/or team consequences that could significantly impact team performance.

Nipissing Athletics Position on Alcohol Consumption and Abuse

The unlawful possession, use or distribution of alcohol is prohibited within the Athletics programs and facilities. Nipissing Athletics facilities include all premises where the activities of the Department are conducted. Student-athletes who unlawfully distribute, possess or use alcohol within the Athletics programs and/or facilities will be subject to discipline proceedings and the application of sanctions. It is strictly prohibited to have minors consume alcohol in team socials or to have alcohol on team travel excursions. Violations may also be referred to the appropriate authorities for prosecution.

REAL TALK

What is REAL TALK:

REAL TALK is an initiative developed by Nipissing University's Student Counselling Services in partnership with Lakers athletics. To better integrate mental health and wellness initiatives into the lives of athletes by creating relationships between athletes and mental health support professionals. Find out more at www.nipissingu.ca/realtalk

How to get involved:

Get to know us! We would love to get to know each athlete. What drives you? What inspires you? What stresses you out?

Participate in mental wellness events – throughout the year REAL TALK will host events and activities. Your coach or team point person will let you know when they are happening. We hope to see you there!



What if I need help? Life can be difficult and has many ups and downs. Sometimes you may need extra support. It is okay to get help.

Nipissing University provides free & confidential Counselling Services. Your coach and teammates will not know if you come for services. To get support simply walk in to B210 to request an appointment or fill out our online form at www.nipissingu.ca/counselling
If you are not sure what you need or where to go – reach out to your team’s Point Person or stop in and talk with us!

General Travel Policies

Team members and coaches should demonstrate behaviour that reflects positively on themselves and the University. Inappropriate conduct and behaviour that reflects poorly on a Nipissing University team’s program and the University will not be accepted.

Team travel is for team members, coaches, managers/trainers, therapists, team physician, publicity staff, University staff and appropriate athletic department personnel only. Anyone not part of the teams travelling unit may not travel in vehicles intended for team travel.

Alcohol is strictly prohibited on any vehicle used by NU sports teams.

Under no circumstances are teams permitted to stop to purchase alcohol and/or to consume alcohol while in transit. Violation of this policy will be dealt with in a very firm manner and will be subject to discipline proceedings and the application of sanctions.

No person shall operate motor vehicles while under the influence of alcohol or non-prescription drugs.

Seat belts are mandatory and to be worn at all times.

All charges for scheduled travel and accommodation are paid for by the Athletics Department apart from personal expenses, e.g., telephone calls, video rentals. Also, any incidental charges to your rooms will be paid by the athlete before checking out of the hotel.

Any damage incurred by a varsity athlete will be the financial responsibility of that student-athlete and may be subject to discipline proceedings and the application of sanctions.

When teams are involved in events where overnight accommodation is required, a curfew shall be set by the coaching staff. This curfew shall be strictly enforced. Failure to abide by the set curfew or misconduct while representing the University will not be tolerated. All student-athletes are required to stay overnight with the team at the hotel.

Nipissing is committed to providing safe transportation for all teams to and from competitions. All student-athletes and coaches, due to strict liability regulations, **MUST** travel on the team bus/van. Those individuals on the bus/van **MUST** return on the bus/van as a team. Any other



arrangements **MUST** be made through the Athletic Department with written approval from the Head Coach and the Director of Athletics. These forms are available at the Athletic Department office to complete and sign. Please submit the form signed by the Head Coach and athlete to the Director of Athletics at least 24 hours in advance of the trip departure time.

The Athletics Department will make every attempt to ensure that the team travel in safe, comfortable vehicles, and under the safest circumstances possible. Decisions about the mode of transportation will be governed by the size of the team, distance to travel, weather conditions, budget and nature of competition.

In situations where poor weather occurs (i.e., snowstorms) the coach is authorized to plan to stop travel and remain in a hotel until conditions are safe enough to travel.

Any student-athlete who causes damage to any facility or method of transportation shall be solely responsible for paying the full amount of these damages. If the individual responsible cannot be ascertained, the entire team shall be responsible for those damages. Such actions shall be reviewed by the Department and will be subject to discipline proceedings and the application of sanctions.

Student-athletes who have been named to a varsity team are identified as Lakers athletes by members of the University and North Bay community both on and off the field/court in and out of season. The positive and negative actions of all athletes will reflect not only on themselves but on their teammates and the athletics department as well. Recognizing the value of personal appearance and professionalism, student-athletes may be required to conform to a specific standard set forth by his or her coach or by the Athletic Department (i.e. specific travel dress code)

Media Relations

As student-athletes within the Nipissing University Department of Athletics, you represent yourself, your family, your team, and the university. As a Lakers student-athlete, you and your team will be covered by local and national media during the athletic season and when speaking to members of the media, student-athletes should remember to be polite, courteous and confident. Interviews should be viewed as part of the educational experience offered at Nipissing, helping you develop communication skills that can assist you not only in the classroom but in future professional and business careers.

Following the conclusion of the games, coaches and athletes are expected to make themselves available for interviews within a reasonable period.

Social Media

Social media has become an integral aspect of the social experience for today's student-athletes but as sites such as Facebook, Instagram and Twitter continue to grow in popularity and use, the Nipissing University Department of Athletics ask you to be conscious of the content you may post on these sites and keep it appropriate as you are an ambassador of Nipissing University.



Third parties, including media, faculty, future employers, and opponents often peruse these sites in the hopes of finding inappropriate material posted by student-athletes to exploit the individual, team, and university.

Understand that you, the student-athlete, are responsible for the content that is posted on your pages, including original content and friend's comments, and we ask that you exercise common sense when deciding to post information and pictures on these sites.

Any online postings must therefore be consistent with provincial laws, team, Department, University and OUA/ U Sports rules and policies (including the Guidelines listed below)

Guidelines

If you participate on a social networking site, you must keep in mind the following:

Protect and enhance the value of the Lakers brand; avoid making derogatory comments about athletics, students, faculty or employees and protect confidential information.

Be aware that readers and followers on social media sites include media, current and future student-athletes, students, faculty, administrators, alumni, parents, coaches and community members as well as current/past/future employers. It is essential that student-athletes always portray Lakers athletics in a positive manner.

Think before you post and anticipate how all the third parties that will see that post may react to it.

Everything you post is public information- any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, video, comments and posters) may be accessible even after you remove it.

Similar to comments made in person, the Department of Athletics will not tolerate disrespectful comments and behavior online, such as: Derogatory or defamatory language; comments that create a danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person; comments or photos that describe or depict unlawful acts, assaults, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating University policies.

Use caution when adding someone or inviting someone to be a friend. Many individuals are looking to take advantage of student-athletes, to get close to student-athletes to give themselves a sense of membership, or to gain information about you, your teammates, or your team for the purpose of sports gambling or negative publicity.



Monitoring and Consequences

The Department of Athletics reserves the right to have staff members review and/or monitor student-athletes social networking sites and postings.

Any violation of these policies and guidelines or evidence of such violation in your online content is subject to investigation and sanction by the Department of Athletics, the University, and the OUA/U Sports and/or law enforcement agencies. The Department of Athletics reserves the right to determine appropriate sanctions for any violation of this policy.

Nipissing Lakers Concussion Policies and Procedures

Removal from Sport Protocol

Any athlete suspected of, or who demonstrates signs or symptoms of a concussion will be removed from play.

The athlete will not return to play the same day.

The athlete will not return to play without being cleared by Athletic Therapy and/or supporting physician.

All concussion return activities will be supervised by the Athletic Therapy Clinic Staff.

Once you are symptom free for 24 hours you can progress through the Return to School and the Return to Sport Protocols simultaneously.

Concussion Return to School Protocol

Step 1 – An initial brief period of rest lasting 1-2 days should be taken. Early introduction of light cognitive and physical activity can be started if these activities do not exacerbate symptoms.

Activities of daily living, e.g., light walking, house/school stairs, cooking, light cleaning.

At this point you may be removed from academic classes, practices, and games unless you have been given different instructions from Lakers Athletic Therapists.

If you are removed from academics, you will be encouraged to book an appointment with Student Accessibility Services to help with communication to your instructors by completing the Self-Identification form. If you would like your medical documentation kept on file with SAS, complete the Bidirectional Consent Forms with Athletic Therapy staff in the clinic.

You will be expected to make up any course content missed during your absence including the completion of any tests and exams, unless an alternative arrangement has been made between you, your SAS consultant and your instructor.

Step 2 – Light cognitive activities. As your symptoms decrease you should try to read or work on a computer, starting at increments of 5-10 minutes. If you can do these activities for 30 minutes and be symptom free, you may move onto step 3.

Step 3 – Start school work at home. Begin school related activities (working on assignments/reading) for 30-minute intervals. Once you can complete 30 minutes symptom free, you may move onto step 4.

If you require additional academic accommodations, reconnect with SAS to schedule an appointment. Please note that additional documentation may be required.

Step 4 – Participate in academic classes. Reduced or full academic course load.

Although the student may be cleared to participate in academic courses, it will likely take longer for them to be cleared to attend practical/placement courses. Return to practical/placement courses will be considered in consultation with Dr. Rotondo, Lakers Athletic Therapists, SAS,



and the corresponding Faculty (ex. Physical & Health Education Placement Officer, Clinical Placement Officer, etc.) on a case-by-case basis pending the student's symptoms and the demands of the practical/placement course.



Concussion Return to Sport Protocol

An initial brief period of rest lasting 1-2 days should be taken. Early introduction of light cognitive and physical activity can be started if these activities do not exacerbate symptoms. Activities of daily living, e.g., light walking, cooking, light cleaning. Once the athlete has been symptom free for 24 hours* they can begin the exertion protocol. Please note that depending on the athlete, and their concussion history, a longer symptom free period may be recommended by Athletic Therapy Clinic staff or a physician.

24 hours of consecutive symptom free time must occur between each stage. If symptoms return, the athlete will be required to repeat the previous stage once they are symptom free for an additional 24 hours.

Stage 1 - Light aerobic exercise on stationary bike - 20 minutes

5 min at 55-65% of determined heart rate maximum (HRMax)

10 min at 70% of determined HRMax

5 min at 50-60% of determined HRMax

Stage 2 - Medium aerobic exercise on stationary bike – approx. 30 minutes

5 min at 55-65% of determined HRMax

5 x 30 second sprints at 85% of determined HRMax, with recovery at 60% of HRMax before your next sprint.

10 min at 60% of determined HRMax

Stage 3 - Sport specific activity and light resistance training - 40 minutes

See Lakers Athletic Therapists for your Sport Specific training workout.

Stage 4 - Non-contact practice. An athlete is allowed back into sport with NO contact of any sort. This includes any drills that have the potential for contact. Athletes may continue to progress resistance training.

e.g., Passing, shooting, ball/puck handling, conditioning drills

To progress onto Stage 5, the athlete must attend full classes without any ongoing concussion accommodations and be cleared by Dr. Rotondo to be able to participate in Contact Activity.

Stage 5 - Contact practice. Athlete is allowed to complete a full practice. Athletes are allowed to complete regular resistance training.

Stage 6 - Return to full play with monitoring.

Please note: the athlete is not completely cleared until they have completed a full game with no return of signs or symptoms.

All concussion return activities will be supervised by the Athletic Therapy Clinic Staff.

Once you are symptom free for 24 hours you can progress through the Return to School and the Return to Sport Protocols simultaneously.

DRUG EDUCATION AND DOPING CONTROL PROGRAM

Nipissing and U Sports Anti-Doping Policy



Nipissing Athletics is committed to a drug-free sport environment. U Sports and Nipissing Athletics is unequivocally opposed to any use by student-athletes of a banned substance or performance-enhancing drugs or practices in contravention of the rules of the national and/or international sport federations, and the International Olympic Committee (IOC) and FISU. U Sports is equally opposed to any encouragement of the use of such substances and methods by individuals in position of leadership in amateur sport (i.e. coaches, medical practitioners, sport scientists, administrators, team managers, etc.) or by the student-athletes themselves. Any student-athlete who has been proven through appropriate and due process to be in contravention of the rules of U Sports and/or the respective National and/or International Federation will be suspended from all U Sports competition, including conference and non-conference play as per U Sports policy.

What is the U SPORTS Doping Control Program?

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

Who’s eligible for testing and when can I be tested?

- Every U SPORTS student-athlete is eligible for testing, both in and out of competition, throughout the year.

What’s permitted and what’s prohibited?

- The World Anti-Doping Agency (WADA) Prohibited List is applied in Canada by the CADP.
- The Global Drug Reference Online (DRO), at www.globaldro.com, provides athletes and their support personnel with information about which prescription and non-prescription medications are prohibited or not by WADA.
- You can also contact the CCES at 1-800-672-7775, or by e-mail at substances@cces.ca

Are prescribed medications permitted?

- Many medications are prohibited, regardless of a prescription from a physician.
- Athletes must verify the status of any medication before it is consumed or used.
- If you are required to take a medication that is considered prohibited by WADA to treat an illness or condition, please consult your Athletic Department.

Are herbal products and nutritional supplements prohibited?

- The CCES believes that the use of supplements poses an unacceptable risk for athletes and their careers. As such, the CCES recommends that athletes do not use supplements. Athletes are responsible for any prohibited substance found in their sample; this is known as strict liability. Serious sanctions may be imposed on athletes who test positive for a prohibited substance regardless of its source (e.g., supplement use).
- The CCES has taken this position because there is little government regulation of the supplement industry. As a result, supplements may be inadvertently contaminated with prohibited substances, intentionally contain prohibited substances, or be mislabeled.



- The CCES is advising athletes who choose to use supplements to support the nutritional demands of training and travelling to take maximum precautions to minimize the associated risks, and to keep a record of the steps that were taken.

Recommended precautions include:

- Make a direct inquiry to the manufacturer. Get a written guarantee that the product is free of any substances on the current WADA Prohibited List.
- Ask if the manufacturer makes any products that contain prohibited substances at the plant where the supplement is produced.
- Ask if the manufacturer is prepared to stand behind their product. If not, don't use the product.
- Select a product that has NSF Certified for Sport™ approval. To minimize the risk of inadvertent doping, this program helps athletes identify products that have been tested and certified. Go to: www.nsf-sport.com

For More Information: contact CCES at 1-800-672-7775 or www.cces.ca or info@cces.ca

True Sport E-Learning Course

The Canadian Centre for Ethics in Sport (CCES) is pleased to invite you to complete the e-learning course True Sport Clean.

If you have taken the CCES online course previously:

Please use the login information you previously created.

Can't remember your username? Try your email address.

Use the "Forgot Password?" function to retrieve your password if you have forgotten it.

[Contact the CCES](#) if you have forgotten your login information.

Do not use the enrollment key below to create a new account.

Please use this link to Login: <http://education.cces.ca>

If you are taking the CCES online course for the first time:

Please follow this link:

Link <http://education.cces.ca/#/signup>

Enter the Enrollment Key and Password that you received via email from your head coach and/or athletic therapist.

1. You will be prompted to enter your name and your email address. Your email address will become your username.
2. Enter a password that you will remember.
3. Log in with your new username and password.
4. Go to "My Courses."
5. You must complete the "Profile" module before you can start the course.



6. Return to "My Courses" to begin the course.

If you return later to start training or to continue a partially completed course, you must log in with your unique username and password. If you use the enrollment key again you will be creating a duplicate account and will have to start your training from the beginning. You'd prefer the e-learning portal to display in the other official language? Locate the "Language" function in the bottom left-hand corner of the e-learning portal.

If you have trouble logging in, please contact the CCES for assistance at 1-613-521-3340 ext 3236 or 1-800-672-7775 or via email at education@cces.ca

FINANCIAL AID

<http://www.nipissingu.ca/departments/student-financial-services/Pages/default.aspx>

Financial Aid Services works closely with students to assist them in meeting their financial obligations. A significant portion of assistance comes from various government programs, including OSAP, Ontario Special Bursaries, and Ontario Bursaries for Students with Disabilities. Our financial aid counselors are trained to be knowledgeable about a variety of public and private loan programs. We attempt to assist students to plan their academic year through budget counseling and access to other forms of financial aid.

UNIFORMS AND EQUIPMENT

The University supplies all equipment deemed necessary for varsity competition. Student-athletes are responsible for supplying personal protective and playing equipment and practice apparel. Team members are individually allocated and assigned appropriate game uniforms, which in turn, become the responsibility of the student-athlete while it is in their possession. Once a player is allocated a uniform NUMBER, changes of individual articles or numbers (ie. jersey, shorts, etc.) is NOT PERMITTED. If a player has a problem with their uniform or assigned apparel, he/she should notify the Director of Athletics.

Each varsity athlete will be responsible to pay a varsity fee that will go towards his/her apparel/banquet.

When the respective season is over, it is the student-athlete's responsibility to return his/her uniform in the same condition they received it. Failure to do so will result in an alert placed against the athlete's record. This alert will result in transcripts being withheld, scholarships or



bursaries withheld and possibly other campus privileges. Uniforms are the property of the University. Any replacement cost for lost, damaged or stolen uniforms shall be the responsibility of the student-athlete.

ATHLETIC BANQUET

The Annual Nipissing Athletic Banquet is a memorable event presented each March/April by the Athletic Department. The outstanding achievements of our student athletes are recognized through a program of awards celebrated annually.

Varsity awards presented each year for each team are as follows:

MVP: Awarded for outstanding performance in a sport.

Rookie: Awarded to a first-year athlete who consistently demonstrated outstanding growth and accomplishments in their initial season as a Laker Athlete.

Lakers PRIDE Award: Awarded to the Laker female and male athlete who best exemplifies our core values; passion, respect, integrity, dedication and excellence

Academics are also factored into the varsity awards.

Rookie of the year

Lakers PRIDE Award

MVP

Male and Female Athlete of the year

Male and Female Rookie Athlete of the year

Individual Sport Awards

There are also various awards each year presented on behalf of the OUA and U Sports. These awards will be presented at the banquet to recognize the contribution of our athletes to Intercollegiate Athletics in Ontario.

