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# ***STUDENT-ATHLETE HANDBOOK***

2022 - 23

# TABLE OF CONTENTS

<b>1</b>	<b>A LETTER FROM YOUR DIRECTOR</b>
<b>2</b>	<b>STAFF AND COACH DIRECTORY</b>
<b>3</b>	<b>COVID-19 MESSAGE</b>
<b>4</b>	<b>IMPORTANT DATES</b>
<b>6</b>	<b>MISSION STATEMENT</b>
<b>7</b>	<b>STUDENT-ATHLETE CODE OF CONDUCT</b>
12	Code of Conduct Process
14	Appendix A - Infractions
<b>16</b>	<b>SAFE SPORT</b>
<b>20</b>	<b>COACHES CODE OF CONDUCT</b>
<b>23</b>	<b>DIVERSITY &amp; HUMAN RIGHTS</b>
<b>26</b>	<b>INFORMATION ABOUT OUA &amp; USPORTS</b>
28	Eligibility
<b>30</b>	<b>ACADEMIC INFORMATION</b>
33	Continuation of Study
35	Awards/Scholarships/Bursaries
<b>37</b>	<b>VARSITY ATHLETE INFORMATION</b>
38	Student Athlete Registration
39	Varsity Fee
<b>40</b>	<b>STUDENT-ATHLETE SERVICES</b>
41	Mental Health Resources
44	Health & Medical Services
46	Athlete Medical Care
47	Concussion Fact Sheet
49	Education Requirements
51	Leadership Academy
<b>53</b>	<b>MEDIA INFORMATION</b>
54	Marketing Communications & Information Services
56	Varsity Social Media Policy
<b>58</b>	<b>STRENGTH &amp; CONDITIONING</b>
<b>64</b>	<b>STUDENT BENEFITS</b>
<b>66</b>	<b>IMPORTANT CONTACTS/LINKS</b>



A Letter from your Athletic Director  
**SCOTT McROBERTS**

Dear Student-Athlete,

After three years, I am so excited that we will enter this season with a full schedule to our 2022-23 Intercollegiate season. Although Covid is still with us and monitoring symptoms are still critical to our day to day, I am happy we will be back to our new normal. As we look back, a lot has changed around the world and I know each of you have been on your own journey through this and your health and well being is our top priority and our Intercollegiate team has put many measures and new practices in place to make sure you're supported this season both on the playing surface, in the classroom and for personal development.

Our expectations for success in the classroom, the community and on the playing field continues to be the hallmark of a Gryphon and you have always responded well to a challenge. This includes representing the Gryphons on a global stage with the utmost character and taking seriously the responsibility in terms of respecting one another, educating oneself, complying with safe practices to mitigate risk, new social norms and the wellbeing of ourselves, teammates and community

The energy will be felt across campus with a full campus again and a lot of new faces. We continue our great academic excellence with 1 in 2.5 student athletes achieving 80% or more and we continue to have incredible success at the OUA and U SPORTS level. I ask the seniors to invest in our younger gryphons both on your team and in the community and to support one another through these times showing them the Gryphon way. Please remember....if you need help, reach out, so we can provide support in various areas when needed. It is also important for those new to the program to understand the many supports in place for you to be successful, so TAKE THE TIME TO READ THE HANDBOOK.

Being a member of the Gryphon Family, you are held to a higher standard of expectations. The investment in you and representing your school as a varsity athlete is an extraordinary privilege that you have earned. With such privilege also comes great responsibility athletically, ethically, academically and socially. The Department of Athletics, the University of Guelph, your coaches and teammates have high standards for you as members of the campus community, the athletics community and ambassadors of our brand, and I am confident that you will accept those responsibilities with the utmost respect and commitment to excellence.

The student-athlete handbook has been designed to assist University of Guelph student-athletes as a resource. It was developed to better understand the resources that are available to you, and the policies and procedures which must be followed within the OUA and U SPORTS conference, and the University of Guelph. I want to reiterate, we are here to support you, but at the same time we expect you to uphold our policies and procedures, thus, taking the time to read through and ask questions as needed. There are many opportunities for you to gain leadership opportunities, at the same time there are many resources available to you should you face any stumbling blocks while here. I encourage you to access these resources.

The entire athletic department is committed to assisting and supporting you every step of the way. I commend you for what you have achieved to be here today and I look forward to cheering you on!

Go Gryphons!

A handwritten signature in blue ink that reads "Scott McRoberts".

**Scott McRoberts**

# INTERCOLLEGIATE STAFF DIRECTORY

Associate Director, Intercollegiate Programs	Wally Gabler	52091	gablerw@uoguelph.ca
Manager, Athlete Services	Meaghan Howat	53555	howatm@uoguelph.ca
Intercollegiate Coordinator	Natasha Spaling	53799	nspaling@uoguelph.ca
Coordinator, Compliance and Varsity Sports Operations	Skye Angus	56134	anguss@uoguelph.ca
Head Athletic Therapist	Chris DeZorzi	53475	dezorzi@uoguelph.ca
Head Strength and Conditioning Coach	Mac James	53305	macjames@uoguelph.ca

## COACHES

Badminton	Phillip Tungate		ouabadminton@uoguelph.ca
Baseball	Dean Mariani		baseball@uoguelph.ca
Basketball ( <i>Men</i> )	Chris O'Rourke	58916	corourke@uoguelph.ca
Basketball ( <i>Women</i> )	Megan Reid	52742	mreid@uoguelph.ca
Cross Country ( <i>Men &amp; Women</i> )	Terry Radchenko	56331	tradchen@uoguelph.ca
Curling ( <i>Men &amp; Women</i> )	Steve Szymanski (M)/Geoffrey Johnson (W)		curling@uoguelph.ca
Fencing	Rebecca Walker		fencing@uoguelph.ca
Field Hockey	Michelle Turley		mturley@uoguelph.ca
Figure Skating	Janet Gibson		varsity.skating@uoguelph.ca
Football	Ryan Sheahan	53603	rsheahan@uoguelph.ca
Football ( <i>Defensive Coordinator</i> )	Dennis McPhee	56704	dmcphe01@uoguelph.ca
Football ( <i>Offensive Coordinator</i> )	Mark Surya	52686	msurya@uoguelph.ca
Football ( <i>Special Teams Coordinator</i> )	Donnavan Carter	53406	carter02@uoguelph.ca
Golf ( <i>Men &amp; Women</i> )	Brian Bard		golf@uoguelph.ca
Hockey ( <i>Men</i> )	Shawn Camp	52154	shcamp@uoguelph.ca
Hockey ( <i>Women</i> )	Rachel Flanagan	53335	rachelf@uoguelph.ca
Lacrosse ( <i>Men</i> )	Sam Kosakowski	58463	skosakow@uoguelph.ca
Lacrosse ( <i>Women</i> )	Samantha Yurechuk		wlacross@uoguelph.ca
Nordic Skiing ( <i>Men &amp; Women</i> )	Oliver Conway-White		nordic@uoguelph.ca
Rowing ( <i>Men &amp; Women</i> )	Pearl Schachter		rowing@uoguelph.ca
Rugby ( <i>Men</i> )	Cory Hector	58290	hectorc@uoguelph.ca
Rugby ( <i>Women</i> )	Colette McAuley		cmcauley@uoguelph.ca
Squash	Alex Nolan/Chris Muirhead		gryphonsquash@uoguelph.ca
Soccer ( <i>Men</i> )	Keith Mason	53974	kwmason@uoguelph.ca
Soccer ( <i>Women</i> )	Shayne Campbell		shaynec@uoguelph.ca
Swimming ( <i>Men &amp; Women</i> )	Chantique Carey-Payne	56155	cpayne@uoguelph.ca
Track and Field ( <i>Men &amp; Women</i> )	Jason Kerr	56331	jkerr05@uoguelph.ca
Volleyball ( <i>Men</i> )	Cal Wigston	52224	cwigston@uoguelph.ca
Volleyball ( <i>Women</i> )	Paul Funk	58464	pfunk@uoguelph.ca
Wrestling ( <i>Men &amp; Women</i> )	Doug Cox	53405	cox@uoguelph.ca

DEPARTMENT OF ATHLETICS  
50 Stone Road East, Guelph ON N1G 2W1  
519-824-4120



## **COVID-19 MESSAGE**

As we approach a new academic year and in preparation for the 2022 - 2023 season, and in consideration of the current status of COVID-19 and specifically the Omicron BA.4 and BA.5 variants (which are the most contagious variants to date, and which are effective at evading immunity – meaning previous infection and vaccines are unlikely to provide much protection against catching it), student athletes, coaches, staff, and volunteers must continue their commitment to follow and enforce ‘good habits’ and build a strong culture around COVID health and safety behaviours consistently reinforcing honest and accurate reporting of symptoms and staying away from team activities while feeling unwell. As members of a Gryphon varsity team, we have an important role to play in keeping our community safe in doing our part to stop the spread of COVID-19. We have a shared responsibility to keep our fellow student athletes, staff, and teammates, safe and healthy.

Limit exposure to the virus:

- If you are not feeling well, stay home, do not expose your fellow teammates, coaches, and support staff to any potential illness. Your playing time or place within the team will not be affected by this decision.
- Continue to keep your social circles small – limit exposure to the virus.
- Avoid large public indoor gatherings (large parties, bars, nightclubs etc.)
- Practice physical distancing where possible and when not possible, consider wearing a mask
- Continue proper hand washing and use of hand sanitizer.

Over the course of the 2022-2023 season our capacity to deliver programming, provide services, and support varsity sport operations may be affected, especially in the areas of Athletic Therapy and Strength and Conditioning, because of COVID-19. We all must adjust our expectations to the ever-changing environment, be understanding when capacity is reduced and the challenge faced by those delivering these services and accept when and how services are delivered and when work gets done may change.

Also, based on the direction from Wellington Dufferin Guelph Public Health (HPH - WDGPH), Provincial Legislation, the University of Guelph and the OUA, the effects of COVID-19 may disrupt team training, competition(s), and travel during the 2022-2023 season. This could result in changes to protocols, policies and procedures, cancellations, forfeitures, and/or schedule stoppages. As we did over the past 2 seasons, we must be resilient if/when these challenges present themselves and we must adjust our expectations of how we participate in and deliver sport to align with these challenges.

And finally, it is a privilege to be a member of a Gryphon varsity team, not a right. Should you choose not to follow the protocols, rules and regulation and policies and procedures put in place to keep you and your teammates, coaches, support staff and the greater community here at the University of Guelph safe and healthy, that privilege will be taken away from you.

# IMPORTANT DATES

## FALL 2022 SEMESTER

### SEPTEMBER

- 05 Holiday
- 08 Classes Commence
- 16 Last day to add F22 courses

### OCTOBER

- 10 Holiday (No classes scheduled)  
Classes rescheduled to Friday Dec. 2
- 11 Fall Study Break Day (No classes scheduled)  
Classes rescheduled to Thursday Dec. 1  
Fall 2020 Convocation Ceremonies
- 12 Fall Break ends & classes resume
- 17 Deferred examinations for S22 courses commence
- 21 Deferred examinations for S22 courses conclude

### NOVEMBER

- 01 Last day for external & internal applications for admission to W23 for all programs with Winter entry
- TBD Course selection period for W23 begins
- 04 Last day to apply online to graduate at W23 Convocation – no ceremony – (late application fee still in effect)
- 30 Last day for regularly scheduled classes

### DECEMBER

- 01 Classes rescheduled from Tue. Oct 11 in effect
- 02 Classes rescheduled from Mon. Oct 10 in effect  
Classes conclude  
Last day to drop F22 one-semester courses & S22/F22 two-semester courses
- 05 Examinations commence
- 10 Examinations scheduled
- 16 Examinations conclude
- 30 Last day to submit co-op work performance evaluations for F22  
Last day to submit co-op learning goal reflections for F22

### EARLY COURSE REGISTRATION

Varsity Athletes are provided with Early Course Registration for each of the Course Registration windows (Fall, Winter and Spring semesters). More information about Course Registration can be found at:  
[uoguelph.ca/registrar/courseselectionwindow](http://uoguelph.ca/registrar/courseselectionwindow)

# WINTER 2023 SEMESTER

## JANUARY

- 06 Last day to apply via hard copy to graduate at W23 Convocation (no ceremony, late application fee)
- 09 Classes Commence
- 13 Last day to add W23 courses
- 27 Last day to apply for international exchange & field school programs in S23, F23 or W24

## FEBRUARY

- 06 Deferred examinations for F22 courses commence
- 10 Deferred examinations for F22 courses conclude
- 20 Holiday (No classes scheduled), Winter Break commences
- 27 Winter Break ends and classes resume

## MARCH

- 03 Last day to apply to graduate at S23 convocation without late application fee
- TBD Course selection period for S23 begins
- 17 Last day to apply to graduate at S23 convocation (late application fee in effect)
- 27 Winter Break ends and classes resume

## APRIL

- 07 Holiday (No classes scheduled) - classes rescheduled to Mon. Apr 10
- 10 Classes rescheduled from Fri. Apr 7 in effect  
Classes conclude  
Last day to drop W23 one-semester courses & F22/W23 two-semester courses
- 13 Examinations commence
- 15 /22 Examinations scheduled
- 25 Examinations conclude

## LAST DAY TO DROP COURSES

Effective Fall 2019, the University changed its policy on the course drop deadline. Students will have until the **last day of classes to drop courses without academic penalty**. The deadline to drop two-semester courses will be the last day of classes in the second semester. This change applies to all students (undergraduate, graduate and diploma) except for Doctor of Veterinary Medicine and Associate Diploma in Veterinary Technology (conventional and alternative delivery) students.

This change reflects recent discussions about potential benefits to students, instructors and the University. The new course drop deadline is intended to help address student mental health issues; allow for more effective use of student, faculty and staff resources; and ensure that we focus on pedagogy and learning rather than on penalizing students.

*If you have any questions, please email [es@uoguelph.ca](mailto:es@uoguelph.ca).*

# ATHLETICS MISSION STATEMENT

*We are committed to building healthier bodies and stronger minds, leading to enhanced academic performance, personal growth, empowerment and the development of the whole person.*

**The Department of Athletics achieves this mission by addressing the following goals:**

- Enhancing personal development
- Enhancing personal health and well-being
- Promoting skill development, related to both physical and life skills
- Promoting cooperative learning opportunities through team work
- Providing high performance opportunities
- Providing opportunities to experience competition
- Providing opportunities for participants to challenge their own limits
- Promoting the development of leadership
- Providing opportunities to gain administrative, teaching and supervisory experience
- Enhancing and promoting community spirit



# **STUDENT-ATHLETE CODE OF CONDUCT**

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# STUDENT ATHLETE CODE OF CONDUCT

Members of Gryphon Intercollegiate Teams are ambassadors for the University of Guelph and as such, are amongst the most visible students on campus and in the University of Guelph community. The efforts, accomplishments and department of our student athletes are a source of pride for the entire University Community. Membership on our teams is a privilege - not a right. Participation on an athletic team creates the unique opportunity to be a positive 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 reputational damage. Student athletes, coaches, and team staff members are expected to conduct themselves responsibly and, in a manner, consistent with the values of the University of Guelph, in competition, in practice and in all public forums and are expected to abide by the policies and procedures as set out by the Ontario University Athletics (OUA), U SPORTS and/or other sport governing bodies.

The Department of Athletics fully adheres to the principles articulated in the University of Guelph "Student Rights and Responsibilities" policy including the treatment of others with the utmost respect and dignity, and the maintenance of an environment that is both safe and free from harassment (sexual or otherwise) and/or discrimination.

The conduct expectations of students are clearly outlined in the University's Policy on Non-Academic Misconduct ([uoguelph.ca/secretariat/policy/1.6](http://uoguelph.ca/secretariat/policy/1.6)), including other related policies listed in section 5.2 as follows:

## 5.2. Other Related Policies, Procedures and Documents

[5.2.1. Residence Community Living Standards](#)

[5.2.2. Athletics Code of Conduct](#)

[5.2.3. Community Standards Protocol](#)

[5.2.4. Anti-Hazing Protocol](#)

[5.2.5. Protocol for Responding to Students at Risk](#)

[5.2.6. University of Guelph Human Rights Policy and Procedures](#)

[5.2.7. University of Guelph Sexual Violence Policy and Procedures](#)

[5.2.8. Policy Statement on Freedom of Expression](#)

[5.2.9. Tobacco and Smoke Free Policy](#)

The University of Guelph and the Department of Athletics are dedicated to the highest standards of human equality and academic freedom as outlined in the "Human Rights Policy". We place great value in ensuring an environment that is safe, positive, respectful, and conducive to the pursuit of academic and athletic excellence.

Similarly, the University of Guelph and the Department of Athletics are committed to fostering a safe educational, working, and living environment, where all University community members experience an authentic sense of inclusion and belonging. To that end, the University commits to taking swift and deliberate steps to address racism, hatred, and discrimination, with a particular emphasis on anti-racism, on all U of G campuses and in its policies, procedures, and practices.

Those wishing to report an instance of harassment and/or discrimination should do so by referencing the policies below.

[uoguelph.ca/diversity-human-rights/human-rights-policy-and-procedures](http://uoguelph.ca/diversity-human-rights/human-rights-policy-and-procedures)

[Sexual Violence Policies and Procedures - Students & Staff | Diversity and Human Rights \(DHR\) \(uoguelph.ca\)](#)

# **BEHAVIOURAL EXPECTATIONS**

**The Department of Athletics holds the following behavioural expectations for all student-athletes, coaches, team staff members, and all employees of the Department:**

- A commitment to the treatment of others with the utmost respect and dignity
- A commitment to behaviours that will enhance the image of the University of Guelph
- A commitment to the core values of sportsmanship and fair play
- A commitment to the elimination of sexist, racist, and/or discriminatory behaviours
- A commitment to academic success

**To meet these expectations, adherence to the following regulations is required:**

- Any orientation and/or team building activities must be centered on positive team building and promote team unity and growth that support the dignity of all members of the team. All activities must be organized in concert with University Community Principles as described in the "Student Rights and Responsibilities" policy
- Hazing/initiation activities of any type are NOT permitted. (Hazing activities are defined as: any action taken, or situation created as part of initiation to or continued membership on a team, which 1) produces or could be expected to produce mental or physical discomfort, harm, stress, embarrassment, harassment, or ridicule; or 2) which violates University of Guelph policy, the University of Guelph Anti-Hazing Policy ([uoguelph.ca/studentaffairs/anti-hazing-protocol](http://uoguelph.ca/studentaffairs/anti-hazing-protocol)), and/or the Student Athlete Code of Conduct or law. This applies to behavior on or off University premises.
- Good judgement should be exercised in the use of alcohol. Alcohol may not be consumed during travel (via bus, car, van, train or plane) to and/or from a game or competition or practice, in team rooms or competition facilities (home or away) at any time
- The use of tobacco or cannabis is prohibited at any competition facility, team room, etc.
- The use of illegal drugs or performance enhancing drugs, per U Sports Regulations, is prohibited and a commitment to uphold the principles of Drug Free Sport as per the World Anti-Doping Agency (WADA) is paramount. [www.wada-ama.org](http://www.wada-ama.org)
- Fighting and/or property damage is prohibited
- Any orientation/team building activity must be organized in concert with University Community Principles as described in the "Student Rights and Responsibilities" policy
- Any behaviours displayed on social media that are deemed to be contrary to behaviours that will enhance the image of the University of Guelph or demonstrate a lack of good judgement in the use of alcohol are not permitted. It is not relevant whether the individual(s) appear(s) wearing Gryphon apparel
- The Department of Athletics Social Media Policy must be adhered to
- Any postings on any social media including Facebook, twitter, instagram, etc. are subject to the Code of Conduct expectations

All players, coaches, team staff members, and employees of the Department of Athletics are required to behave, at all times, in a manner consistent with the University of Guelph Gryphons' Code of Conduct. Violations of the Code will not be tolerated and will be subject to discipline in accordance with the Code of Conduct Procedures. Failure to comply can result in penalties up to and including, individual removal of a member from a team and/or removal of a team from competition.

# VARSIITY TEAM HAZING POLICY

Hazing/initiative activities of any type are NOT permitted. Hazing activities are defined as: any action taken or situation created as part of initiation to on continued membership on a team, which:

- Produces or could be expected to produce mental or physical discomfort, harm, stress, embarrassment, harassment or ridicule; or
- Which violates University of Guelph policy, the University of Guelph Anti-Hazing Policy, and/or the Student Athlete Code of Conduct or law.

This applies to behaviour on or off University premises. Any orientation/team building activity must be organized in concert with University Community Principles as described in the [“Student Rights and Responsibilities”](#) policy and [Anti-Hazing Protocol](#).

HAZING	VS	TEAM BUILDING
<ul style="list-style-type: none"><li>• Humiliates and degrades</li><li>• Tears down individuals</li><li>• Creates division</li><li>• Lifelong nightmares</li><li>• Shame and secrecy</li><li>• Is a power trip</li></ul>		<ul style="list-style-type: none"><li>• Promotes respect &amp; dignity</li><li>• Supports &amp; empowers</li><li>• Creates real teamwork</li><li>• Lifelong memories</li><li>• Pride &amp; integrity is a shared positive experience</li></ul>

**Hazing incidents have caused:**

- Suspension or cancellation of a team’s program at various U SPORTS institutions
- A student-athlete’s eligibility to be taken away
- Student-athletes to be arrested including having to appear in the court at their own expense
- Teams to be torn apart and fragmented
- Serious physical and psychological injuries, and even deaths

## Subtle Hazing

Behaviors that emphasize a power imbalance between new members and veterans of the group or team. Too often they are mistakenly accepted as harmless. Most often they involve ridicule, embarrassment and humiliation, and could even be considered as harassment. Some new members seem to expect such treatment and endure it for the sake of acceptance.

**Examples:** Deprivation of privileges granted to other team members; requiring new members to perform duties not assigned to other members; Socially isolating new members; identifying, or classifying new members as “rookies” on clothing or other identifiers; name calling; Implied use of alcohol required; Requiring new members to refer to other members with titles (e.g., Mr., Miss), while they are identified with demeaning terms (rookie, fresh meat, dogs)

## Harassment Hazing

Behaviors that cause emotional anguish or physical discomfort that puts unnecessary stress upon the victims.

**Examples:** Consumption of alcohol and/or illegal drugs substances required; Verbal abuse ; Threats or implied threats; Asking new members to wear embarrassing or humiliating attire; Stunt or skit nights, with degrading, crude or humiliating acts; Expecting new members to perform personal services for other members, such as carrying books, errands, cooking, cleaning, etc.; Sleep deprivation; Sexual simulations; Expecting new members to be deprived of maintaining a normal schedule of bodily cleanliness;

## Violent Hazing

Behaviors that cause emotional anguish or physical discomfort that puts unnecessary stress upon the victims.

**Examples:** Consumption of alcohol and/or illegal drugs substances required; Verbal abuse ; Threats or implied threats; Asking new members to wear embarrassing or humiliating attire; Stunt or skit nights, with degrading, crude or humiliating acts; Expecting new members to perform personal services for other members, such as carrying books, errands, cooking, cleaning, etc.; Sleep deprivation; Sexual simulations; Expecting new members to be deprived of maintaining a normal schedule of bodily cleanliness;

## Initiations

Initiations are defined as an induction to a team/group through special ceremonies that hold meaningful relevance. An initiation that asks the student-athlete to sacrifice their values and participate in humiliating and endangering activities is misguided.

Initiations are prohibited in the Gryphons culture:

**Perpetrators:** Individuals who exercise their power and control over the newest members through subtle, harassing or violent hazing that humiliates, degrades and/or endangers.

**Passive Participant:** An individual member of the hazing group who stands by and watches the hazing activity perpetrated upon another victim and chooses not to do or say anything that would or could change the course of action. The passive participant becomes as much of the problem as the perpetrators themselves, becoming a contributor a contributor to the hazing culture.

# **CONFLICT RESOLUTION**

Occasionally, student-athletes may be faced with challenging situations in their roles as student or teammate. When conflicts do arise, student-athletes are strongly encouraged to resolve the issue at hand at the local level. For team or sport issues, this would include communicating with:

1. Team captain(s)
2. Assistant coach(es)
3. Head coach
4. Manager, Athlete Services
5. Coordinator, Sport Operations and Compliance
6. Associate Director, Intercollegiate

# CODE OF CONDUCT PROCESS

**All student-athletes will abide by the University of Guelph Student Code of Conduct. Violations of this policy while a student-athlete at the University (in or outside of competition) will result in consequences.**

## PROCESS

- a. Upon receipt of information that there may have been a violation of the Code of Conduct, the Director of Athletics will appoint an Investigating Officer which may include himself/herself, who has no affiliation with the team, to gather information. The Investigating Officer will be asked to make his/her report and recommendations to the Director of Athletics in a timely manner, due to the time-sensitive nature of the athletic season.
- b. If the Investigating Officer concludes that there has not been a violation of the Code of Conduct, all parties will be informed, and no further action will be taken.
- c. If the Investigating Officer concludes that there is potentially a case of misconduct, the individual(s) will be informed in writing as to the nature of the violation (Minor, Repeat, Major Infraction – see Appendix A) and the sanctions that may be levied. The individual(s) will be given the opportunity to respond in a formal hearing before a Discipline Committee established by the Director of Athletics.

*\*NOTE: Violations that may constitute a Major infraction shall be forwarded to the University of Guelph Policy on Non-Academic Misconduct Judicial Officer for review. Alleged Major infraction violations will be managed in accordance with Policy on Non-Academic Misconduct procedures. This includes the option of referring the matter back to Athletics to be addressed under the Student Athlete Code of Conduct.*

- d. Each Discipline Committee will be composed of the Investigating Officer who will present the case (non-voting), and five (5) voting members: a Chair, as appointed by the Director of Athletics; two (2) members of the Intercollegiate staff other than the team or person(s) alleged to have committed the violation; and, two (2) members of the University of Guelph campus community (faculty, staff, or alumni).
- e. Temporary suspension during the period of the investigation, may be applied by the Coach and/or Director of Athletics.

## HEARING PROCEDURES

- a. The individual(s) who is alleged to have committed the violation may be represented by their coach as an advisor both prior to and present at the Discipline Committee hearing.
- b. Should the individual(s) who is alleged to have committed the violation fail to appear at the Discipline Committee hearing without just cause, a decision may be rendered in their absence.
- c. The Investigating Officer will first present the case against the individual(s) including any evidence. Once this has occurred, the individual(s) will have the opportunity to respond.
- d. Any party to the proceedings may call their coach (as an advisor) to provide information relevant to the case being heard. However, the Discipline Committee Chair may limit the amount of cross-examination when a summary of the evidence or cross-examination questions reveals that the information will be repetitive or irrelevant.
- e. Any member of the Discipline Committee may question any person appearing before the Discipline Committee.
- f. The final decision of the Discipline Committee will be reached by a majority ballot of the five (5) voting members. The Discipline Committee will forward sanction recommendations to Director of Athletics to be reviewed and approved before being implemented. If there is a disagreement regarding the sanction recommendations, between the Director of Athletics and the Discipline Committee, the matter will be referred to the Associate Vice-President (Student Affairs) for the final decision.
- g. Once the sanction(s) are determined, the respondent(s) will be verbally notified and in writing. Note: Because of the time-sensitive nature of the athletic season, every effort will be made to render a decision before the team's next competition.
- h. An accurate written record of the proceedings will be kept.
- i. Testimony before the Discipline Committee is in strict confidence. All members of the Discipline Committee are to be responsible for maintaining confidence regarding all information received while the hearing.

# **SANCTIONS**

Sanction recommendations will be based on the findings of the investigation, the number and nature of previous violations (if any), any other relevant factors in the Discipline Committee's discretion, and any extenuating circumstances which might exist. Evidence should be clear and compelling. It is not necessary that a case be proven beyond reasonable doubt. Decisions will be based only on the evidence presented at the Discipline Committee hearing.

Appropriate sanctions for a violation of the University of Guelph Department of Athletics Code of Conduct are at the discretion of the Discipline Committee and the Director of Athletics, and include, but are not limited to:

- a. Suspension of the individual(s) or team from training, and/or for one or more competitions, or an entire season, or permanently
- b. Removal of funding from the team
- c. Suspension of travel
- d. Probation
- e. Community service by the individual(s) or team
- f. Reprimand letter
- g. Restitution
- h. Removal of privileges
- i. Behavioural contract between the respondent(s) and the University of Guelph Department of Athletics to correct behaviour
- j. Termination of the team program

# **APPEALS**

Visit [uoguelph.ca/secretariat/academic-appeals](http://uoguelph.ca/secretariat/academic-appeals) for more information.

# **POLICY ON NON-ACADEMIC MISCONDUCT**

Visit [uoguelph.ca/secretariat/policy/1.6](http://uoguelph.ca/secretariat/policy/1.6) for more information.

# APPENDIX A - INFRACTIONS

## MINOR INFRACTIONS

Actions by an individual or individuals that interfere with another person's enjoyment of an athletic or recreational event; conduct contrary to the ideals of fair play; inappropriate online behaviour; knowingly failing to comply/ follow procedures that could negatively affect participation; or abuse of property or facilities. Examples include, but are not limited to:

1. Disrespectful, offensive, or abusive behaviour directed towards others, including, but not limited to, peers, opponents, athletes, coaches, officials, sport leaders, facility/event staff, administrators, spectators or the community at large.
2. Conduct contrary to the ideals of fair play, such as angry outbursts, arguing, spitting, inappropriate gestures, engaging in inappropriate or disrespectful online behaviour (i.e. social media), etc.
3. Failing to adhere to administrative requirements or deadlines for event, activity, or league participation that negatively affects or jeopardizes the participation of the team including failing to participate and/or comply with department policies and procedures including all eligibility, athletic education and academic support requirements.
4. Incidents of misrepresentation, such as, but not limited to, providing false identification, or failure to disclose relevant information.
5. Failing to participate and/or comply with department policies and procedures including all eligibility, athletic education and academic support requirements.
6. Willful abuse of property, facilities, equipment or vehicles, for which the repair/replacement cost is less than \$500.
7. Non-compliance with the rules and regulations of each sport/program under which events are conducted, whether at the department (intramurals), league (OUA/U SPORTS /other affiliated sport-governing bodies [NSO's, PSO's]), or international level (FISU Games).
8. Behaviour on the field of play that results in a single significant and/or series of major penalties and/or ejections for misconduct (i.e. technical fouls, red cards, major penalties, league imposed sanction, etc.)

## REPEAT INFRACTIONS

If a student-athlete, Intramural or Recreation program participant commits more than two (2) Minor Infractions within an academic year, then the situation may be re-classified as a Major Infraction. Once a Minor Infraction becomes a Major Infraction, it will be dealt with in accordance with the Major Infraction procedures as per the Policy on Non-Academic Misconduct and the Judicial Process and will be subject to the sanctions of a Major Infraction.

## MAJOR INFRACTIONS

Actions that have a significant negative impact on another individual(s); actions that endanger the safety and security of themselves and/or others at an Athletics & Recreation event, activity or program; actions that undermine the dignity of another individual; actions that result in serious damage to University property; or actions that affect the image and reputation of the team, Gaels program, Athletics & Recreation Department and/or University. Examples include, but are not limited to:

1. Egregious, disrespectful, racist, offensive, or abusive behaviour directed towards others, including, but not limited to, peers, opponents, athletes, coaches, officials, sport leaders, facility/event staff, administrators, spectators or the community at large.
2. Any incident that is disrespectful or offends the dignity of others, such as any behavior that is known, or ought to be reasonably known, to be harassing, hostile, intimidating and/or discriminatory, that is directed towards others, including, but not limited to, peers, opponents, athletes, coaches, officials, sport leaders, facility/event staff, administrators, or spectators.
3. Any act of violent behaviour; including verbal abuse, physical or sexual violence.

4. Excessive consumption of alcohol and the consumption of cannabis when it may negatively affect athletic performance and/or the safety and security of the athlete, teammates, and other participants. The determination of whether an athletic performance and/or safety and security may be negatively affected is at the discretion of A&R Staff.
5. Possession of any recreational substances (i.e. cannabis – including edibles, alcohol) while participating in, and/or travel to/ from a sanctioned activity or game and/or while representing the University and/or while present at a venue related to a sanctioned activity (i.e. team rooms, dressing rooms, lodgings, dining facilities, etc.).
6. Exercising poor judgement with the use, promotion or provision of illegal controlled substances and/or recreational substances (i.e. cannabis – including edibles, alcohol). This includes but is not limited to engaging in high-risk alcohol behaviours, possession of open alcohol, cannabis, or controlled substances in team vehicles, team rooms, athletic venues, team lodging, and/or furnishing alcohol or other controlled substances to individuals under the age of 19 and/or to individuals who have not given their expressed consent.
7. Willful abuse of property, facilities, equipment, or vehicles, for which the repair/replacement cost is more than \$500.
8. Any conduct or action which results in, or could foreseeably result in, harm to the person, image, credibility or reputation of the individual, team, club, department, or University.
9. Hazing or activities that are demeaning, humiliating, disrespectful, or have been forced, are unacceptable. These activities shall include, but are not limited to, pranks, jokes, etc. Any activity that does not respect the individual's rights, integrity, dignity, safety, or well-being is unacceptable.



**SAFE SPORT**

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# **UNIVERSAL CODE OF CONDUCT TO PREVENT & ADDRESS**

## **MALTREATMENT IN SPORT (UCCMS)**

The Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) is the core document that sets harmonized rules to be adopted by sport organizations that receive funding from the Government of Canada to advance a respectful sport culture that delivers quality, inclusive, accessible, welcoming and safe sport experiences.

The University of Guelph and the Department of Athletics are fully committed to and supportive of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (the “UCCMS”) and are committed to creating a sport environment that is free from all forms of Maltreatment and that treats all Participants with dignity and respect. As a coach or student athlete at the University of Guelph, you are expected to follow the values, principles and guidelines of the UCCMS.

For the full Universal Code of Conduct: [sportintegritycommissioner.ca/files/UCCMS-v6.0-20220531.pdf](https://sportintegritycommissioner.ca/files/UCCMS-v6.0-20220531.pdf)

## **RELATIONSHIPS WITH COACHES**

The relationship between a coach and a student-athlete is unique. It is very important for each student athlete and coach to realize that this relationship is not one of equality but one with an unequal balance of power. With this fact in mind, Gryphon coaches (head coaches, assistant coaches, and all other support staff) are not to socialize with any current student-athletes outside of formal team activities and sanctioned events. Under no conditions will a coaching staff member enter into, or be a part of, intimate interactions or personal relationships with a student-athlete or student staff member or therapist. In this matter, an intimate or personal relationship includes suggestive behaviour, flirting, physical contact, dating, sexual activity, living together, engagement, or marriage.

## **THE RULE OF TWO**

The coach is never alone or out of sight with an athlete or student volunteer. Two coaches (full-time or part-time/volunteer staff who have signed a Guelph Gryphons Code of Conduct) should always be present with an athlete or student volunteer, especially a minor athlete, when in a potentially vulnerable situation such as in a locker room or meeting room.

When meeting with an athlete or student volunteer, all one-on-one interactions must take place within earshot and in view of the second coach except for medical emergencies, i.e. no closed doors. When possible, one of the coaches must also be of the same gender as the athlete.

If the above is not possible (i.e. a second coach cannot be present), then all 1 on 1 interactions must take place in a public place, ex. student center, coffee shop, public lobby etc.

## **REPORTING PROCEDURES**

### **Who May Report**

- Any individual (athletics department staff member, student-athlete, university employee, member of the community) may report an alleged, rumored, or suspected violation
- An individual may report the alleged, rumored, or suspected violation verbally or in writing

### **To Whom Shall an Alleged Violation be Reported**

- If an alleged or rumored violation is conveyed to any athletics department employee (full-time, part-time staff member or coach), the employee’s professional obligation is to report the violation immediately.
- Alleged or rumored violations may be reported to any of the following persons:
  1. Head Coach
  2. Coordinator, Sport Operations and Compliance

3. Manager, Athlete Services
4. Associate Director, Intercollegiate
5. Director Athletics

[gryphons.ca/staff-directory](http://gryphons.ca/staff-directory)

## **SAFE DISCLOSURE POLICY**

The University's [Safe Disclosure Policy](#) provides a way for staff, faculty, students and volunteers to report concerns about inappropriate behavior not covered by existing policies or collective/employee group agreements (for example, such inappropriate behavior including matters related to business integrity, finances, record keeping and protection of University assets would not be included in the Safe Disclosure policy).

An [FAQ document](#) has answers to questions about the policy and its implementation.

As indicated in the policy:

- The Safe Disclosure policy does not replace existing channels for raising questions or concerns through other University policies or group agreements i.e. The Department of Athletics Student Athlete Code of Conduct or the Coaches Code of Conduct.
- Student athletes, coaches, staff and volunteers are encouraged to discuss their concerns with their coach or other athletic department leaders such as the Manager of Athlete Services, the Intercollegiate Associate Director, or the Director of Athletics.
- Those who raise concerns are expected do so in a timely manner and in good faith
- Retaliation related to a report made in good faith will not be tolerated

Our Safe Disclosure policy supports a culture of ethical behaviour at the University of Guelph.

## **CANADIAN SPORT HELPLINE**

The Canadian Sport Helpline is a national toll-free helpline offering assistance to victims or witnesses of harassment, abuse or discrimination in sport.

Offered in partnership by the Sport Dispute Resolution Centre of Canada (SDRCC) and the Canadian Centre for Mental Health in Sport (CCMHS), this anonymous, confidential, independent service allows people to share and validate their concerns, obtain guidance on required next steps, and get referrals to other resources for follow up.

A CCMHS team of practitioners with expertise in counselling, psychology and sport act as helpline operators.

Access the helpline toll free from 8 a.m. to 8 p.m. (Eastern Time), seven days a week by telephone, text, live chat or email in both official languages.

[abuse-free-sport.ca](http://abuse-free-sport.ca)

[info@abuse-free-sport-.ca](mailto:info@abuse-free-sport-.ca)

1-888-83SPORT (1-888-837-7678)

The Canadian Sport Helpline is funded by the Government of Canada.

## **HARASSMENT AND DISCRIMINATION POLICY**

The University is committed to providing a safe, non-threatening environment which is supportive of productivity, as well as demonstrating a concern for the personal goals, dignity and self worth of all athletes and staff of the Intercollegiate program. The goal is to treat every athlete and staff member fairly in an environment free of harassment and discrimination.

The University of Guelph recognizes that all members of the University community have the right to be free from harassment and discrimination on the prohibited grounds defined in the Ontario Human Rights Code. This includes but is not limited to: sexual harassment, harassment based on gender, race, ethnicity, religion, creed, disability and sexual orientation. Such harassment and discrimination has the purpose or effect of unreasonably interfering with an individual's or a group's work or academic performance, or of creating an intimidating, hostile or offensive working, living, athletic or academic environment. Discrimination is any action which has the effect of differentiating on the basis of prohibited human rights grounds, including but not limited to: race, ethnicity, religion, creed, disability and sexual orientation, resulting in inequality of opportunity, exclusion and the creation of a poisoned or toxic environment.



**COACHES**

**CODE OF CONDUCT**

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# COACHES CODE OF CONDUCT

*The purpose of this code is to articulate expectations for all coaching staff, whether full-time, part-time or volunteers. The code applies to the full coaching team, including: coaches, recruiters, administrative support and trainers.*

## **GUIDING PRINCIPLES**

Members of Gryphon Intercollegiate Teams are ambassadors for the University of Guelph and as such, are amongst the most visible students on campus and in the University of Guelph community. The efforts, accomplishments and department of our student-athletes are a source of pride for the entire University Community. Membership on our teams is a privilege - not a right. Participation on an athletic team creates the unique opportunity to be a positive role model, peer supporter, mentor, and spokesperson; it also brings responsibilities. The social interaction and personal department of student-athletes, both on- and off-campus, can be subject to scrutiny and reputational damage. Student athletes, coaches, and team staff members are expected to conduct themselves responsibly and, in a manner, consistent with the values of the University of Guelph, in competition, in practice and in all public forums and are expected to abide by the policies and procedures as set out by the Ontario University Athletics (OUA), U SPORTS and/or other sport governing bodies.

The Department of Athletics fully adheres to the principles articulated in the University of Guelph "Student Rights and Responsibilities" policy including the treatment of others with the utmost respect and dignity, and the maintenance of an environment that is both safe and free from harassment (sexual or otherwise) and/or discrimination. The conduct expectations of students are clearly outlined in the University's Policy on Non-Academic Misconduct ([uoguelph.ca/secretariat/policy/1.6](http://uoguelph.ca/secretariat/policy/1.6)), including other related policies listed in section 5.2 as follows:

### [5.2. Other Related Policies, Procedures and Documents](#)

[5.2.1. Residence Community Living Standards](#)

[5.2.2. Athletics Code of Conduct](#)

[5.2.3. Community Standards Protocol](#)

[5.2.4. Anti-Hazing Protocol](#)

[5.2.5. Protocol for Responding to Students at Risk](#)

[5.2.6. University of Guelph Human Rights Policy & Procedures](#)

[5.2.7. University of Guelph Sexual Violence Policy & Procedures](#)

[5.2.8. Policy Statement on Freedom of Expression](#)

[5.2.9. Tobacco and Smoke Free Policy](#)

The University of Guelph and the Department of Athletics are dedicated to the highest standards of human equality and academic freedom as outlined in the "Human Rights Policy". We place great value in ensuring an environment that is safe, positive, respectful, and conducive to the pursuit of academic and athletic excellence.

Similarly, the University of Guelph and the Department of Athletics are committed to fostering a safe educational, working, and living environment, where all University community members experience an authentic sense of inclusion and belonging. To that end, the University commits to taking swift and deliberate steps to address racism, hatred, and discrimination, with a particular emphasis on anti-racism, on all U of G campuses and in its policies, procedures, and practices.

[uoguelph.ca/diversity-human-rights/human-rights-policy-and-procedures](http://uoguelph.ca/diversity-human-rights/human-rights-policy-and-procedures)

Sexual Violence Policies and Procedures - Students & Staff | Diversity and Human Rights (DHR) ([uoguelph.ca](http://uoguelph.ca))

Those wishing to report an instance of harassment and/or discrimination should do so by referencing the above policies.

# **BEHAVIORAL EXPECTATIONS FOR COACHING STAFF**

**All coaching staff are expected to abide by the following commitments:**

- To treat others with the utmost respect and dignity;
- To engage in behavior that enhances the image of the University of Guelph;
- To apply the core values of fairness and player safety;
- To work to eliminate sexist, racist, and/or discriminatory behavior and language, both personally and within the team;
- To not use profane, insulting, harassing and otherwise offensive behavior and work to promote a similar environment amongst the team;
- To treat opponents and officials with due respect, both in victory and defeat and encourage athletes to act accordingly;
- To actively encourage athletes to uphold the rules of their sport and the athlete code of conduct.

**To meet these expectations, adherence to the following regulations is required (coaches are responsible to communicate these expectations to their teams/athletes):**

- Hazing/initiation activities of any type are NOT permitted. (Hazing activities are defined as: any action taken or situation created as part of initiation to or continued membership on a team, which 1) produces or could be expected to produce mental or physical discomfort, harm, stress, embarrassment, harassment, or ridicule; or 2) which violates University of Guelph policy, the University of Guelph Anti-Hazing Policy, and/or the Student Athlete Code of Conduct or law. This applies to behavior on or off University premises. Any orientation/team building activity must be organized in concert with University Community Principles as described in the "Student Rights and Responsibilities" policy;
- The consumption/use of alcohol or illegal/banned substances while on route to or from, or at the site of athletic events/contests, competitions or practices is NOT permitted. The consumption or possession of alcohol on Gryphon team transport is strictly prohibited. At Department of Athletics sanctioned events, or those events sanctioned by other OUA/USPORTS member institutions where alcohol may be available, student athletes are required to adhere to all provincial and/or federal laws and conduct themselves responsibly.
- The purchase or consumption of alcohol for or with student athletes is strictly prohibited
- The use of illegal drugs or performance enhancing drugs, per U SPORTS regulations, is prohibited;
- Fighting and/or property damage is prohibited.
- The use of tobacco is prohibited during team transport and at any competition facility, team room, etc.
- Any postings on any social media including Facebook, twitter, instagram, etc. are subject to the Code of Conduct expectations



**DIVERSITY &  
HUMAN RIGHTS**

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# **GUELPH GRYPHONS EQUITY, DIVERSITY AND INCLUSION ADVISORY COUNCIL**

The University of Guelph's Department of Athletics ("Athletics") recognizes that any organization can be successful only if it fosters an environment where every stakeholder is valued, respected and accepted; in other words, every individual must feel like they belong. Equity research informs us that individuals who experience a sense of belonging are more actively engaged, are more motivated to achieve, experience higher levels of well-being, and experience fewer challenges with mental health. This is especially true in athletics, with higher individual and team performance tied to a strong culture of inclusion.

The Athletics' EDI Advisory Council ("Council") is a standing committee within the University of Guelph's Department of Athletics, aimed at creating, fostering, and engraining a strong culture of inclusion and a fulsome sense of belonging for all student-athletes, staff, patrons, volunteers, and stakeholders. It is focused on assessing the Athletics' policies, procedures, processes, activities, and department culture and setting a proactive agenda to engrain equity and inclusion into the Department's ongoing operations. The Council is a collaborative initiative, seeking to draw feedback from diverse stakeholders through intersectional, interdisciplinary, and trauma-informed lenses. The Council recognizes that athletics and sports are affected by broader instances of systemic oppression but that there are also unique barriers to equity and inclusion in athletics as a discipline and the Department. As a result, the Council focuses specifically on unique barriers and opportunities within the Department of Athletics, while liaising with, supporting, and advancing the University's broader EDI frameworks and institutional commitments.

The University of Guelph is deeply committed to identifying and addressing systemic racism and discrimination and building an equitable and inclusive community for everyone. We know, the road to success and to Improving Life begins with a solid foundation where every student, staff, and faculty experience an authentic sense of belonging on our campuses.

The Department of Athletics has taken important steps to ensure every student-athlete, staff, and coach feels supported and valued. Providing every member with safe and welcoming environment to achieve their goals is a key priority. Athletics has made significant progress towards equity, diversity, & inclusion through enhanced programming, training and education, and resource allocation. These efforts include the formation of an EDI Advisory Council, providing over 1,300 members with anti-oppression and anti-racism training, creation of a new departmental EDI Coordinator position, and development of an Inclusivity Statement outlining the departments

## **SCOPE AND OBJECTIVES**

- Provide advice and counsel to the Director of Athletics and members of the Athletics leadership team on barriers to equity and inclusion within the Department and strategies to promote a welcoming and accepting environment that enhances educational, working, and athletic experiences for all members of Athletics;
- Gather information and data through various means, including direct stakeholder feedback, to inform recommendations and advice to the Director;
- Provide wide variety of forums for equity-seeking groups to provide feedback to the Council on equity and inclusion issues within the Department;
- Constitute Working Groups to research and discuss discrete issue areas pertaining to equity and inclusion within the Department;
- Review and assess existing policies, procedures, and practices – including but not limited to the Student and Coaches Codes of Conduct, the Student Athlete Handbook, the Student Discipline Policy, employment policies, and recruitment policies – to identify and address systemic barriers to equity and inclusion;
- Synthesize feedback and research from stakeholders and Working Groups and draw upon the work of institutional EDI frameworks to develop short and long-term Equity, Diversity, and Inclusion (EDI) Action Plans;
- Engage in continuous improvement and evaluation to measure Department's performance against the goals of the Action Plans and continually improve equity and inclusion initiatives.

# CO-CHAIRS



**CHANTIQUE CAREY-PAYNE**

cpayne@uoguelph.ca



**MARTHA YIRIDOE**

myiridoe@uoguelph.ca

The Office of Diversity and Human Rights (DHR) helps coordinate, evaluate, and report on the University's institutional equity and inclusion activities; and promotes the fundamental rights and responsibilities guaranteed by Ontario's Human Rights Code. We work with senior administrators, and other persons in positions of power, trust, and authority to identify and resolve questions, concerns, and complaints about individual courses of conduct, or the application of any University policy or procedure that may discriminate against persons protected by the Code.

DHR provides a number of resources related to anti-oppression. DHR launched an online anti-oppression and anti-racism module in Fall 2021 entitled 'Principles of Belonging.' It will be available on CourseLink for all students, staff, and faculty to access.

The module will address:

- The context of race and racism on post-secondary campuses and in broader Canadian society
- Foundational concepts related to anti-racism, including privilege, power, oppression, microaggressions, and bias
- The ways in which racial bias and discrimination affects individuals and communities
- The creation and entrenchment of systemic barriers related to race
- The manifestations of racism on post-secondary campuses and in teaching and learning
- Ways to implement anti-racist practices in our living, learning, and working environments

In addition to the upcoming module, DHR has created a list of resources for campus community members to use as a starting or continuing point for their own self-guided learning on anti-racism and anti-oppression. Education is not the only action that is necessary to create a truly anti-racist campus, but it is an essential ingredient for our personal and collective development. The list of resources can be viewed at:

[uoguelph.ca/diversity-human-rights/educational-resources-training/anti-racism-anti-oppression-resources](https://uoguelph.ca/diversity-human-rights/educational-resources-training/anti-racism-anti-oppression-resources)

Finally, DHR provides a range of educational opportunities and workshops related to equity, inclusion, accessibility, and human rights. Fall 2022 workshops will be listed soon at:

[uoguelph.ca/diversity-human-rights/educational-resources-training/education-outreach](https://uoguelph.ca/diversity-human-rights/educational-resources-training/education-outreach)



# INFORMATION ABOUT OUA & USPORTS

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# OUA (ONTARIO UNIVERSITY ATHLETICS)

[oua.ca](http://oua.ca)

**The University of Guelph varsity program participates in the following OUA sports:**

- Men's and Women's Badminton
- Men's Baseball
- Men's and Women's Fencing
- Figure Skating
- Men's and Women's Golf
- Women's Lacrosse
- Men's and Women's Nordic Skiing
- Men's and Women's Rowing
- Men's Rugby
- Men's and Women's Squash



# U SPORTS

[usports.ca/en](http://usports.ca/en)

**The University of Guelph varsity program participates in the following OUA sports:**

- Men's and Women's Basketball
- Men's and Women's Cross Country
- Men's and Women's Curling
- Field Hockey
- Men's Football
- Men's and Women's Hockey
- Women's Rugby
- Men's and Women's Soccer
- Men's and Women's Swimming
- Men's and Women's Track and Field
- Men's and Women's Volleyball
- Men's and Women's Wrestling

# ELIGIBILITY

In order to compete in OUA/USPORTS and alternate university leagues, each student-athlete must comply with eligibility requirements. It is the responsibility of the student-athlete to be aware of all eligibility rules.

Complete versions can be found on the U SPORTS website ([usports.ca](http://usports.ca)) and the OUA website ([oua.ca](http://oua.ca))

All student-athletes must be cleared by the Intercollegiate Program Office prior to starting any competitive season.

For further questions, clarifications, or for a complete list of eligibility requirements, contact Skye Angus at [anguss@uoguelph.ca](mailto:anguss@uoguelph.ca).

1. All student-athletes must register for intercollegiate participation through the Guelph Gryphons Athlete website at: [gryphons.athletesystems.ca](http://gryphons.athletesystems.ca)
2. This must be completed prior to the start of any training/practice/tryouts with the program. If you are intending to tryout/compete on multiple teams, you must complete a separate registration for each team (ie. cross country and track)
3. All online forms must be completed in their entirety, paying close attention to all sections. This is a legal document and student-athletes are required to complete it fully and honestly.

## ACADEMIC ELIGIBILITY RULES

### FOR OUA AND USPORTS ATHLETES

- a. A student-athlete must be enrolled in a minimum of 1.5 credits or 9 credit hours or equivalent in the same term in which they are competing. *Exceptions: Full-time graduate students and students on a co-op work term.*
- b. For student-athletes participating in USports, Men's Rugby and Rowing, each continuing student-athlete must also have successfully completed 3.0 credits (or equivalent) in the previous academic year (Sept. 1 to Aug. 31) they were a student-athlete to be eligible for competition during the following season. Athletes may take summer courses, including online, in order to qualify, as long as those courses taken can be applied to the student-athlete's degree and are fully recognized by the University of Guelph.
- c. If there are circumstances within a student's academic program which would warrant an exception to A and/or B and in which the University continues to declare the student a full-time student (e.g. special needs or graduate student), the student can be declared in good standing and therefore eligible to compete. For further questions, clarifications or for a complete list of eligibility requirements, **contact Skye Angus** at [anguss@uoguelph.ca](mailto:anguss@uoguelph.ca)
- d. Academic records are checked daily. A student-athlete will not be permitted to compete if he/she reduces his or her course load below the eligibility requirement.
- e. Penalties for non-compliance with any eligibility rule may include but are not limited to team and/or individual disqualification.

### YEARS OF ELIGIBILITY

- a. **USPORTS** – basketball, curling, cross country, football, field hockey, ice hockey, women's rugby, soccer, swimming, track and field, volleyball and wrestling – are limited to 5 years of eligibility. Men's rugby is the only OUA sport that has a 5-year eligibility maximum. All other OUA sports have no limitation to the number of years of eligibility. In the sport of football and men's rugby, there is also an age-cap limitation. Please contact Skye Angus at [anguss@uoguelph.ca](mailto:anguss@uoguelph.ca) for more details.
- b. A year of eligibility in USports is consumed if:
  - A student-athlete's name appears on the playing roster (or equivalent) of two or more regular season competitions if your team does not have an exhibition schedule. If a team does play in exhibition, eligibility is consumed for a single regular season competition. The exception to this rule is within the sports of football and women's rugby;
  - For USports exhibition and playoff competition, CEGEP participation, as well as national team and professional participation. Please consult the Intercollegiate Program Office for further details;
  - For men's basketball, hockey and football sport-specific regulations related to non-USports participation. Please consult the Intercollegiate Program Office for further details;

- Within related jurisdictions, such as the CCAA or NCAA, eligibility consumption is in accordance with that jurisdiction's rules; and,
  - REMEMBER: The appearance of a student-athlete's name on a game sheet or entry form constitutes your participation in that game/event, even if you don't step onto the court/field/ice.
- c. Injury: The consumption of eligibility after being injured early in a season will be determined on an individual basis. Contact Skye Angus at [anguss@uoguelph.ca](mailto:anguss@uoguelph.ca) for more information.

## USPORTS PARTICIPATION AS A PROFESSIONAL ATHLETE

In USports, a professional athlete is defined as any student-athlete who at any time played in a professional and or semi-professional league recognized by USports. All student-athletes that are deemed to be 'professional' must be cleared prior to competition. For OUA sports, student-athletes must have an "amateur status" to be eligible for participation.

## TRANSFERS

A USPORTS student-athlete who transfers to another academic institution is not eligible to compete for one calendar year of competition prior to competing in interuniversity athletics.

For a student to be cleared for play, a Transfer Verification Form must be completed by the student-athlete's previous school before a student-athlete participates in practice and/or competition.

### Exceptions:

- A USports student-athlete who has completed a degree at a USports institution may transfer to another USports institution and will not be required to sit out for a year if they enroll in a graduate or first professional degree program at a school different from the one he/she attended the previous year. All eligibility of transfers must be confirmed with the Intercollegiate Program Office prior to competing.
- In the sports of track and field and cross country, a student-athlete may transfer after having competed one year at a previous institution without a penalty.
- In the sport of swimming, a student-athlete may apply to transfer to a USports institution from any degree granting institution, without a penalty.
- A Canadian student-athlete who transfers to a USports institution from a non-Canadian degree granting institution (e.g. NCAA or NAIA) shall be eligible to participate immediately if certain conditions are met. Please contact Skye Angus at [anguss@uoguelph.ca](mailto:anguss@uoguelph.ca) for more information.
- In OUA sports only, student-athletes may transfer from one institution to another without penalty, provided all other eligibility requirements are met.

### **NOTE:**

The Department of Athletics completes regular eligibility verification checks regarding the status of each student-athlete. Should a student-athlete drop a course which places him/her below the minimum required course load (3 courses/1.5 credits), a course must be added immediately for that student athlete to be eligible. Should a student-athlete participate in any contest while ineligible, the University of Guelph will be in violation and the appropriate penalties and/or sanctions will be applied (i.e. forfeiture of wins, loss of points gained, etc.).





# ACADEMIC INFORMATION

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# **EXAM CONFLICTS**

Final examination schedules in December, April and August are outside of the varsity competition schedule and therefore do not encounter conflicts.

Conflicts must be identified by the student-athlete through a comparison of their varsity schedule to midterm examination information in their course syllabus at the beginning of each semester. If a conflict is identified the student-athlete must discuss it with the instructor of the course to determine if an alternate arrangement can be made (i.e. an alternate day/time). If the instructor requests a written confirmation (i.e. an email), the student-athlete must request that their coach contact the instructor to provide this. For further assistance, contact Manager, Athlete Services (**Meaghan Howat**, [howatm@uoguelph.ca](mailto:howatm@uoguelph.ca)).

If a student-athlete is unable to negotiate an alternate arrangement with the instructor for any conflict addressed above, they should notify their coach as soon as possible and then seek support from their Program Counsellor.

(For more information please refer to the Examinations policy in Section VIII. Undergraduate Degree Regulations and Procedures of the current Undergraduate Calendar.)

[calendar.uoguelph.ca/undergraduate-calendar/undergraduate-degree-regulations-procedures/examinations/](http://calendar.uoguelph.ca/undergraduate-calendar/undergraduate-degree-regulations-procedures/examinations/)

## **Class Registration**

Many courses, classes, labs and tutorials offer multiple sections. Varsity athletes have access to course selection in the first available window. Student-athletes should select course sections at this time that do not conflict with practice times. If a course is only offered at one time, then the class takes priority over practice.

### **If practice conflicts with a class**

The student-athlete is expected to honour the academic commitment and inform the coach well in advance of the conflict.

### **If practice conflicts with a test**

Tests are occasionally scheduled outside regular class times. In these cases, the student-athlete must inform the coach, as early as possible, but academic commitment takes priority.

## **If competition conflicts with class time**

The student is expected to honour the athletic commitment and to advise the professor of the conflict as early as possible. The student must keep up with missed work. In the event the class time has an academic evaluation component (mandatory tutorial, PRAC rotations, etc.), please speak with your professor about an alternative arrangement.

## **If competition conflicts with a test or exam**

The academic commitment has priority and the student-athlete is expected to honour that commitment. The student-athlete should speak with the professor about an alternative arrangement.

# **ACADEMIC ADVISING**

Academic advising is delivered by a team which includes the Undergraduate Academic Information Centre (UAIC), Faculty Advisors (FA) and Program Counsellors (PC). The UAIC provides general academic advising information. FA have expertise in the discipline specific specialization (i.e. History as a Major). PC have expertise in degree program requirements and regulations, as well as the fit of specializations within the degree program. This team of staff can assist with program transfers, admission into classes, on track planning for graduation and more.

All students are strongly encouraged to seek academic information and advising, as appropriate. UAIC information is available at: [www.uoguelph.ca/uaic](http://www.uoguelph.ca/uaic) as well as on the 3rd Floor (north end) of the University Centre (just outside of the Office of Registrarial Services). FA and PC change from time to time so students should visit the Program Counsellor and Faculty Advisor Lists at: [uoguelph.ca/uaic](http://uoguelph.ca/uaic) for current contact information.

To contact a program counsellor: [uoguelph.ca/uaic/programcounsellors](http://uoguelph.ca/uaic/programcounsellors)

# THE PEARSON FAMILY STUDENT-ATHLETE MENTORSHIP PROGRAM



## WHO WE ARE

Our 20 mentors are all student-athletes from various academic disciplines and teams. We are here to help you succeed as student-athletes by providing mentorship and a supportive study space. Mentors are trained in academic skills by Learning Services and in peer counselling by Student Wellness, so they are well equipped to listen, support, and refer you to resources for academics, athletics, or your personal wellbeing.

## HOW MENTORS HELP

### HOLISTIC SUPPORT

We are trained in establishing supportive relationships. We want to see you succeed athletically, in the classroom, and in life.

### EASE YOUR TRANSITION

If you choose to commit, you will gain 20 more teammates. We've been where you are and have had the luxury to learn from our mistakes.

### STRENGTHEN YOUR ACADEMIC SKILLS

Pick up tips on how to improve your skillset. - from time management to study strategies.

## YOUR RESPONSIBILITIES

All first-year student-athletes are required to attend SAM, as well as upper-year student-athletes with cumulative averages below 62%. Attending SAM consists of 3 things:

- Study in the SAM rooms for at least 3 hours per week
- Meet with your mentor once a week for 15 minutes – you will select a mentor and a regular meeting time at the start of the semester
- Attend at least one SAM workshop each month

## SAM SESSIONS

### Afternoon Sessions

Monday - Thursday  
12:00 - 4:00pm  
Athletic Center Room 3213

### Evening Sessions

Monday - Thursday  
4:00 - 10:00pm  
Science Commons  
Library Rm 300A, 360, 370

### Weekend Sessions

Sunday (Fall only)  
4:00 - 6:00pm  
Science Commons  
Library Rm 300A, 360, 370

## SUSPENSIONS

Student-Athletes who do not meet SAM requirements can be suspended from their next game or tournament.

## GRADUATING FROM SAM

### FIRST-YEAR ATHLETES

First year students who achieve a 75% average or above in the Fall semester will no longer be required to complete hours in the SAM room in the Winter semester. They still need to pick a mentor and meet with them every month to keep them accountable and working toward their goals

### UPPER-YEAR ATHLETES

Upper-year athletes must achieve a cumulative average of minimum 62% in order to earn their way out of the program. Non-required athletes are always welcome to attend SAM and meet with a mentor.

## CONTACT

Available on your Courselink Page: Student-Athlete Mentor Program or email at: [mentors@uoguelph.ca](mailto:mentors@uoguelph.ca)

For additional McLaughlin Library Resources, visit: [lib.uoguelph.ca](http://lib.uoguelph.ca)



@gryphonSAM

# CONTINUATION OF STUDY

## SCHEDULE 1

Students will follow Schedule 1 if any of the following are applicable:

- They have registered for the first time at the University of Guelph with no previous registration in another college or university
- They are registered at Guelph in the Open Learning Program and taking credit courses
- They have been registered in a program at this University, are eligible to continue study in that program and subsequently transfer to another degree program (including students transferring from Open Learning to a degree program)
- They have transferred from another university or college and have been admitted to semester 1 at this University
- They have been required for any reason other than academic performance to withdraw from the program, and subsequently are accepted for readmission to that program
- They have registered at the University of Guelph as an exchange student

### Schedule 1 Regulations

All degree programs, Open Learning and General Studies have established conditions which must be met for continuation of study. Continuation of study within a program is permitted provided the standards of academic performance listed below are met. In some instances, students not meeting the requirements may be allowed to proceed on probation (see Academic Standing-Probationary). If these conditions are not met, the student will be required to withdraw from the program for a minimum of two semesters and may apply for readmission after that period of time.

The continuation of study regulations at the University of Guelph are based on the principle that students must maintain a minimum average of 60%. To allow for transition issues, some leniency has been built into the minimum average requirement during the first 5.00 credit attempts. The student's cumulative average will be reviewed first. If the student's cumulative average does not meet the minimum required, the student will either be required to withdraw or placed on probation. When a student is placed on probation the student will be required to obtain a minimum semester average. In subsequent semesters the student will either be required to withdraw, allowed to continue on probation, or be placed back on regular status. Students will be taken off probation once their cumulative average is greater than, or equal to 60%.

Conditions for continuation of study are applied using the following tables:

#### NUMBER OF CREDIT ATTEMPTS: 0.25 - 2.50

Students who have attempted between 0.25 and 2.50 credits will be allowed to continue regardless of the cumulative average. Students will be placed on probation if their cumulative average falls below 50%.

#### CREDIT ATTEMPTS: 2.75 - 5.00

##### IF ELIGIBLE TO CONTINUE

*Continuation of Study Assessment for Students in Semester 2 following Schedule 1*

Cumulative Average (C)	Status of Student
C < 50%	Required to Withdraw
C 50 - 60%	Probationary Status
C ≥ 60%	Eligible to Continue

##### IF ON PROBATION

*Continuation of Study Assessment for Students in Semester 2 on Probation following Schedule 1*

Cumulative Average (C) Semester Average (S)	Status of Student
S < 50% or C < 50%	Required to Withdraw
S ≥ 50% but C < 50%	Required to Withdraw
S ≥ 50% but C < 60%	Probationary Status
C ≥ 60%	Eligible to Continue

#### CREDIT ATTEMPTS: > 5.00

##### IF ELIGIBLE TO CONTINUE

*Continuation of Study Assessment for Students in Semester 3 and higher following Schedule 1*

Cumulative Average (C)	Status of Student
C < 50%	Required to Withdraw
C 50 - 60%	Probationary Status
C ≥ 60%	Eligible to Continue

##### IF ON PROBATION

*Continuation of Study Assessment for Students in Semester 2 on Probation following Schedule 1*

Cumulative Average (C) Semester Average (S)	Status of Student
S < 60	Required to Withdraw
S ≥ 60% but C < 60%	Probationary Status
C ≥ 60%	Eligible to Continue

# SCHEDULE 2

Normally students who transfer from another university or college will be required to follow Schedule 2. Students who are readmitted to this University but whose prior record renders them ineligible to proceed under Schedule 1 will be required to follow Schedule 2.

## SCHEDULE 2 REGULATIONS

Continuation of study is permitted provided the student meets the conditions outlined below. In some instances, students not meeting the requirements may be allowed to proceed on probation. If these conditions are not met, the student will be required to withdraw from the program for a minimum of two semesters and may apply for readmission after that time.

The continuation of study regulations are based on the principle that students must be maintaining a 60% average. The details of the continuation of study model follow. The student's cumulative average will first be reviewed. If it does not meet the required level, the student will either be required to withdraw or placed on probation. Students who are placed on probation will be required to obtain a given semester average in subsequent semesters. As a result of this review, the student will either be required to withdraw, remain on probation, or placed back on regular status. Students will be taken off probation once their cumulative average is greater than, or equal to 60%.

Continuation of Study is assessed each semester. Students whose cumulative average falls below 60% will be placed on probation for one semester, and then assessed based on their semester average.

### IF ELIGIBLE TO CONTINUE

*Continuation of Study Assessment for Students following Schedule 2*

Cumulative Average (C)	Status of Student
C < 50%	Required to Withdraw
C 50 - 60%	Probationary Status
C ≥ 60%	Eligible to Continue

### IF ON PROBATION

*Continuation of Study Assessment for Students on Probation following Schedule 2*

Cumulative Average (C)	Status of Student
Semester Average (S)	
S < 60	Required to Withdraw
S ≥ 60% but C < 60%	Probationary Status
C ≥ 60%	Eligible to Continue



# AWARDS/SCHOLARSHIPS/BURSARIES

## For Entrance Awards, Entrance Bursaries, In-Course Scholarships, In-Course Bursaries and International Student Financial Aid:

University of Guelph Entrance Scholarships | Awarded to students with an admission average of 90.0% or greater  
[uoguelph.ca/registrar/studentfinance/scholarships/grid](http://uoguelph.ca/registrar/studentfinance/scholarships/grid)

Entrance Bursaries | Complete the on-line Entrance Financial Need Assessment form by the April 15th deadline.  
[uoguelph.ca/registrar/studentfinance/bursaries/entrance Ug](http://uoguelph.ca/registrar/studentfinance/bursaries/entrance Ug)

In-course Scholarships  
[uoguelph.ca/registrar/studentfinance/scholarships/about\\_incourse](http://uoguelph.ca/registrar/studentfinance/scholarships/about_incourse)

In-course Bursaries  
[uoguelph.ca/registrar/studentfinance/downloads](http://uoguelph.ca/registrar/studentfinance/downloads)

International Students  
[uoguelph.ca/registrar/studentfinance/scholarships/incourse\\_int](http://uoguelph.ca/registrar/studentfinance/scholarships/incourse_int)

## ATHLETIC SCHOLARSHIPS (AFA'S)

The University of Guelph, in conjunction with the Department of Athletics, recognizes student-athletes who display extraordinary athletic and leadership qualities, supports the awarding of Athletic Financial Awards (AFA) designed to assist in defraying the costs of tuition and compulsory fees. This amount will be divided into two equal payments and is applied to a student-athlete's University of Guelph student account in the fall and winter semesters. This amount is conditional upon being accepted to an academic program at the University of Guelph, accepting an offer of admission and registering in a minimum of 1.5 credits in both fall and winter semesters at the University of Guelph, and being listed on your team's eligibility certificate. AFA's can be held with all other award offers you may receive in May as part of the University of Guelph's entrance scholarship and bursary programs.

In accordance with the U SPORTS and OUA requirements, student-athletes must satisfy the following:

- i. Entering students must have a minimum admission average of 80% or equivalent on those courses used to determine your university admission;
- ii. Returning U SPORTS eligible athletes must have successfully maintained a minimum average of 70% or the equivalent GPA on all registered course work completed within the last academic year that the student-athlete was listed on an eligibility certificate.

AFA's may be renewable contingent upon a student-athlete's continued active participation with the Gryphon varsity program while maintaining a minimum 70% average. Please note that an AFA may also be cancelled if a student-athlete renders themselves ineligible because of:

- i. An insufficient grade point average on all registered course work completed within the last academic year that they were listed on an eligibility certificate at the University of Guelph.
- ii. Conduct, on or off campus that is contrary to the guidelines established by the University of Guelph Intercollegiate program and the Department of Athletics.
- iii. Misrepresentation or non-compliance with the rules and regulations of the University of Guelph as outlined in the University of Guelph Student-Athlete Handbook and the Student-Athlete Code of Conduct.
- iv. Voluntary withdrawal from the Gryphon program for personal reasons.

In the case of an injury sustained because of participation in your sport, the University of Guelph Department of Athletics will honour all awards for a minimum of one full year provided the athlete is actively pursuing rehabilitation and remains with the team.

# OUA ACADEMIC HONOUR AWARDS & USPORTS ACADEMIC ALL CANADIANS

All Varsity Athletes are considered for OUA Academic Honour Awards and USports Academic All Canadian status.

*For OUA Academic Honour Awards, the following criteria must be met:*

- The athlete must have been enrolled as student-athlete as determined by their institution (3.0 credits)
- The athlete must have received a September to August grade point averages which takes into consideration every course the athlete was registered in during that period, equivalent to an A- or 80% or better
- The athlete must have been a member of the institution's OUA varsity team(s)

*For USports Academic All Canadian status, the following criteria must be met:*

- The student-athlete must have consumed eligibility; and
- The student-athlete must have successfully passed 3.0 credits; and
- The student-athlete must have an 80% or higher according to that institutions' official average calculation for courses completed during the academic year

Award Winners will receive a certificate from the OUA and/or USports acknowledging their accomplishments.





# **VARSITY ATHLETE INFORMATION**

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# STUDENT ATHLETE REGISTRATION

To be eligible to participate in varsity team practices and competitions at the University of Guelph in both U Sports and OUA, student-athletes are required to complete the following registration process at: [gryphons.athletesystems.ca](http://gryphons.athletesystems.ca)

Within the Portal there are **mandatory education requirements** that must be completed before you can participate in team activities. Please ensure you have the following education requirement certificates ready to upload so we can track and ensure it is completed:

- 2022 - 23 CCES True Sport Clean Certificate (must be completed annually)
- Courselink Sexual Violence Support Module (complete once)
- Concussion Education Certificate (complete once)
- Courselink Principles of Belonging Certificate (complete once)

## USPORTS ID REGISTRATION

- First year student-athletes can register for a USports Central ID at [usportscentral.ca](http://usportscentral.ca). This will set up an account for your entire university career.
- There is a one-time registration fee of \$50CDN. This fee applies to ALL 1st year USports and non-USports transfer athletes.
- This process applies ONLY to athletes competing in USports competition. OUA sport athletes are not required to complete this process.
- If you are a transfer student from another USports institution, you are not required to pay again. Please contact Skye Angus at [anguss@uoguelph.ca](mailto:anguss@uoguelph.ca) to have your USports account transferred to the University of Guelph.
- If you have an account and forget your password, you can access it through this link as well.

# 1

Go to  
[gryphons.athletesystems.ca](http://gryphons.athletesystems.ca)

Login using your central login ID & password (single sign on)

# 2

### Select REGISTER

1. Personal Information
2. Academic Information
3. Canadian Centre for Ethics in Sport (CCES)
4. Education
  - a. Student Athlete Code of Conduct
  - b. Concussion Education
  - c. Principles of Belonging
  - d. Sexual Violence Support Module
  - e. Medication
5. Consent
6. Liability Waiver

# 3

### Complete Medical Questionnaire

Within approximately 72 hours of the completion of the Athlete Registration process, student-athletes will receive an email from Input Health with a link to a Medical Questionnaire to be completed. Follow up may be required. All communication will be sent to your University of Guelph email.

Student-athletes must complete BOTH the Athlete Registration process and the Medical Questionnaire and be deemed Medically Cleared in order to participate in any team training or tryout sessions (including Strength and Conditioning). Athlete Registration closes 7 days prior to the start of training camp.

### NOTE:



The protection of your personal information is of the utmost importance to us, and the U SPORTS privacy policy can be found here:

[usports.ca/uploads/hq/By\\_Laws-Policies-Procedures/Privacy\\_Policy\\_Portal.pdf](http://usports.ca/uploads/hq/By_Laws-Policies-Procedures/Privacy_Policy_Portal.pdf)

# VARSITY FEE

All Varsity athletes are required to pay a Varsity Fee. Some teams may also pay an additional Team Fee as noted below.

**FEES CAN BE PAID ONLINE AT: [UOGUELPH.CA/CONNECT](http://UOGUELPH.CA/CONNECT)**

1. Log in and select "Pay on Account"
2. If you have never logged onto the Connect System, use your University of Guelph email as your login and click "Forget your Password" to generate a temporary password.

*\*Student-athletes can also pay their varsity fees at the GGAC Client Service Desk or in the Gryphon Field House*

## WHAT DOES THE VARSITY FEE INCLUDE?

The following teams will pay the **OUA Varsity amount of \$150.00 + HST:**

- Badminton
- Baseball
- Curling
- Fencing
- Figure Skating
- Golf
- Nordic Skiing
- Lacrosse
- Squash

The **OUA Varsity Fee** includes the following:

- Access to facilities & coaching
- Team room or locker rental with towel membership
- SAM Program & Leadership Academy
- NRG membership which includes Fitness Centre and unlimited access to TRC, Boot Camp, Group Cycle, Yoga, Pilates and Group Fitness Classes

The following teams will pay the **USports Varsity amount of \$225.00 + HST**

- Basketball
- Cross Country/Track & Field
- Football
- Hockey
- Rugby
- Soccer
- Swimming
- Volleyball
- Wrestling

The **USPORT Varsity Fee** includes the following:

- Access to facilities & coaching
- Athletic Therapy Services
- Team room or locker rental with towel membership
- SAM Program & Leadership Academy
- Strength and Conditioning (for identified teams)
- NRG membership which includes Fitness Centre and unlimited access to TRC, Boot Camp, Group Cycle, Yoga, Pilates and Group Fitness Classes

*Student-athletes who do not pay their varsity fee will not be eligible to participate in team activities.*

### FEE DEADLINES

**SEP. 23/22:** Football, Rugby, Soccer, Field Hockey, Baseball, Rowing, Golf, Lacrosse

**OCT. 1/22:** Basketball, Volleyball, Hockey, Swimming, Wrestling, Track & Field

**OCT. 14/22:** Figure Skating, Curling

**NOV. 1/22:** Badminton, Fencing, Squash, Nordic Skiing

### FIRST YEAR MEDICAL FEE

Each 1st year student athlete will be charged \$65 to cover the cost of setting up a medical profile & cover a screening examination, if required, as part of the initial medical screening and clearance process. This is a one-time fee that will be added to their accounts along with their varsity & team fees.

### TEAM FEE

Team fees are determined by the individual teams based on their requirement of additional funding for their programming. For more information on the team fee for your respective team please contact your coach. examination, if required, as part of the initial medical screening and clearance process. This is a one-time fee that will be added to their student athlete accounts along with their varsity fee and team fees.

### STUDENT CARD

Athletes are required to carry their Student Card with them at all times for entry into the GGAC and Field House. It is also used for access into varsity ticketed games.

### ATHLETIC BANQUET

The annual Guelph Gryphon Athletic Banquet is a celebration of our student-athletes, coaches, support staff and teams. Banquet format, Date and time for 2022-23 is still to be determined. Details will be provided to all teams when they are available.



# STUDENT-ATHLETE SERVICES

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# MENTAL HEALTH RESOURCES

## ON CAMPUS RESOURCES

### NOT SURE WHERE TO START FOR SUPPORT?

BOOK with one of our Student Wellness NAVIGATORS who will see you within a short time frame and let you know about all the support services available ON & OFF campus, and book you in with one of our on-campus Counsellors if needed. They will point you in the right direction for your immediate or long term needs. Perfect for the next step!

Call **519-824-4120 ext. 52131** to book an appointment with a Navigator.

### COUNSELLING SERVICES

Counselling Services offers confidential brief counselling, group counselling and Drop-in appointments, along with many workshops to support students. Students attend counselling for many reasons, i.e., intense feelings (anxiety, depression, grief, and loneliness), eating disorders, struggles with relationships, self-confidence and identity issues. Our goal is to help you move toward what's important to you.

Urgent Drop-in Service to provide more immediate support:

FALL/WINTER: Mon-Fri | 12:30 - 3:30PM

SUMMER: Mon-Fri | 2:00 - 3:30PM

#### To book an appointment:

519-824-4120 ext. 53244

#### For more information:

[wellness.uoguelph.ca/counselling](https://wellness.uoguelph.ca/counselling)

[counsell@uoguelph.ca](mailto:counsell@uoguelph.ca)

#### BIPOC Students

Student Experience and Counselling Services have partnered to provide counselling for BIPOC students, every Thursday from 2:00-3:30pm. Book your session in advance or day-of.

#### Managing Stress & Anxiety in Varsity Sport

A Cognitive-Behavioural approach addressing barriers to performance, wellness & mental health through a mindfulness lens (offered once per semester). 6 wk confidential varsity group Facilitated by Carrie Charles, Point person for varsity athletes & Registered Psychotherapist

[csgroups@uoguelph.ca](mailto:csgroups@uoguelph.ca) - please provide your name, student ID & name of group

Participants will come away with:

- Better management of symptoms of generalized anxiety, performance anxiety and stress
- factors related to being a student athlete.
- Participants report better sleep habits, more focused attention in sport & academics,
- increased emotional & psychological awareness & regulation.
- Greater sense of control over stress and anxiety symptoms.
- Increased confidence

### SPORTS PSYCHIATRY (HPC)

With a REFERRAL, The Health & Performance Centre (HPC) offers appointments with a sports psychiatrist whose practice focuses on the treatment of mental illness and psychological struggles in athletes.

To make an appointment book with your sports medicine physician to see about a referral to the Sports Psychiatrist (**HPC: 519-767-5011**) \*Referral required\*

### SEXUAL VIOLENCE EDUCATION & SUPPORT

The Sexual Violence Support & Education Coordinator provides sexual violence support, education and training for students & staff.

Contact 519-824-4120 ext. 53020

[svinfo@uoguelph.ca](mailto:svinfo@uoguelph.ca)

### COUPLES & FAMILY THERAPY

Therapy sessions are available for individuals, couples, and families with a wide range of concerns.

Contact 519-824-4120, ext. 56426.

[cftadmin@uoguelph.ca](mailto:cftadmin@uoguelph.ca)

### STUDENT SUPPORT NETWORK (SSN)

SSN is a drop-in peer counselling service for students looking for confidential, nonjudgmental support and is located on the first floor of the JT Powell Building. They provide information and referrals, and an opportunity to chat with extensively well-trained peers who care. The service is open Monday to Friday noon-10pm and operates during the Fall and Winter semesters and is closed in the spring/summer semester, during Winter Break, during Reading Week and when the university is closed for snow days. To book an appointment or for updated information about the SSN please visit [wellness.uoguelph.ca/ssn](https://wellness.uoguelph.ca/ssn)

# CRISIS LINES & AFTER-HOURS SUPPORT

## CAMPUS POLICE

Urgent matters: ext. 52000 from a campus telephone or 519-840-5000

Non-urgent matters, dial ext. 52245 from a campus phone.

## HERE 24/7 LOCAL CRISIS HELPLINE (GUELPH)

Here 24/7 provides support for students, coaches and staff who are concerned about a student. They assist with next steps and can provide some mobile crisis services and activate/assess need for immediate urgent care.

1-844-437-3247 or [here247.ca](https://www.here247.ca)

## 24/7 CRISIS TEXT LINE - KIDS HELP PHONE (CANADA)

This is a text crisis helpline with free, professional, and anonymous support for young people in Canada.

Text UofG to 686868.

## GOOD2TALK

Good2Talk is a free, professional, and anonymous support line for post-secondary students in Ontario.

Call 1-866-925-5454.

## KEEP.MESAFE (INTERNATIONAL STUDENTS)

keep.meSAFE is a free, confidential mental wellness support program available to U of G international students. Students can access professional counsellors via chat, phone & video in a number of languages.

North America: 1-844-451-9700

Outside North America: 001-416-380-6578

## GUELPH GENERAL HOSPITAL SEXUAL ASSAULT & DOMESTIC VIOLENCE CARE CENTRE

The Sexual Assault and Domestic Violence Care Centre at the Guelph General Hospital offers 24/7 specialized services for individuals who have experienced sexual and/or domestic violence. To access, visit the Emergency Department and ask to see the Domestic Violence Nurse.

**Daytime hours** | 519-837-6440 ext. 2728

**After-hours** | 519-837-6440 ext. 2210

## GUELPH-WELLINGTON WOMEN IN CRISIS 24-HOUR CRISIS LINE

A feminist, community-based organization providing services to women and their children related to abuse and sexual violence.

Contact 519-836-5710.

**For a more complete collection of mental well-being resources for University of Guelph students & athletes, visit [wellness.uoguelph.ca/shine-this-year](https://wellness.uoguelph.ca/shine-this-year)**

# GET INVOLVED

## STUDENT-ATHLETE MENTAL HEALTH INITIATIVE



SAMHI  
student-athlete  
mental health  
initiative

The Student Athlete Mental Health Initiative (SAMHI) is an on campus initiative with the focus of changing what it means to be mentally tough. As an organization, SAMHI's main goal is to eliminate the stigma surrounding mental illness in post-secondary sport and to facilitate access to resources necessary to maintain and improve mental health.

Here at the University of Guelph, our SAMHI campus team works to raise mental health awareness while promoting resources available for athletes and coaches. We meet weekly as a group to support one another through discussions about mental health while brainstorming ways we as a group can support the rest of the Gryphon athletic community.

We continue to look for and welcome all student athletes to join and get involved with this initiative! If you are interested in joining our SAMHI team, please email Alexandra Davidson, [adavid15@uoguelph.ca](mailto:adavid15@uoguelph.ca), or [samhi@uoguelph.ca](mailto:samhi@uoguelph.ca). To see some of our past events, follow our Instagram account @samhigryphonct

#BellLetstalk has partnered with the OUA and student-athletes like you across the country. Listen and ask every day. Join us for #BellLetsTalk Day in January 2023.

**SEXUAL & GENDER-BASED VIOLENCE**

Sexual and Gender Based Violence (S&GBV) is a critical and prevalent issue for all university campuses. At the University of Guelph, we believe all students should be aware of the supports and resources available to them in case they have been impacted by S&GBV. We also strongly believe that creating a culture of consent @ UofG is important and necessary. We know that UofG students have the ability to promote consent in their communities, be active bystanders, and create supportive and safe environments for UofG staff, faculty, and students.

In their first year at Guelph, all athletes are expected to complete the online "Sexual and Gender Based Violence Awareness Training Module for Students" through CourseLink . This module provides foundational knowledge of sexual and gender based violence, challenges rape culture myths, provides information about consent, and describes how to support survivors and access support/resources on-campus and in the community.

If you want to learn more or need support now, please review the resource below, and visit the support website here:  
[wellness.uoguelph.ca/sexual-violence-support](https://wellness.uoguelph.ca/sexual-violence-support)

**EMERGENCY & 24 HOUR RESOURCES**

**ON CAMPUS**

Campus Police, Fire & Ambulance	Emergency ext. 2000 Non-Emergency ext. 52245
Lennox Addington Residence	Ext. 58122
East Residence	Ext. 58124

**IN GUELPH**

Sexual Assault Domestic Violence Care and Treatment Centre (24h) Here 24/7	519-837-6440 ext. 2728 Ext. 2210 1-844-437-3247
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**ALL STUDENTS**

Good2Talk (Ontario Residents)	1-866-925-5454
Crisis Text Line	Text UofG to 686868

**RESOURCES**

**STUDENT WELLNESS**

Counselling Services	Ext. 53244
Health Clinic Services	Ext. 52131
Wellness Education	<a href="mailto:wellness@uoguelph.ca">wellness@uoguelph.ca</a>
Accessibility Services	Ext. 56208
Student Support Network	<a href="mailto:ssn@uoguelph.ca">ssn@uoguelph.ca</a>
<a href="https://wellness.uoguelph.ca/ssn">wellness.uoguelph.ca/ssn</a>	
Sexual Violence Support & Education Coordinator	<a href="mailto:svinfo@uoguelph.ca">svinfo@uoguelph.ca</a>
Health & Performance Centre	Ext. 53039
Stress Management & HPC	<a href="https://selfregulationskills.ca">selfregulationskills.ca</a>

**NON-ACADEMIC ADVISORS**

Indigenous, International & Cultural Diversity Advisors	<a href="mailto:student@uoguelph.ca">student@uoguelph.ca</a>
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# HEALTH & MEDICAL SERVICES

## HEALTH & PERFORMANCE CENTRE (HPC)

The Health and Performance Centre provides services to all students and their families, staff and the general community. The HPC specializes in the diagnosis, treatment and rehabilitation of acute and chronic orthopedic, musculoskeletal, sport and activity related injuries. Our multi-disciplinary team includes: sports medicine physicians, an orthopedic surgeon, physiotherapists, chiropractors, athletic therapists, massage therapists, a naturopathic doctor, dietitian and pedorthist.

Athletic Therapy treatments are provided free of charge to varsity athletes. Visits to the sports medicine physicians and sport psychiatrists usually covered by provincial and international health plans. All other services are offered on a fee per service basis. Athletes have some coverage for many of these services via their University of Guelph Student Health Plan and may through other extended health plans (i.e. through their parents). To visit HPC's student coverage page please scan the QR code (right).



### LOCATION

John T. Powell Building, 2nd Floor  
Main entrance located on Reynolds Walk

### HOURS

Mon-Thu | 8:00AM - 8:00PM  
Fri | 8:00AM - 6:00PM

### CONTACT

519-767-5011 ext. 1  
519-824-4120 ext. 53039  
[wellness.uoguelph.ca/hpc](http://wellness.uoguelph.ca/hpc)

## HEALTH SERVICES

Student Health Services provides a comprehensive range of health and medical services while students are away from home. A multi-disciplinary health care team consisting of family physicians (female and male), Registered Nurses, a Registered Dietitian and Student Wellness Navigators are available to assist students in maintaining and enhancing their personal well-being as they live and study at the University of Guelph. Mental health supports are available in collaboration with family physicians, psychiatry and other service providers across Student Wellness Services.

Please review the FAQs for Student Wellness and appointment information during COVID-19  
[wellness.uoguelph.ca/covid-19-faqs-student-wellness-services](http://wellness.uoguelph.ca/covid-19-faqs-student-wellness-services)

### LOCATION

John T. Powell Building, 1st Floor  
Main entrance located on Reynolds Walk

*\*Students must bring their health cards & student ID  
\*Masks required for all visits*

### HOURS

Mon-Fri | 8:30AM - 4:30PM  
*\*Drop-In Clinic offers same-day appointments during the academic year*

### CONTACT

519-842-4120 ext. 52131  
[wellness.uoguelph.ca/health](http://wellness.uoguelph.ca/health)

# STUDENT ACCESSIBILITY SERVICES (SAS)

The University of Guelph is committed to creating an inclusive environment for all people, including removing barriers for students who experience disabilities. If you are a student who experiences either a temporary or permanent disability that impairs your ability to participate in academic activities, Accessibility Services (which is a part of Student Wellness) is here to help!

We support students with all types of disabilities, including (but is not limited to) the following general categories: acquired brain injuries/concussions, learning disabilities, attention deficit/hyperactivity disorder, mental health disabilities, vision and hearing impairments, mobility/dexterity impairments, medical conditions, and autism spectrum disorder. To register with us, students are asked to complete a New Student Intake Form and provide documentation in support of their disability from a health professional who is authorized to make a relevant diagnosis. Our documentation requirements and forms are available on our website. If you are still in the process of being assessed or getting that documentation, feel free to contact us as we may be able to provide some interim assistance.

Every student who registers with us is assigned an Advisor who provides on-going support and coaching throughout the process of setting up any academic accommodations the student requires. Accommodations are determined based on the functional limitations that each student experiences, and is tailored to the individual's needs. Accommodations may include supports for: classroom activities, course materials, navigating the campus environment, deadlines and/or tests and exams.

## **CONTACT**

519-842-4120 ext. 56208

[wellness.uoguelph.ca/accessibility](https://wellness.uoguelph.ca/accessibility)

[accessibility@uoguelph.ca](mailto:accessibility@uoguelph.ca)

# EDUCATION & PROMOTION CENTRE

We are a student-driven safe space where undergraduate and graduate students can seek information and support about their health and well-being. Peer-to-peer education is the driving force behind all our initiatives; including drop-in peer consultations, interactive programming, and resource distribution.

## **LOCATION**

John T. Powell Building, 1st Floor

Main entrance located on Reynolds Walk

## **HOURS**

Mon-Fri | 8:30AM - 4:30PM

## **CONTACT**

519-842-4120 ext. 53327

[wellness.uoguelph.ca/education](https://wellness.uoguelph.ca/education)



Student Wellness at University of Guelph



@Wellness\_UofG



@Wellness\_UofG

# SEXUAL & GENDER BASED VIOLENCE EDUCATION

The Sexual and Gender Based Violence (S&GBV) Support & Education Program provides sexual violence support, education, and training for students @ UofG. The S&GBV Support Coordinator meets with people who have been impacted by sexual and gender based violence, in-person and virtually, to provide support, system navigation, academic accommodations, and connections to campus and community resources. She works from a survivor-centric and trauma-informed perspective, allowing the individual to guide the types of supports needed.

The S&GBV Education Coordinator leads the development and coordination of S&GBV training and prevention initiatives across campus. Working alongside student leaders, trainings and education initiatives are tailored to meet the needs of our community.

## **CONTACT**

519-824-4120 ext. 53020

[svinfo@uoguelph.ca](mailto:svinfo@uoguelph.ca)

# ATHLETE MEDICAL CARE

We have a broad range of medical practitioners and student-trainers to support the High Performance varsity programming. This year intercollegiate staff complement is made up of 4 Athletic Therapists and 3 physiotherapists. They are also supported by 3 Physicians at the HPC.

The Athletic Therapists and Physiotherapists will work with a variety of teams with the goal of keeping our student-athletes safe, healthy, and physically able to compete at their highest level.

## ATHLETIC THERAPY MISSION STATEMENT

The University of Guelph Athletic Therapy department is dedicated to ensuring the physical and mental well-being of all student-athletes. While sports can be plagued with injuries, it is our responsibility to provide high standard of care and quality therapy services to assist athletes in returning to sport in a safe and timely manner. Our mission is to empower athletes to be advocates for their health and provide them with the education, knowledge and skills to be successful in pursuing their athletic endeavours.

Certified Athletic Therapists have in-depth knowledge, education and training in the areas of the human musculoskeletal system, exercise physiology, biomechanics and emergency care.

## WHERE YOU'LL SEE US

Sport Setting	Clinical Setting	IST
<ul style="list-style-type: none"><li>• Initial response and emergency care management of injury during sports events, including concussion recognition and management</li><li>• Pre-participation warm up prep (heart rate increase, tissue extensibility, etc.)</li><li>• Hydration</li><li>• Pre-practice/pre-game taping</li><li>• Sport specific rehab for gradual re-introduction to a return to play</li></ul>	<ul style="list-style-type: none"><li>• Complete assessment and body scans to determine type and severity of injury (bone, muscle, joint, etc)</li><li>• Create individual, sport-specific rehabilitation plans to address injury, functional imbalances, or movement pattern deficits</li><li>• Increase range of motion</li><li>• Decrease pain &amp; swelling</li><li>• Increase strength &amp; stability</li><li>• Educate athletes on injury prevention</li><li>• Assist athletes with post-operative rehabilitation to return to health body functioning</li></ul>	<ul style="list-style-type: none"><li>• Collaborate with sports medicine physicians to get referrals, imaging, and build return to play programs</li><li>• Collaborate with Strength &amp; Conditioning staff to build a safe and effective program aimed at improving strength deficits while preserving tissue health</li><li>• Communicate with coaches on player status, injury updates, and possible return from injury dates</li><li>• Collaborate with sport physios, chiro, RMT, dieticians, etc to assist in full, speedy recovery from injury</li></ul>

## ATHLETIC THERAPY AND PHYSIOTHERAPY BOOKINGS

To schedule an Athletic Therapy appointment: [uoguelph.inpuhealth.com/ebooking#new](http://uoguelph.inpuhealth.com/ebooking#new) and click YES

Please look to book with your team's respective lead Athletic Therapist or Lead Physiotherapist.

If you ever have delays or issues you can reach out to Manager, Athlete Services Meaghan Howat ([howatm@uoguelph.ca](mailto:howatm@uoguelph.ca))

# CONCUSSION AND ROWAN'S LAW

Certified Athletic Therapists are experts in the recognition, assessment, and management of concussions, as well as guiding athletes through an internationally recognized return to play process. The process is done in close cooperation with the University of Guelph Sports Medicine Physician and in accordance with Rowan's Law.

# ATHLETIC THERAPY & COVID-19 REGULATIONS

The Athletic Therapy department is dedicated to maintaining a high standard of care and quality of therapy service while respecting and adhering to government mandates and public health policies. This ensures that individual health and safety is at the forefront during this unprecedented time. To achieve this objective, numerous safety precautions have been implemented such as mask wearing, proper hand hygiene and physical distancing. While athletic therapy will seem different this year, following the strict guidelines will allow us to operate in a safe and effective manner to provide athletic therapy services for all our varsity athletes.

# CONCUSSION FACT SHEET

What's a Concussion?	Prevention	Symptoms
<p><b>A concussion is a brain injury that:</b></p> <ul style="list-style-type: none"><li>• Is caused by a blow to the head or body from contact with another player, hitting a hard surface, or being hit by a piece of equipment</li><li>• Can change the way your brain normally works</li><li>• Can range from mild to severe</li><li>• Presents itself differently for each athlete</li><li>• Can occur during practice or competition in ANY sport</li><li>• Can happen even if you do not lose consciousness</li></ul>	<p><b>Basic steps you can take to protect yourself from a concussion:</b></p> <ul style="list-style-type: none"><li>• Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet</li><li>• Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions</li><li>• Follow your Athletic Department's rules for safety and the rules of the sport</li><li>• Practice good sportsmanship at all times</li><li>• Practice and perfect the skills of the sport</li></ul>	<p><b>You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.</b></p> <ul style="list-style-type: none"><li>• Amnesia and/or confusion</li><li>• Headache</li><li>• Loss of consciousness</li><li>• Balance problems or dizziness</li><li>• Double or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Nausea</li><li>• Feeling sluggish, foggy or groggy</li><li>• Feeling unusually irritable</li><li>• Concentration or memory problems (forgetting game plays, facts, meeting times)</li><li>• Slowed reaction time</li></ul>

Exercise (running, weight lifting, team practices) or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. Athletes should avoid any activity that provokes symptoms.

# WHAT SHOULD I DO?

## **DON'T HIDE IT**

Tell your athletic trainer and coach. Never ignore a blow to the head. Also tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

## **REPORT IT**

Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

## **GET CHECKED OUT**

Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

## **TAKE TIME TO RECOVER**

If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life. There is active treatment available to speed up your recovery and lessen your symptoms.

# RECOVERY

**Immediate recognition, initial management (including removal from play and rest) and proper treatments will speed up the recovery and your return to play.**

Educational accommodations are available for you while you recover from your concussion. The accommodations require a medical note which must be obtained from a sport medicine physician at the Health and Performance Centre. Your return to play must be supervised and approved by the team medical staff. A Sport Medical Physician (from the University of Guelph) must provide clearance for return to play.

# CONCUSSION BASELINES

Concussion baselines are required for the following sports:

- Basketball (M/W)
- Football
- Hockey (M/W)
- Rugby (M/W)
- Soccer (M/W)
- Volleyball (M/W)
- Wrestling (M/W)

Baselines must be completed by new incoming students (first years and transfers) prior to participating in any team activity, including tryouts. Baselines must also be completed again for any returning athlete who has sustained a concussion or head injury in the past year.

# CONCUSSION RESOURCES

## **Rowan's Law Video**

[youtube.com/watch?v=UvBDdBoLKjg](https://www.youtube.com/watch?v=UvBDdBoLKjg)

## **Concussions Law Website**

[ontario.ca/page/rowans-law-concussion-safety](https://ontario.ca/page/rowans-law-concussion-safety)

## **Concussion Awareness Resources**

[ontario.ca/page/rowans-law-concussion-awareness-resources](https://ontario.ca/page/rowans-law-concussion-awareness-resources)

# EDUCATION REQUIREMENTS

## CCES ANTI-DOPING EDUCATION

### **What is the USPORTS/OUA 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-competition” and “out-of-competition” testing, as well as “event” testing.
- Student-athletes are tested in accordance with the rules of the Canadian Anti-Doping Program (CADP).
- Testing involves a collection of urine and blood samples followed by an analysis at an accredited lab.

### **Who’s eligible for testing?**

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

### **When can I be tested?**

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

### **What's permitted and what's prohibited?**

The World Anti-Doping Agency (WADA) Prohibited List is applied in Canada by the CADP:

[wada-ama.org/sites/default/files/wada\\_2019\\_english\\_prohibited\\_list.pdf](http://wada-ama.org/sites/default/files/wada_2019_english_prohibited_list.pdf)

**The Drug Information Database ([globaldro.com](http://globaldro.com)) provides athletes and their support personnel with easily accessible and accurate information about which drugs, medications, and other substances are prohibited by WADA.**

### **Are prescribed medications permitted?**

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

### **Are herbal products and nutritional supplements banned?**

- Herbal and nutritional supplements are not subject to the same federal regulations as pharmaceutical grade products (medications), and as such it is possible for a product to contain prohibited ingredients that are not listed on the packaging. Additionally, the possibility of ‘cross-contamination’ during the manufacturing process is a concern.
- Some of these products contain “natural” or botanical sources of prohibited substances without listing the prohibited substance (for instance, “ma huang” is an herbal equivalent to the prohibited drug ephedrine, as is “Sida Cordifolia”).
- The CCES cannot provide a guarantee on the status of these products.
- To learn more about the appropriate use of nutritional supplements, please see the Registered Sport Dietician at the Health and Performance Centre., and/or one of the sport medicine physicians.

For More Information: CCES 1-800-672-7775 or check out their website: [cces.ca](http://cces.ca) or email at: [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca).

# ONLINE EDUCATION

Please see links below to complete your mandatory CCES education. Please note, that there is a link for new student-athletes (who have never completed CCES before) as well as returning student-athletes. You must save your PDF certificate for 2022 and upload it into the student-athlete registration portal.

**Medical Exemptions:** Medical Exemption Wizard is a good resource for student-athletes to check if they have a prescription for a prohibited substance: [cces.ca/medical-exemptions](https://cces.ca/medical-exemptions)

This applies to all members of a varsity team including student-athletes, trainers, coaches, and other staff members.

**New Student-Athletes:** Create an account using [education.cces.ca/#/signup](https://education.cces.ca/#/signup)

**Returning Student-Athletes:** Log into your account at [education.cces.ca](https://education.cces.ca) and complete either True Sport Clean or The True Sport Clean Review (course dependent on athlete's eligibility)

There have been several notable additions and updates this year, including an updated learner portal and a new supplements module focusing on risk assessment and risk minimization. Also new this year is a feature that prompts each student-athlete to review and update their personal information including their institution prior to starting True Sport Clean or the Review.

As per U SPORTS Policy 40.30.2.1.2, all USports student-athletes and coaches are required to annually complete their e-learning in advance of participating (or coaching) in competition. This version of the True Sport course, which can be tracked by CCES and USports member institutions, is only to be accessed by USports student-athletes (ie: a student-athlete participating in one of USports 21 sports).

If you have trouble logging in, please contact the CCES for assistance.

## **Canadian Centre for Ethics in Sport**

1-613-521-3340, ext. 3236 or 1-800-672-7775

[education@cces.ca](mailto:education@cces.ca)

### **A NOTE ON CANNABIS**

Although cannabis is legal in Ontario, it is prohibited in sport competition by the World Anti Doping Association. Cannabis lasts a significant period of time in the body, so the use of cannabis is not recommended in varsity athletes.

If an athlete is suspected to be under the influence of Cannabis products, they will be excused from participating in team activities.

Students-athletes, trainers, coaches, and other staff members may not consume Cannabis products for the duration of road trips.

# LEADERSHIP ACADEMY



The comprehensive Leadership Academy provides an ongoing and integrated approach to leadership development by targeting and training three distinct groups of student-athlete leaders (Emerging Leaders, Veteran Leaders and Leadership 360) and distributes the training with multiple modules offered throughout the school year to maximize learning, retention, and application. It is an investment by the Department of Athletics in these student athletes as future leaders within their teams, the campus and their community.

## AUDIENCES AND PRIMARY GOALS

In the Leadership Academy, the customized leadership development programming for student-athletes targets three specific groups based on their year in school as well as their readiness to assume leadership roles. The three programs include the “Emerging Leaders” program for developing leaders as 2nd and 3rd year students, “Veteran Leaders” for established leaders as 3rd and 4th year student-athlete and Leadership 360 for senior student-athletes. Participants are nominated by their respective varsity coach.

## TIME AND COMMITMENT

90-minute customized workshops are conducted with each of the three student-athlete groups (Emerging Leaders, Veteran Leaders and Leadership 360) during each visit. There are 3 sessions in the fall semester (September, October and November) and 3 sessions in the winter semester (January, February and March). Student-athletes can also meet individually with the facilitator to personalize their leadership development and/or discuss any team challenges.

## EMERGING LEADERS PROGRAM

Designed for a select group of “high potential” 2nd and 3rd year student-athletes, the Emerging Leaders program provides prospective leaders with the insights, strategies, and skills necessary to become effective leaders on their team, on campus, and in the community. The focus is on “How to Lead Yourself”. Through ongoing workshops, interactive exercises and action learning experiences the year-long Emerging Leaders program provides a strong foundation for student-athletes to develop into effective team leaders. The emphasis of the program at this level is creating effective Leaders by Example while setting the stage for Vocal Leadership (How to Lead Your Teammates).

### PROGRAM OBJECTIVES

- Develop high potential leaders in their 2nd or 3rd year of study
- Create solid Leaders by Example and set the stage for developing Vocal Leaders (Veteran Leaders)
- Build a strong network of peer leaders
- Develop leaders who support and learn from current team captains/leaders (succession planning)
- Teach prospective leaders how to gain respect and develop leadership skills with their peer group
- Recognize their personal strengths and areas for improvement as leaders
- Develop skills to be strong Leaders by Example and set the stage for Vocal Leadership

### TOPICS INCLUDE

- Introduction to Leadership/How to Be a Responsible Athlete
- Commitment
- Confidence and Personal Accountability
- Composure
- Character

# **VETERAN LEADERS PROGRAM**

Building upon the foundation established in the Emerging Leaders program, the Veteran Leaders program provides established team leaders with advanced leadership training and support including How to Lead Your Teammates. The program teaches student-athletes the critical team leadership skills and insights necessary to be effective Vocal Leaders as they manage and conquer the day-to-day responsibilities and challenges of leadership.

In addition to the education, the Veteran Leaders program also provides student-athlete leaders with a strong peer network to lean on and learn from throughout the school year. Student-athletes meet regularly to learn and reinforce leadership principles and share successes, frustrations, and lessons.

## **PROGRAM OBJECTIVES**

- Encourage established leaders to step up and be Vocal Leaders on their teams
- Provide established leaders with ongoing support as they tackle the tough issues of team leadership
- Provide established leaders with a solid peer network for guidance and support
- Review and extend the insights and skills necessary to be a responsible and respected leader
- Establish a solid, cooperative and ongoing partnership with the coaching staff

## **TOPICS INCLUDE**

- Introduction to Leadership/How to Be a Responsible Athlete
- Commitment
- Confidence and Personal Accountability
- Composure
- Character

# **LEADERSHIP 360 PROGRAM**

Designed for senior leaders who have successfully completed both the Emerging Leaders and Veteran Leaders programs, Leadership 360 focuses on applying leadership skills to positively impact the student athlete, their team, the athletic department, campus, and community at large.

A significant component of the Leadership 360 program is for each leader to undergo a 360 degree evaluation of their leadership skills. The 360 evaluation involves teammates and coaches anonymously rating their leaders using a Team Leadership Evaluation. Based on averaging the ratings of their teammates and coaches and comparing them to their self-ratings, the leaders are able to clearly see their leadership strengths and areas for improvement. The leaders then create a comprehensive and customized Leadership Development Plan to build upon their strengths and target their areas to improve. In addition, participants will take part in a Community Outreach Project meant to positively impact the University of Guelph or City of Guelph community in some way. Participants will be responsible for the proposal, organization, planning, marketing and execution of these projects.

## **PROGRAM OBJECTIVES**

- Help leaders clearly see their strengths and areas to improve by undergoing a 360 Evaluation
- Develop a comprehensive and customized Leadership Development Plan to maximize strengths and minimize blindspots
- Provide leaders with the skills and support to effectively troubleshoot the challenges they face throughout the school year
- Encourage leaders to apply their leadership skills to impact the campus and community
- Provide leaders with high level leadership training and experiences that make them highly attractive to interested employers
- Provide leaders with real world leadership experience in the organization/planning and implementation of a Community Outreach project



**MEDIA  
INFORMATION**

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# MARKETING COMMUNICATIONS & SPORTS INFORMATION SERVICES

## WHO WE ARE

We are responsible for publicizing and promoting your program and your fellow student-athletes at the University of Guelph.

## MEDIA RELATIONS

The communications office assists student-athletes in all phases of dealing with the media.

At times you may have to perform an interview with external media or internal Gryphon sports information officers or GryphVision Broadcast.

We're here to assist you and help make dealing with the media a positive learning experience. This interaction should help develop communication skills that can be helpful not only during the intercollegiate experience, but in future professional and business settings.

Media requests should almost always be arranged through the sports information and communication office. Your interviews and your comments reflect on you, your team, and the University of Guelph. Be prepared about what you are saying.

### **INTERVIEW TIPS**

- Be respectful & polite
- If uncomfortable, defer
- Don't assume your remarks are private
- Don't speculate. If you don't know the answer, don't answer the question.
- Listen to question fully and then form a short, clear answer. Plan for 20-30 seconds for television/webcast
- Try and begin your answer by rephrasing the question, especially for television/webcast
- Smile & relax
- It is always okay to ask for the questions in advance and you can be well prepared

## SOCIAL MEDIA NETWORKS

As a member of Gryphon Athletics, you are responsible for representing yourself, your team, and the University of Guelph to the best of your ability. The Gryphon logo never comes off, and during your time as a Gryphon you are to respect what that logo respects. Please review the Gryphon Athletics Social Media Policy below.

- What you post is public. Be aware as a Gryphon student-athlete you may have a larger audience than you think
- What you post will be around for a while. Caching and other forms of technology can capture your postings; information is always accessible even after you've removed it.
- Respect the privacy of others
- What you post may affect your future. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your profile, comments and pictures
- Use the spotlight in a positive manner. Show support for other teams and events at UofG and in Gryphon Athletics.
- FOLLOW US – Did you know that our Instagram account (@gryphonsguelph) is the most followed University sports account in ALL OF CANADA!

- You are a Gryphon, support your larger family and follow the official Gryphon networks, other teams accounts, your program and UofG networks.

All department of Athletics social media accounts are managed and operated by the Marketing and Communications unit in Athletics. If you have a question or concern about any of our accounts or posts please DO NOT direct message the account. We have an abundance of direct messages during busy times during the season and you will likely receive an automated message. Instead in order to receive a response, please direct your question or concern to your coach and they will contact the Marketing and Communications office.

**Thank you and Go Gryphons!**

**MARKETING & COMMUNICATIONS TEAM**

Dave Easter | Manager, Marketing Communications

Michelle Pino | Assistant Manager, Marketing Communications

Andy Baechler | Sports Information Coordinator

Natassya Lu | Marketing & Creative Development Officer

Brandon Merric | Events Supervisor

Kieran Delport | GryphVision Officer



# VARSIY SOCIAL MEDIA POLICY

The Department of Athletics requires that all student-athletes conduct themselves in a manner consistent with the high values and tradition maintained by the University of Guelph and Gryphon Athletics. All student-athletes are expected to understand that they are required to always behave in a manner consistent with the Student Athlete Code of Conduct and will be subject to discipline under that Code if it is violated.

As representatives of the Gryphon program your social media accounts reflect the department and the University as a whole. If the department deems the messages are inappropriate, then the department will consider this to be a violation of the Student Athlete Code of Conduct and take the appropriate discipline actions.

## POSTS, DISCUSSIONS, COMMENTS

We allow open discussions without interference; however, posts, comments and discussions that don't adhere to our guidelines and code of conduct will be subject to discipline. Specifically, we will not tolerate behaviors such as:

- Abusive, harassing, stalking, trolling, threatening or attacking others
- Defamatory, offensive, obscene, vulgar or depicting violence
- Hateful in language targeting race/ethnicity, religion, gender, nationality or political beliefs
- Derogatory, foul, offensive or rude language
- Fraudulent, deceptive, or misleading
- Deliberate disruption of discussion
- Cyber-bullying or cyber-harassment

## SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETES

- Model appropriate behavior in Social Media befitting your status as a Gryphon student-athlete, and UofG ambassador.
- Always remember that your posts will be always public online. Be aware that media, faculty, and future employers could access your social and this can be detrimental to the Gryphon brand and to your future employment options.
- Set your privacy settings to restrict who can search for you and what private information other people can see.
- Coaches, teammates, officials, or opposing competitors may all add you to social media or follow you. You are not required to follow anyone or be friends on social with anyone.
- If you feel harassed by someone in a social medium, report it to your coach.
- Avoid posting pictures of, or alluding to, participation in illegal activity such as: speeding, physical assault, harassment, drinking alcohol (if underage), and drug use.
- Avoid posting to your social media accounts during pre-game or during games.
- Avoid any posts or comments at fans, opposing teams, teammates, other Gryphon teams/players, referees, coaches, host institutions, sponsors, community organizations and students in a negative light.
- Decisions or headline news made by the department, referees, OUA and U SPORTS that you do not agree with, should not be protested online.
- In short: think twice, publish once

# **TEAM SOCIAL MEDIA**

If a student-athlete(s) wishes to initiate, create or manage a team handle on any social media platform with the purpose of promotions and/or dissemination of information of a University of Guelph Gryphons team and in doing so use the brand, likeness, and/or name of the University, the Guelph Gryphons or of the specific team, they will need to contact Michelle Pino (mpino@uoguelph.ca) for set up, branding approval and guidelines.



# **STRENGTH & CONDITIONING**

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# STRENGTH & CONDITIONING

The Strength & Conditioning unit within Gryphon Athletics works closely with the coaches and student-athletes of the following teams to provide and deliver annual physical development programming.

- Football
- Men's & Women's Basketball
- Men's & Women's Hockey
- Men's & Women's Rugby
- Men's & Women's Soccer
- Men's & Women's Swimming
- Men's & Women's Track and Field/Cross Country
- Men's & Women's Volleyball

NOTE: Strength & Conditioning services are available to other Varsity and Club teams on a discounted fee for service basis through the Gryphon Performance Academy. See below.

## STAFFING

The Strength & Conditioning (S&C) unit is led by the Head Strength & Conditioning Coach who is assisted by the Football Strength and Conditioning Coach, a Full-Time Assistant Strength & Conditioning Coach, Part-Time Assistant Strength & Conditioning Coach and a complement of undergraduate and graduate student Strength & Conditioning staff. Student-athletes have also been a regular part of our staff and coaches are encouraged to refer student-athletes interested in strength and conditioning to the Head Strength & Conditioning Coach.

Name	Title	Ext	Cell	Email
Mac James	Head Strength & Conditioning Coach	53305	226 203 4020	macjames@uoguelph.ca
Jordan Shannick	Assistant Strength & Conditioning Coach			shannicj@uoguelph.ca
Adam Kania	Football Strength & Conditioning Coach			kaniaa@uoguelph.ca
Meaghan Howat	Manager of Athlete Services	53555		howatm@uoguelph.ca



# **BASIC SERVICES AVAILABLE**

## **PROGRAM PLANNING & DELIVERY**

(Annual Planning Assistance Including Monthly & Weekly Morphcycle) Meet with coaches to discuss annual plan, team and individual goals, performance centre schedule and usage. Program planning ideally should be a collaborative effort involving input and expertise from both the head sport coach as well as the support staff (S&C Coach, Athletic Therapist, etc.) At the highest levels athlete development and performance is a highly integrated and interconnected endeavour making collaboration is a necessity. With that in mind we will always operate in an evidence-based, student-athlete centred manner and will have final say in terms of S&C programming.

## **STRENGTH & POWER TRAINING**

Resistance & Power training using the basic principles of overload, variation, specificity, progressions, individualization, frequency, duration, and intensity/load.

## **LINEAR & MULTI-DIRECTIONAL (AGILITY) SPEED DEVELOPMENT**

The following qualities can be addressed at different times of the year: Acceleration, Max Velocity, Deceleration, Change of Direction, Cutting, Top End Speed, Repeat Sprint Ability.

## **ENERGY SYSTEM DEVELOPMENT (CONDITIONING)**

- The power and capacity aspects of the following energy systems are addressed throughout the year in a collaborative manner with the sport coach: Anaerobic – Alactic, Anaerobic – Glycolytic, Aerobic  
Comprehensive energy system development programs will be designed to address all aspects of energy system development with the goal of preparing athletes for the specific demands of their sport.
- Energy System Development is primarily addressed by the S&C staff during the off-season training periods. The S&C staff is happy to collaborate and provide input on how sport coaches may manipulate intensities, volumes and work to rest ratios to build or maintain these qualities in-season.

## **FITNESS ASSESSMENTS**

Pre-Season, Mid-Season and Post-Season Fitness Assessments are available to assigned sports in conjunction with the sport coach to assess specific physical qualities that contribute to sport performance. Data collected in these assessments will be used primarily to assess the individual and team areas of strength and weakness in order to inform decision making during programming.

## **INTEGRATED INJURY MANAGEMENT & RETURN TO TRAIN, RETURN TO SPORT**

- Working collaboratively with the sport coach, medical team and student-athletes the S&C staff will assist in the management of injuries (including program modification) and return to train and return to sport process through application of evidence-based protocols.
- In the vast majority of cases injured student-athletes should continue to train on a modified program that is appropriate for their particular situation. An injury therefore is not necessarily an excuse to miss training as modified training and rehab are critical in a safe and expedient Return to Play process.

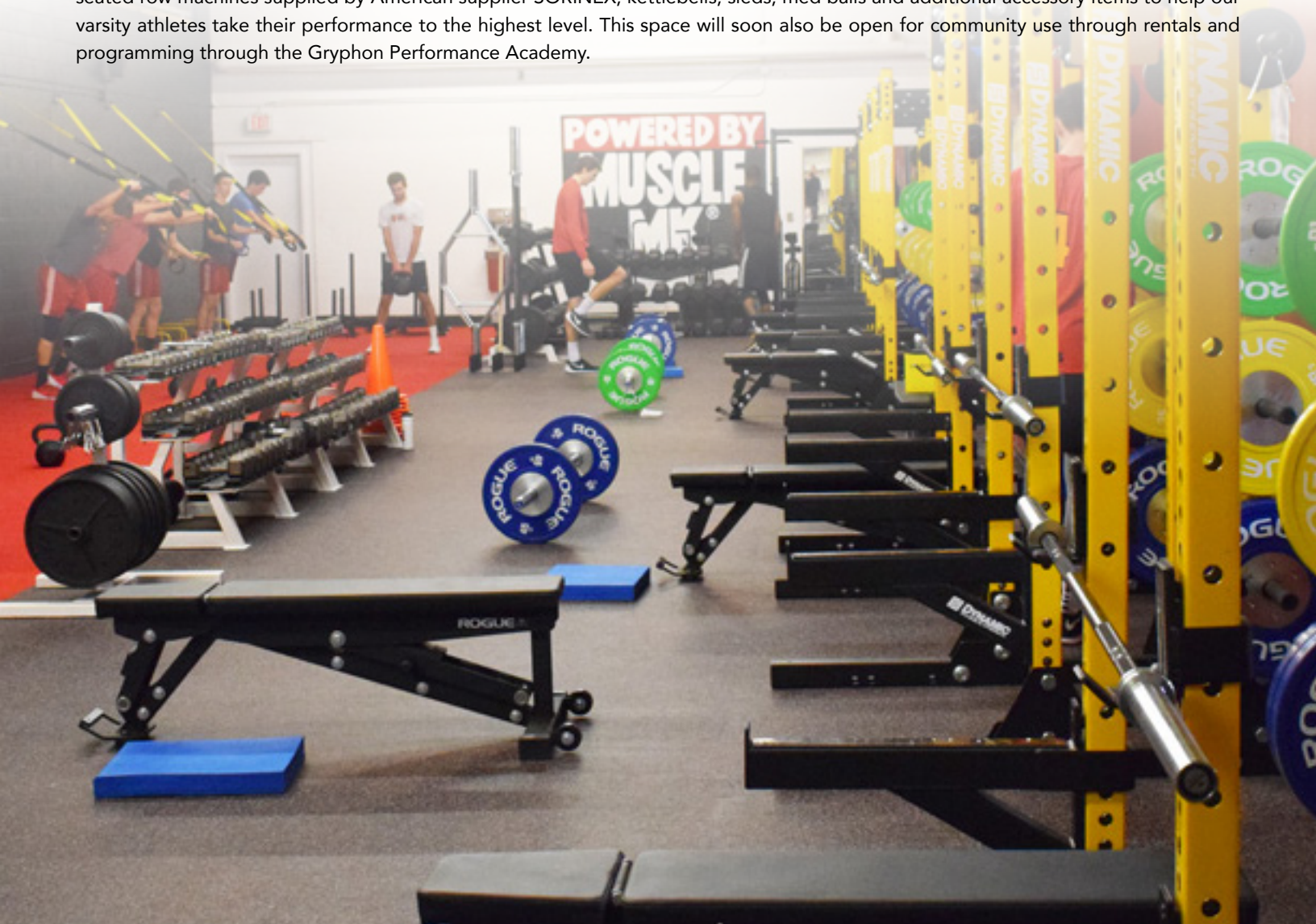
# GRYPHON PERFORMANCE CENTRE (GGAC)

The Gryphon Performance Centre is located on the second floor of the W.F. Mitchell wing of the Guelph Gryphons Athletic Centre. It is home to training for assigned Varsity teams (Currently Basketball, Volleyball Soccer, Rugby, Hockey) as well as Gryphon Performance Academy clientele. The 3,000 sq. ft. facility features a 12' turf area running the length of the facility as well as the following equipment:

- 7 Squat Racks equipped with Rogue Bumper Plates
- 7 Rogue 2.0 Combo Barbells, 4 Rogue Olympic Training Bars, 5 Trap Bars,
- 3 Keiser Functional Trainers
- Dumbbells ranging between 5-100lbs & Kettlebells ranging from 20-100lbs
- 3 Ultraslide Slideboards and 5 Assault Air Bikes
- 2 GymAware Velocity Based Training Tools
- Testing equipment such as Vertec, Just Jump Mats, Freleap Timing System.
- Full complement of training accessories such as push and pull sleds, medicine balls, bands, hurdles, cones, stability balls, TRX, weight vests, ropes, soft plyo boxes etc.

# FOOTBALL PERFORMANCE CENTRE (ALUMNI STADIUM)

The Football Performance Centre (FPC) is located on the second floor of Alumni Stadium. It is home to training for the Gryphon Football and Track & Field teams. This 5450 sq. ft. facility recently underwent a massive renovation including a turf zone expansion. Inside this brand new state of the art facility are 12 full power racks, 4 glute ham raises, dumbbells ranging from 10-120 lbs, lat pulldown and seated row machines supplied by American supplier SORINEX, kettlebells, sleds, med balls and additional accessory items to help our varsity athletes take their performance to the highest level. This space will soon also be open for community use through rentals and programming through the Gryphon Performance Academy.





# SHE'S GOT GAME!

## THE SHE'S GOT GAME INITIATIVE SPECIFICALLY AIMS TO:

- Engage women and girls in sport with the goal to help facilitate and provide the tools to succeed on and off the field of play
- Collaborate with the University of Guelph, OUA and U SPORTS to develop an inclusive culture with a focus on gender balance for women and girls within sport
- Take positive action to support the recruitment, retention and progression of women working at all levels of sport.
- Develop world-class athletes, world-class scholars and world-class citizens

### ENGAGEMENT

We will continue to host events that encompass grassroots sports to elite competition and engage individuals who are focused on active living as opposed to high-performance sport. We will continue promoting the successes of women and girls in sport, and the importance of equal opportunity through written and digital will continue to recognize our female coaches, athletes and

#### We commit to:

- Partnering with the OUA on their strategic goal of supporting women in sport
- Hosting the 'She's Got Game Month' of February highlighted by the Gala event
- City-wide SGG Pizza Day
- The 'Game ON - The Ontario Governments Sport Plan' for all athletes who have a genuine chance to pursue and achieve excellence
- Mentoring
- Marketing
- Apparel

### POLICY

We will maintain equitable compensation for our coaches, equity of opportunity for athletes and equitable coverage for our teams. We will continue to research, develop and implement new policies supporting the 'She's Got Game initiative. teams.

#### We commit to:

- Institutional commitment from provost Charlotte Yates (\$225,000 donated at 2018 SGG Gala)
- Balanced coverage between women's and men's Gryphon varsity sports
- Aim to recruit at least one female coach on every women's team
- Gender equity with pay of coaches
- Maintain equitable access of all student-athlete resources such as physical therapy and academic support
- Provide equal opportunity for coaching development
- Provide student-athlete education/training on sexual assault

### FUNDRAISING

We will continue to advance opportunities for women and girls in sport through financial assistance and fundraising goals.

#### We Commit to:

- Gender equity in distribution of scholarships - achieved through fundraising, University contributions, and Department of Athletics contributions
- Growing the number of endowed scholarships for females
- The aspiration to have the best women's athletics program in Canada with world-class athletes, world-class scholars and world-class citizens

The She's Got Game Initiative is supported by the "She's Got Game" Clothing line available from One Tooth Activewear and Gryph's Locker as well as the Annual Gryphon Pizza Day event in conjunction with local Domino's Pizza locations and culminates with the "She's Got Game" Gala every year.

To date, the program has raised **\$1.6 MILLION OF OUR \$2.5 MILLION GOAL** and awarded **90 SCHOLARSHIPS** to Gryphon Female Student-Athletes annually, while also providing financial support to our Gryphon teams.

# GRYPHON CUP 2022-23



The **Gryphon Cup** is bestowed each year to the Gryphon varsity team that best exemplifies what it takes to be a champion in the classroom, on the playing field and throughout the community. Gryphon teams gain points towards the Gryphon Cup throughout the year on our 4 pillars:

## Gryphons Supporting Gryphons

Points will be awarded for attending Gryphon games and competitions.

Team Reps will submit points at the end of the month and post the group photos by tagging [@GryphonCup](#)

## Academics

The teams with the highest proportion of Academic All-Canadians will receive points.

Your team will receive points for SAM hours, mentor meetings and workshops.

The SAM Mentors will nominate athletes for a Peer Engagement Award.

## Community Involvement

Fundraising for Gryphon initiatives such as United Way, Cancer Awareness and BBBS will earn your team points.

Donating 5-10 items per player for the Guelph Food Bank will contribute to your point total.

Your team rep can apply for points for other community initiatives your team is involved in.

## Wellness

Earn points by participating in Wellness events such as "Steps into Sport" and weekly Student-Athlete Mental Health Initiative events (SAMHI)

Your team rep can apply for points for team wellness activities and post group photos by tagging [@GryphonCup](#)

 [@GRYPHONCUP](#)

**Prizes** are awarded to the winning team each month.





# STUDENT BENEFITS

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# HEALTH AND DENTAL PLAN

For a quick summary and FAQ view of your benefits plan, download the University of Guelph CSA & GSA Benefits brochure or visit: [mystudentplan.ca/uofguelph/en/home](http://mystudentplan.ca/uofguelph/en/home)

The Student Health & Dental Plans are for members of the Graduate Students' Association and Central Student Association and are a valuable benefit made possible by membership in your student organization. Eligible students are automatically enrolled in the plans and are eligible to claim the benefits described in the Student Benefits brochure. An athlete can also refer to "What We Offer" at: [csaonline.ca](http://csaonline.ca) for more information or [mystudentplan.ca](http://mystudentplan.ca) or visit the Student Benefits Office, Level 1, University Centre.

## DRUG BENEFITS

The drug benefit is provided on a pay direct basis. Students are required to pick-up their CSA/GSA Benefits Card at the Student Benefits Plan Office or download it from the website: [mystudentplan.ca](http://mystudentplan.ca). Upon presentation of the card to a pharmacist, 100% of the cost of the prescribed drug will be billed to the insurer and you will only pay the dispensing fee. The maximum on the drug benefit is \$5,000 per benefit year. This saves the hassles associated with paying up front and being reimbursed later (still an option if you don't have a card).

It is also important to note that in order to control costs for students and the plan, the prescription drug benefit is based on the National Drug Formulary. The National Drug Formulary is a specific list of generic or cost-effective drugs that are covered by the plan.

All claims other than drug claims will be provided on a reimbursement basis. You can pick-up a Standard Claim Form from the Student Benefits Plan Office or online. Upon completion of the form, it can be submitted with original receipts directly to Canada Life or dropped off at the Student Benefits Plan Office. Reimbursement will be provided directly to the address provided by you on the claim form. Students can now send claims online by registering for GroupNet at [mystudentplan.ca](http://mystudentplan.ca).

## DENTAL PLAN

The Dental Plan provides students at the University of Guelph with a comprehensive set of dental benefits. For information on the Dental Plan or Dental Opt Out you can visit [mystudentplan.ca](http://mystudentplan.ca). This site also contains information around making a claim.

### **Students Benefits Plan Office**

Room 108A University Centre

Tel: 519-824-4120, ext. 54798

Fax: 519-829-2843

Email: [guelphplan@mystudentplan.ca](mailto:guelphplan@mystudentplan.ca)

Website: [mystudentplan.ca](http://mystudentplan.ca).

# IMPORTANT CONTACTS/LINKS

Academic Advising	<a href="http://uoguelph.ca/uaic">uoguelph.ca/uaic</a>
Academic Integrity	<a href="http://academicintegrity.uoguelph.ca">academicintegrity.uoguelph.ca</a>
Athlete Care Appointment	<a href="http://uoguelph.inputhealth.com/ebooking#new">uoguelph.inputhealth.com/ebooking#new</a> and click YES
Benefits	<a href="http://csaonline.ca/services/health-and-dental-plans">csaonline.ca/services/health-and-dental-plans</a>
Benefits - Making a Claim	<a href="http://mystudentplan.ca/uofguelph/en/making-a-claim">mystudentplan.ca/uofguelph/en/making-a-claim</a>
Career Services	<a href="http://recruitguelph.ca/cecs">recruitguelph.ca/cecs</a>
CCES Resource	<a href="http://cces.ca">cces.ca</a>
Code of Conduct	<a href="http://gryphons.ca/documents/2016/6/7/CODE_OF_CONDUCT.pdf">gryphons.ca/documents/2016/6/7/CODE_OF_CONDUCT.pdf</a>
Financial services	<a href="http://uoguelph.ca/registrar/studentfinance">uoguelph.ca/registrar/studentfinance</a>
Global Drug Online Reference	<a href="http://globaldro.com">globaldro.com</a>
Guelph Athletics Homepage	<a href="http://gryphons.ca">gryphons.ca</a>
Health and Performance Centre	<a href="http://wellness.uoguelph.ca/sws/health-performance-centre">wellness.uoguelph.ca/sws/health-performance-centre</a>
Important Dates	<a href="http://uoguelph.ca/registrar/calendars/undergraduate/current/c03/index.shtml">uoguelph.ca/registrar/calendars/undergraduate/current/c03/index.shtml</a>
Mental Health Services	<a href="http://wellness.uoguelph.ca/counselling">wellness.uoguelph.ca/counselling</a>
Office of Diversity and Human Rights	<a href="http://uoguelph.ca/diversity-human-rights">uoguelph.ca/diversity-human-rights</a>
Registration Portal	<a href="http://gryphons.ca/athleteportal">gryphons.ca/athleteportal</a>
SAM contact	<a href="mailto:mentors@uoguelph.ca">mentors@uoguelph.ca</a>
Sexual Violence	<a href="http://uoguelph.ca/sexualviolence">uoguelph.ca/sexualviolence</a>
Student Housing	<a href="http://housing.uoguelph.ca">housing.uoguelph.ca</a>
Student Life (Events and opportunities)	<a href="http://gryphlife.uoguelph.ca">gryphlife.uoguelph.ca</a>
Student Wellness Portal	<a href="http://wellness.uoguelph.ca/sws">wellness.uoguelph.ca/sws</a>
USports Registration	<a href="http://usportscentral.ca">usportscentral.ca</a>
Varsity Fee Payment	<a href="http://uoguelph.ca/connect">uoguelph.ca/connect</a>