



2023-24

STUDENT HANDBOOK

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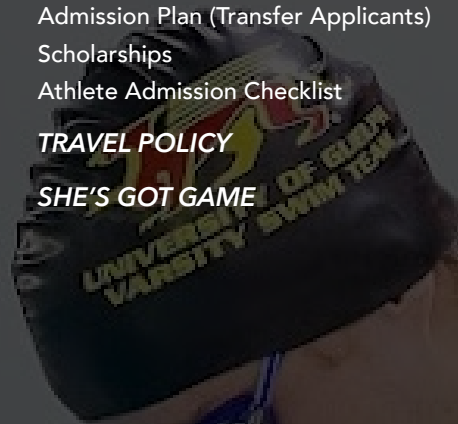
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A Letter from your Athletic Director
SCOTT McROBERTS

Dear Student-Athlete,

On behalf of the University of Guelph Department of Athletics, we are excited to have you in the Gryphon family for the 2023-24 academic and athletic year. At Guelph, we are committed to pursuing excellence with integrity. You will be challenged to excel in the classroom, on the field of play and in the community. In everything you do, you represent your teammates, coaches, our department, the brand and the University of Guelph. I am confident that you will accept these responsibilities with the utmost respect and commitment to excellence.

The student-athlete handbook is designed to assist and educate you. It was developed to teach you about 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. We are here to support you, with various programs and outlets available to you in the handbook, but at the same time we expect you to uphold our policies and procedures, so please take the time to read through and ask questions as needed.

I am proud to say we have continued our great academic excellence with 1-in-3 student-athletes achieving 80% or more and we continue to have incredible success at the OUA and U SPORTS level. The University of Guelph is considered a top academic institution, and it is our goal to send you into your future career field, whether athletics or not, prepared for success.

I wish you the very best over your career. I look forward to getting to know you and following your career, and helping you develop a lasting relationship with this institution. Please remember, if you need help, reach out, so we can provide support in various areas when needed.

Scott McRoberts

STUDENT AFFAIRS, VISION, MISSION & VALUES

VISION

To be recognized as leaders in Canadian universities in the development of the person, scholar and citizen.

MISSION

Our mission is to provide quality programs and services to students that will aid in the development of the person, scholar and citizen.

PRIMARY OBJECTIVES

As partners in learning, Student Affairs' staff work collaboratively with faculty, staff and students and are committed to:

- Enriching the educational experience by providing learning opportunities that will engage students inside and outside of the classroom in order to help develop them to be successful, productive and contributing citizens in a global society
- Delivering quality programs, services and environments that help all students achieve their potential - intellectual, ethical, emotional, social, spiritual and physical
- Creating and fostering a supportive campus environment that is inviting, accessible and reflective of the diversity of our students
- Providing a supportive and intellectually stimulating environment that promotes academic success

VALUES

Members of the Student Affairs team embrace the following values, as each guide us in all of our interactions, with faculty, staff, students, alumni and external partners.

Accessibility

Acting as role models, we will promote diversity and strive to ensure that our programs and services are available and welcoming to all who wish to participate.

Accountability

We will be transparent in our decision-making and share ownership for actions and outcomes with students.

Civility

We recognize and acknowledge that an atmosphere of positive engagement and mutual respect is vital to the success of the University of Guelph community. We will respect the opinions of others, be courteous and polite in every action, both in person and on-line, and approach each situation with care and compassion.

Collaboration

We will seek out and engage broadly appropriate members of the internal and external community including students as we design and offer programs, in a spirit that supports commitment and consensus.

Innovation

We embrace change and continually strive to implement or enhance new programs and services. We will find creative ways to meet our goal of excellence and advancement.

Integrity

We will strive to conduct our work with the highest standards of ethical practices and personal honesty in a manner consistent and reflective of our mission and values.



THE GRYPHON WAY



OUR PURPOSE

The Department of Athletics & Recreation exists to benefit and support physical and mental well-being through activity and engagement.

MISSION

To be leaders in the delivery of innovative and impactful programs, services, and experiences in sport, fitness, recreation, well-being, and leadership, founded on a culture of service excellence, inclusion, and health and safety.

OUR GUIDING PRINCIPLES

Accountability

We set clear expectations and take responsibility for our commitments, outcomes, and consequences. Sometimes the toughest conversations are the most valuable.

Leadership

We strive to be inspirational in our work. We lead with a mindset of being of service to others. We serve through strong communication, planning, problem solving, decision making, and continuous learning and development.

Equity, Diversity, Inclusion

We welcome everyone. We work together openly, respectfully, and encourage the inclusion of diverse ideas, experiences, identities, abilities, and voices at all levels

Integrity

We conduct ourselves with the highest ethical standards, consistently demonstrating our Gryphon values and ethical principles.

WE FOCUS ON

Relationship Building & Community Engagement

We foster relationships and the unique engagement of our community to the Gryphon family. We collaborate and engage with stakeholders on-campus and in the community through many valued partnerships.

Stewarding Resources

We believe strongly in the ethical and fair use of resources and constantly explore ways to be financially efficient, including maximizing revenue and managing costs. Stewardship of all our resources is a priority.

Innovation & Creativity

We think creatively to find efficiencies and to continually improve. We constantly move and improve, and we nurture entrepreneurial thinking and prudent risk taking. We encourage ourselves and others to challenge the status quo, anticipate change, capitalize on opportunities, and overcome challenges by exploring alternatives.

Health & Safety

The health, safety and well-being of students, visitors, members, and staff is important to us. Our commitment includes managing risks and operating safe programs and facilities. To us this includes psychological health, as well as physical health.

Leadership

We encourage and support continuous learning and development for all students, members, community stakeholders and staff.

INTERCOLLEGIATE STAFF DIRECTORY

Associate Director, Intercollegiate Programs	Wally Gabler	52091	gablerw@uoguelph.ca
Manager, Athlete Services (<i>Maternity leave until Apr. 2024</i>)	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	Dave Wright		dwright11@uoguelph.ca
Assistant Athletic Therapist	Chris DeZorzi	53475	dezorzi@uoguelph.ca
Head Strength & Conditioning Coach	Mac James	53305	macjames@uoguelph.ca
Assistant Strength & Conditioning Coach	Justin Mayo		
Intercollegiate Admin Coordinator	Lauren Ryan		lryan04@uoguelph.ca

COACHES

Badminton	Andrew Legare		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 & Women</i>)	Terry Radchenko	56331	tradchen@uoguelph.ca
Curling (<i>Men & Women</i>)	Steve Szymanski		curling@uoguelph.ca
Fencing	Rebecca Walker		fencing@uoguelph.ca
Field Hockey	Michelle Turley		mturley@uoguelph.ca
Figure Skating	Sasha DesRoches		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 & Women</i>)	Brian Bard		golf@uoguelph.ca
Hockey (<i>Men</i>)	Josh Dixon	52154	jdixon13@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>)	Megan Shea		wlacross@uoguelph.ca
Nordic Skiing (<i>Men & Women</i>)	Oliver Conway-White		nordic@uoguelph.ca
Rowing (<i>Men & 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		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 & Women</i>)	Chantique Carey-Payne	56155	cpayne@uoguelph.ca
Track and Field (<i>Men & 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 & Women</i>)	Doug Cox	53405	cox@uoguelph.ca

IMPORTANT DATES

FALL 2022 SEMESTER

SEPTEMBER

- 04 Holiday
- 07 Classes Commence
- 15 Last day to add F23 courses

OCTOBER

- 09 Holiday (No classes scheduled)
Classes rescheduled to Friday Dec. 1
- 10 Fall Study Break Day (No classes scheduled)
Classes rescheduled to Thursday Nov. 30
Fall 2023 Convocation Ceremonies
- 11 Fall Break ends & classes resume
- 16 Deferred examinations for S23 courses commence
- 20 Deferred examinations for S23 courses conclude

NOVEMBER

- TBD Course selection period for W24 begins
Check uoguelph.ca/registrar/courseselectionwindow for updates
- 30 Last day for regularly scheduled classes

DECEMBER

- 01 Classes rescheduled from Mon. Oct 10 in effect
Classes conclude
Last day to drop F23 one-semester courses & S23/F23 two-semester courses
- 04 Examinations commence
- 09 Examinations scheduled
- 15 Examinations conclude

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

WINTER 2023 SEMESTER

JANUARY

- 08 Classes Commence
- 12 Last day to add W24 courses

FEBRUARY

- 05 Deferred examinations for F23 courses commence
- 09 Deferred examinations for F23 courses conclude
- 16 Last day to apply to graduate at S24 Convocation without late application fee
- 19 Holiday, Winter Break commences (no classes scheduled this week)
- 26 Winter Break ends and classes resume

MARCH

- 08 Last day to apply to graduate at S24 convocation (late application fee in effect)
- TBD Course selection period for S24 begins
- 29 Holiday (no classes scheduled), classes rescheduled to Mon. Apr 8

APRIL

- 08 Classes rescheduled from Fri. Mar 29 in effect
Classes conclude
Last day to drop W24 one-semester courses & F23/W24 two-semester courses
- 11 Examinations commence
- 13 /20 Examinations scheduled
- 23 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.



STUDENT-ATHLETE CODE OF CONDUCT

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 behaviour's 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/studentaffaris/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
- 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](#).

<h3>HAZING</h3> <ul style="list-style-type: none">• Humiliates and degrades• Tears down individuals• Creates division• Lifelong nightmares• Shame and secrecy• Is a power trip	VS	<h3>TEAM BUILDING</h3> <ul style="list-style-type: none">• Promotes respect & dignity• Supports & empowers• Creates real teamwork• Lifelong memories• Pride & integrity is a shared positive experience	<h3>HAZING INCIDENTS HAVE CAUSED:</h3> <ul style="list-style-type: none">• 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
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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)

HARRASSMENT 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.

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.

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

REPORTING PROCEDURES

Who May Report

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

To Whom Shall an Alleged Violation be Reported

1. 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.
2. Alleged or rumored violations may be reported to any of the following persons:
 - Head Coach
 - Coordinator, Compliance & Varsity Sport Operations
 - Manager, Athlete Services
 - Associate Director, Intercollegiate
 - Director of Athletics

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 for more information.

POLICY ON NON-ACADEMIC MISCONDUCT

Visit 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, Gryphons 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.

1. 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.
2. 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.).
3. 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.
4. Willful abuse of property, facilities, equipment, or vehicles, for which the repair/replacement cost is more than \$500.
5. 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.
6. 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

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.

sirc.ca/wp-content/uploads/2022/06/UCCMS-v6.0-20220531-ENG.pdf

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.



COACHES

CODE OF CONDUCT

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 deportment 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), 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

Sexual Violence Policies and Procedures - Students & Staff | Diversity and Human Rights (DHR) (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

RELATIONSHIPS WITH STUDENT ATHLETES

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 University of Guelph and the Department of Athletics are fully committed to and supportive of the Universal Code 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 at the University of Guelph you are expected to follow the values, principles and guidelines of the UCCMS.

sirc.ca/wp-content/uploads/2022/06/UCCMS-v6.0-20220531-ENG.pdf

VULNERABLE SECTOR CHECK

All full time, part time and volunteer coaches on University of Guelph Athletic Teams are required to consent to and submit a Vulnerable Sector Check.

A vulnerable sector check is a police information check plus a check to see if a person has a record suspension (pardon) for sexual offences. You will be required to provide your local Police Services proof of a local address and with the following information:

- A description of the position
- The name of the organization staffing the position
- Details about the children or vulnerable persons (e.g. age, or other factors that can show how the person is vulnerable)
- If the position is volunteer, provide a letter from the organization stating the person will not be paid for services or any other personal expenses incurred.

Once the police service has determined that the position meets the requirements for a vulnerable sector check, a name based search will be conducted. In some cases you will be required to submit fingerprints to confirm your identity. The use of fingerprints ensures the accuracy of the identification process.

Once the vulnerable sector check is completed, the police service conducting the vulnerable sector check will send the results to the requesting organization. Questions concerning vulnerable sector checks should be directed to your local police service.

For further information regarding Vulnerable Sector checks, please visit the RCMP website:

rcmp-grc.gc.ca/en/types-criminal-background-checks

SAFE SPORT

WHAT IS SAFE SPORT?

- The University of Guelph believes that everyone has the right to enjoy the sport at whatever level or position they participate. Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.
- The University of Guelph believes the welfare of everyone involved in the sport is a foremost consideration and in particular the protection of children/athletes in the sport is the responsibility of each individual, member and special interest group in the athletic community.

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.

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

info@abuse-free-sport.ca

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

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



TRUE SPORT

True Sport is a series of programs and initiatives designed to give people, communities and organizations the means by which to leverage the many benefits of sport from a platform of shared values and principles. Through public consultation, Canadians have told us that they want their sport experience to be based on the values of **fairness, excellence, inclusion and fun.**

True Sport is dedicated to the notion that good sport can make a great difference. It is our mission to deliver programs and initiatives that...

- Enable participants, parents, coaches and officials to articulate and act upon their deeply held belief in the virtues of good sport
- Enable participants, parents, coaches and officials to identify with others holding similar values
- Create a fair, safe and open atmosphere where good sport can grow stronger through inclusive competition at all levels.

To achieve these goals, we promote seven True Sport Principles. The Principles need to be in play at all times, working in perfect balance with one another, for sport to be truly good and have the opportunity to make the greatest difference, True Sport teams, clubs, athletes, coaches and teachers commit to these Principles for Sport.

WHO IS TRUE SPORT?

Anyone who has joined True Sport and continues to play, train, compete and/or offer a sport experience that is consistent with the True Sport Principles is part of True Sport. True Sport includes every sport at every level: from little-leaguers to Olympians, from archery and hockey to basketball and track. True Sport also includes communities whose leaders understand that sport is a powerful driver of health and social connectedness in cities and towns across the country.

WHERE IS TRUE SPORT?

True Sport lives across Canada in communities of every size and in sport organizations at every level. True Sport athletes who compete internationally bring the spirit of good sport with them wherever they go.

WHY TRUE SPORT?

Every year, millions of Canadians come together through sport. In every province and territory, community sport inspires friendship, learning, health, and personal growth. Canadians tell researchers that after the family, sport is the most powerful influence on young people's development.

True Sport exists to try to create the right conditions for individuals to experience good sport, to value it, commit to it, nurture it and stay connected to it all their lives. True Sport wants to create good sport communities from coast to coast because we know that good sport can make a great difference in the lives of our kids, and we believe that the way we play together shapes how we live together. Good sport does not happen by chance! Sport falls short of its potential when negative behaviour gets in the way of the positive things sport can teach us about working together, respecting each other's efforts, and handling both victory and defeat with the grace of a champion.

WHY DO THE TRUE SPORT PRINCIPLES MATTER?

They help us build the sport we want!

The True Sport Principles express an approach to sport that the vast majority of Canadians already believe in and practice. Although widely embraced, these principles often go unspoken. So when they are violated – when people's attitudes and actions threaten healthy and respectful competition – supporters of good sport can be caught off guard, unsure how to stand up for the sport they believe in.

The True Sport Principles are a rallying point for True Sport members – they are universal. The principles can be brought to life in any sport at any level, from playground to podium. An Olympic rowing squad can embrace these principles with the same sense of pride and purpose as an elementary school, an old-timers' league, or a community hockey arena.

For sport to be truly good and have the opportunity to make the greatest difference, all seven of these principles need to be in play at all times, working in perfect balance with one another.

TRUE SPORT

TRUE SPORT PRINCIPLES

GO FOR IT

Rise to the challenge - always strive for excellence.
Be persistent and discover how good you can be.

PLAY FAIR

Understand, respect, and follow the rules.
Play with integrity - competition is only meaningful when it is fair.

RESPECT OTHERS

Show respect for everyone involved in creating your
sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

KEEP IT FUN

Find the joy in sport and share it with others.
Remember what you love about sport and why you play.

STAY HEALTHY

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

INCLUDE EVERYONE

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

GIVE BACK

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.



**DIVERSITY &
HUMAN RIGHTS**

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.

INDIGENIZATION, EQUITY, DIVERSITY & INCLUSION (IEDI) ADVISORY COUNCIL

CO-CHAIRS OF THE GUELPH GRYPHONS IEDI ADVISORY COUNCIL



CHANTIQUE CAREY-PAYNE
cpayne@uoguelph.ca



MARTHA YIRIDOE
myiridoe@uoguelph.ca

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, and 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, the creation of a new departmental EDI Coordinator position, and the 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;

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 will launch 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

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



**VARSITY &
COMPETITIVE SPORTS**



OUA (ONTARIO UNIVERSITY ATHLETICS)

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



USPORTS

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) and the OUA website (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.

1. All student-athletes must register for intercollegiate participation through the Guelph Gryphons Athlete website at: 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
- 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 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. 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 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.).

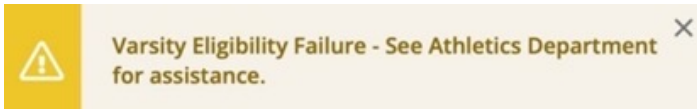


ELIGIBILITY FAQS

I am currently enrolled in 2.5 or 2.0 credits and want to drop one of my courses, what do I need to do?

As long as you will be registered in at least 1.5 credits, you can simply drop the course(s) on webadvisor.

I am currently enrolled in 1.5 credits but want to drop one of my courses, when I try to do so, I get this message - what do I do?



You will need to contact Skye Angus for the necessary permissions to do so. If your season is over, there will be no issues, however, if you are in season, dropping below 1.5 credits makes you immediately ineligible for the remainder of the academic semester. You can continue to practice with the team (as long as you are enrolled in at least 0.5 credits) but CANNOT play in any games (this includes exhibition games and scrimmages).

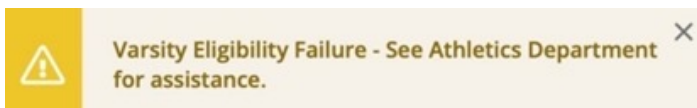
I am enrolled in a co-op work term - will I be eligible during this semester?

Yes, co-op is considered to be full time and therefore meets the academic requirement.

I am enrolled as a Full Time Graduate Student - will I be eligible during this semester?

Yes, full time graduate students are eligible - part time graduate students are not. However, if you are a graduate student who competed at an institution other than Guelph in the previous academic year, please contact Skye Angus to confirm your eligibility status.

I am currently enrolled in less than 1.5 credits and am trying to register for courses for next semester, when I try to do so, I get this message - what do I do?



You will need to contact Skye Angus to remove your varsity status to allow you to do so.

I am trying to access Priority Registration as a Varsity Athlete, but am unable to register - what should I do?

Please contact Skye Angus for assistance

I am a transfer student, am I eligible to compete?

Each case is different, and will need to be reviewed on a case by case basis - please contact Skye Angus to confirm your eligibility status including verification of eligibility status from your previous institution.

I am a student at Guelph-Humber, am I eligible to play for Guelph?

Yes, Guelph-Humber students are eligible to play for either Guelph or Guelph-Humber - it should be noted that you can only play for one or the other.

For more information on competing for Guelph, please contact Skye Angus

For more information on competing for Guelph Humber, please contact Eric Savage

I am an athlete competing in a 2 semester sport, if I drop below 1.5 credits in the fall semester, will I still be eligible in the winter semester?

Yes, as long as you are registered for at least 1.5 credits in the Winter you will be eligible to compete as of December 26th (ie. can play in exhibition games over the holiday break).

I am currently on Academic Probation, what does that mean?

Probationary Status means that your cumulative/overall average is below 60%, the minimum required by the University for you to continue your studies. When you are placed on probation you must maintain a minimum semester average of 60% in order to be allowed to continue your studies at Guelph. If you do not achieve a minimum semester average of 60% while you are on probation you will be required to withdraw from the University of Guelph for a minimum of two semesters and will have to re-apply to the University after that period of rustication.

What is the academic year?

The academic year runs from September 1st to August 31st each year and include the Fall, Winter and Summer semesters.

How many courses do I need to pass in an academic year to be eligible for the next season?

OJA Sports (exception of Rowing/Men's Rugby) - there are no requirements for the number of courses that need to be passed in the previous academic year in order to be eligible for competition the following season

USports + Rowing + Men's Rugby - if you have consumed eligibility in the previous season, will need to have passed at least 3.0 credits (or equivalent) in the previous academic year in order to be eligible for competition the following season

If you are unclear if you have consumed eligibility, please contact Skye Angus to confirm.

I am registered in a Diploma program, am I eligible to compete?

If you are registered in a Diploma program, please contact Skye Angus to confirm your eligibility status as the rules are different depending on the sport.

I am currently receiving OSAP and want to drop one of my classes, what do I need to know?

If you change your course load (for example, drop a course) or any information on your application changes, your application will be reassessed.

You may not be eligible for as much OSAP as you were expecting.

Contact your financial aid office - ahead of time if possible - if your study period, or the information on your application, has changed.

OUA POLICIES

Visit oua.ca/about/governance/oua_governance_policies for full details on OUA Governance Policies:

OUA Code of Conduct & Ethics Policy	OUA Policy on Member, Administrator, Participant & Coach Discipline
OUA Appeal Policy	OUA Equity, Diversity and Inclusion Policy
OUA Whistleblower Policy	Equity, Diversity, and Inclusion Training & Education Policy
OUA Social Media Policy	OUA Privacy Policy

Visit oua.ca/about/governance/oua_administrative_policies for full details on OUA Administrative Policies:

OUA Athletic Financial Awards Policy	OUA Student-Athlete Protection Policy
OUA Student-Athlete Eligibility Policy	OUA Webcasting Policy
BIHS Bursary Policy	

Visit oua.ca/about/governance/oua_procedures for full details on OUA Procedures:

Recruitment Regulations Procedure	Seasonal Practices Procedure
General Tie-Breaking Procedures	Scheduling Procedure
Corporate Identification on Team Uniforms Procedures	Playoffs and Championships Procedure
Inclement Weather Procedure	Cancellation, Postponement and Forfeiture of Competition Procedure
Coach Engagement Procedure	Out of Season Competition Exemption

U SPORTS POLICIES

Eligibility Rules

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2021/Policy_40.10.1_to_40.10.6_Eligibility_Rules_%282021-2022%29_DRAFT.pdf

Recruiting Regulations

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2019/EN/Policy_40.10.7_Recruiting_Regulations_%282019-2020%29.pdf

Eligibility, Interpretation, Appeals

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2019/EN/Policy_40.20_Eligibility_Interpretation_Appeals_%282019-2020%29.pdf

Eligibility Registration and Doping Control

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2019/EN/Policy_40.30_Eligibility_Registration_and_Doping_Control_Data_%282019-2020%29.pdf

Anti Doping

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2019/EN/Policy_90.10_Drug_Education_%282019-2020%29.pdf

Financial Awards

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2019/EN/Policy_50_Financial_Awards_%282019-2020%29.pdf

Maltreatment in Sport

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2020/EN/Policy_90.20A_Maltreatment_in_Sport_%282019-20%29.pdf

Harassment and Discrimination

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2020/EN/Policy_90.20B_Harassment_and_Discrimination_-_U_SPORTS_Employees_%282019-20%29.pdf

Code of Ethics, Code of Conduct, Relief of Policies

usports.ca/uploads/hq/By_Laws-Policies-Procedures/2020/EN/Policy_90.60_to_90.70_Code_of_ethics_code_of_conduct_relief_of_policies_%282019-2020%29.pdf

Privacy Policy

usports.ca/uploads/hq/By_Laws-Policies-Procedures/Privacy_Policy_Portal.pdf



VARSITY ATHLETE INFORMATION

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

1

Complete the Registration Process

Go to
gryphons.athletesystems.ca

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

2

Medical Questionnaire

Upon completion of Part 1 (approx. 72 hours), student athletes will receive an email from Input Health asking them to complete their Medical Questionnaire.

Required for all returning student athletes & incoming confirmed recruits

Recommended for all walk-ons

Depending on results, follow up may be required. All communications will be sent to student's University of Guelph email.

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:

- 2023 - 24 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. 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 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.

OPEN TRYOUT CHECKLIST



Complete Athlete Portal

Must be completed at least 48h prior to start of training camp/tryouts



Medical Health Questionnaire

Required for returning student athletes and confirmed recruits



Pay the \$30 Open Tryout Fee

Athletes who have not completed the Athlete Portal by pre-determined dates will not be eligible to tryout

NOTE:



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

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 \$159.00 + HST:**

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

The following teams will pay the **USports Varsity amount of \$238.50 + HST**

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

The OUA Varsity Fee includes the following:

- Access to facilities & coaching
- Access to Mental Health Counsellor
- Team room or locker rental with towel membership
- SAM Program & Leadership Academy
- NRG membership (includes access to Fitness Centre & unlimited NRG Classes)

The USPORT Varsity Fee includes the following:

- Access to facilities & coaching
- Access to Mental Health Counsellor
- Team room or locker rental with towel membership
- SAM Program & Leadership Academy
- Strength and Conditioning (for identified teams)
- Upgraded Student Insurance
- NRG membership (includes access to Fitness Centre & unlimited NRG Classes)

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

FEE DEADLINES

SEPTEMBER 22 | Football, Rugby, Soccer, Field Hockey, Baseball, Rowing, Golf, Lacrosse

OCTOBER 1 | Basketball, Volleyball, Hockey, Swimming, Wrestling, Track & Field

OCTOBER 20 | Figure Skating, Curling, Nordic Skiing, Badminton, Fencing, Squash

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.

ATHLETIC BANQUET

The annual Guelph Gryphon Athletic Banquet is a celebration of our student-athletes, coaches, support staff and teams and will be held on Thursday April 4, 2024. Banquet format and additional details will be provided to teams when they are available.

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 including a breakdown of fees for your respective team please contact your coach.

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.

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.

For more information on the Guelph Gryphons Leadership Academy Program, please contact Program Coordinator, Skye Angus at anguss@uoguelph.ca

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

- Vocal Leadership
- Conflict Management
- Culture & Team Building
- How to Hold People Accountable
- Refocusing

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



ACADEMIC SERVICES

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 Coordinator, Compliance & Varsity Sport Operations (**Skye Angus**, anguss@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/

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 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 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 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.

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.

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 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 for current contact information.

To contact a program counsellor: uoguelph.ca/uaic/programcounsellors.

CREDIT/NO CREDIT GRADING OPTION

The University of Guelph is committed to developing the whole student, providing a learning environment that encourages exploration. The credit/no credit course option will encourage student learning and participation in academic areas in which they have interest but perhaps not expertise. This policy allows undergraduate students to receive credit for eligible courses without impacting their cumulative average. Non-degree and non-diploma students are not eligible for this grading option.

The intention of this option is to allow students to explore courses outside of their main area of study and is based on the criteria listed below. The application of this option to a course is not subject to consideration through the academic consideration process.

Students complete course work as usual and must achieve a final mark of at least 50%, to receive a Credit (CR) under this option. The course(s) are not included in the calculation of the student's overall cumulative or semester average, or specialization average.

Undergraduate students may elect to take up to 2.00 credits (typically equal to four, one-semester courses) on the credit/no credit grading option in each diploma or degree taken. A total of 2.00 credits is allowed for General plus Honours Equivalent combined. Undergraduate students completing two degrees at the same time may elect to use the credit/no credit grading option for 2.00 credits in one degree and an additional 1.00 credits in the second degree for a maximum of 3.00 credits. The choice is not restricted as to year or level of course.

Students may use the credit/no credit option to satisfy Certificate requirements.

If a student fails the course and receives a No Credit (NCR), the course credit amount will be deducted from the 2.00 credits available to the student on the credit/no credit grading option.

To qualify for this grading option, students must:

- Be currently registered in the course
- Submit a request to opt for a credit/no credit status to the Registrar's Office by the last day of classes in the semester in which they are taking the course
- Apply the credit/no credit grading option only to free electives or liberal education electives as defined by their program. Please contact your program counselling office for confirmation of course eligibility

Students may not use this grading option for the following categories of courses:

- Courses which satisfy specialization requirements including majors, minors, areas of concentration, areas of emphasis, and areas of application
- Courses in which they have been found guilty of academic misconduct and received a grade penalty

Reversing a credit/no credit Request:

- The request to complete a course on a credit/no credit basis can be reversed by submitting a reversal request to the Office of Registrarial Services

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

In SAM, 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, there's always something to improve and we know how.

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 3 SAM workshops each semester

SAM SESSIONS

Afternoon Sessions

Monday - Thursday
12:00 - 4:00pm
Athletic Center Room 3201 & 3203

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 have a reduced SAM requirement in the Winter semester. They still need to pick a mentor and attend workshops, but will have reduced hour and meeting requirements.

UPPER-YEAR ATHLETES

Upper-year athletes must achieve a cumulative average of minimum 62% 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

For additional McLaughlin Library Resources, visit: 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) Semester Average (S)	Status of Student
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

Entrance Bursaries | Complete the on-line Entrance Financial Need Assessment form by the April 15th deadline.
uoguelph.ca/registrar/studentfinance/bursaries/entrance_ug

In-course Scholarships
uoguelph.ca/registrar/studentfinance/scholarships/about_incourse

In-course Bursaries
uoguelph.ca/registrar/studentfinance/downloads

International Students
uoguelph.ca/registrar/studentfinance/scholarships/incourse_int

ATHLETIC SCHOLARSHIPS

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. 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 from the date of your injury provided the athlete is actively pursuing rehabilitation and remains with the team.

One semester AFAs cannot exceed the value of tuition and fees and is available to a maximum of half of the total maximum AFA amount or \$2,500 for one semester. If a student athlete receives a one semester AFA - they must complete a minimum of 1.5 registered credits or will be required to pay back the value of the AFA. AFA recipients must complete a minimum of 1.5 credits in both the fall and winter semesters - failure to complete a minimum of 1.5 credits in the fall semester means that the winter AFA payment. Requests based on compassionate rational for deviations from the 1.5 credit completion requirement must be forwarded in writing to Wally Gabler, Associate Director - Intercollegiate for consideration in advance of dropping below the 1.5 credit requirement.

As per USports Rule 50.10.3.1.5 and OUA AFA Rules the total value of your AFA may not exceed \$5000 OR the value of your tuition and fees - if the AFA you receive exceeds the cost of your tuition and fees, the difference must be paid back to Student Awards before the end of the Winter Semester (ie. April 30th).

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.





**MEDIA
INFORMATION**

MARKETING COMMUNICATIONS & SPORTS INFORMATION SERVICES

WHO WE ARE

We are the promotional arm of the Department of Athletics & Recreation which includes promoting and publicizing 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, and 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
- Thank the interviewer

SOCIAL MEDIA

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

Our official Gryphon social media accounts are managed and operated by the Marketing and Communications team. While we are excited to hear from you and encourage engagement, it is important to note that we get an abundance of direct messages, if you have a question, please direct it to the appropriate individual (see below).

ATHLETICS & RECREATION

MARKETING & COMMUNICATIONS TEAM

MARKETING & COMMUNICATIONS TEAM

Michelle Pino | Manager, Marketing Communications

Andy Baechler | Sports Information Coordinator

Natassya Lu | Marketing & Branding Officer

Kieran Delport | GryphVision Officer

Elliott Gabler | Sports Information Assistant

Farhad Omarzad | Junior Designer

Visit the [online staff directory](#) for contact information.



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 when online and will be subject to discipline under that Code if it is violated.

As representatives of the Gryphon program your social media accounts reflect Gryphon Athletics 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

For more information on the #UofG Social Media Guidelines see the [Community Conduct & Guidelines here](#).

SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETES

- Model appropriate behavior in Social Media appropriate to your status as a Gryphon student-athlete, and U of G ambassador
- Always remember that your posts will be public online at all times
- Be smart about setting your privacy settings
- If you feel harassed by someone in a social medium, report it to your coach
- Avoid posting pictures of, or alluding to, participation in any illegal activity
- 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, administrators, host institutions, sponsors, community organizations and students in a negative light. Speak to your coach or the department if you have an issue
- 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 and access to our branding templates on CANVA, branding approval and guidelines.

COACHING STAFF/SUPPORT STAFF USE

Social networking sites can serve as a good tool for teams to communicate. It also can serve as a recruiting tool and provide profile to a program. It is hence very important that coaches and support staff do not post material that would be detrimental to the reputation of the intercollegiate program and the University of Guelph. Care and caution must be always exercised. Intercollegiate student-athletes, coaches and volunteers should remember that they are ambassadors of the University of Guelph and are always in the public eye.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the guiding principles of the Gryphon Way. Questions regarding acceptable content may be directed to: Michelle Pino, Manager Marketing & Communications (mpino@uoguelph.ca).





STRENGTH & CONDITIONING

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
Justin Mayo	FT Assistant Strength & Conditioning Coach			
TBD	Football Strength & Conditioning Coach			
Tommy Gingras	Track & Field, Strength & Conditioning			tgingras@uoguelph.ca
Wally Gabler	Associate Director, Intercollegiate	52091		gablerw@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 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.

LATE POLICY DISCIPLINARY ACTION FOR STUDENT-ATHLETES

- The First infraction: 2.5 mile time trial on the Air Assault bike. Student-athlete must achieve a time under 7 minutes before they can train.
- Second infraction: 5 mile time trial on the Air Assault bike. Student-athlete must achieve a time under 15 minutes before they can train.
- Third infraction: If a third infraction occurs the student-athlete will lose the privilege of using our training facility for the remainder of the semester if decided between Strength & Conditioning Staff and Sport Coach.

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, Swimming) as well as Gryphon Performance Academy clientele. The GPC South (3,000 sq. ft.) facility features a 12' turf area running the length of the facility, and the GPC North (2,500 sq. ft.) facility has a smaller inlaid turf in the middle. Both facilities combine to host the following equipment:

- 13 Squat Racks equipped with Rogue Bumper Plates
- 13 Rogue 2.0 Combo Barbells, 6 Rogue 2.0 Bella Bars, 4 Rogue Olympic Training Bars, 7 Open Faced Trap Bars, 5 Rogue Safety Squat Bars, 5 Multi-Grip Bars, 6 Viking Press Landmine Attachments
- 10 ANCORE Pulley Systems
- Dumbbells ranging between 5-125lbs & Kettlebells ranging from 20-100lbs
- 3 Ultraslide Slideboards and 8 Airdyne Bikes
- 13 FLEX Velocity Based Training Tools (by Gymaware)
- Testing equipment such as Vertec, Just Jump Mats, Freelap Timing System, and a VALD ForceFrame for joint strength testing
- Full complement of training accessories such as K-Box Pulley, push and pull sleds, medicine balls, bands, hurdles, cones, stability balls, TRX, weight vests and belts, 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 5,450 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.

IMPORTANT POLICIES FOR COACHES

GRYPHON STRENGTH & CONDITIONING VALUES

Committed Accountable Respectful Engaged Development

SCHEDULING POLICY

Gryphon Performance Centre scheduling happens on an ongoing basis with the Fall Schedule being released prior to June 1st, the Winter Schedule released prior to December 1st and the Summer Schedule released prior to May 1st. Scheduling the Gryphon Performance Centre will be done by the Head Strength and Conditioning Coach, in consultation with the Assistant Strength and Conditioning Coach, the Manager of Athlete Services and the Head Sport Coaches in this priority:

In-season Teams (Highest Historical Attendance to Lowest) > Off-Season Teams

Teams (Highest Historical Attendance to Lowest) > Gryphon Performance Academy sessions > Individual or One-Off Sessions

SESSION START TIME POLICY

There is a plethora of research supporting specific sleep requirements for student-athletes and how detrimental insufficient sleep can be both physically and psychologically. Insufficient sleep can have a negative impact on academic performance, sport performance, depression and anxiety as well rates of injury. (Copenhaver & Diamond, 2017) We acknowledge the well documented challenges student-athletes have in obtaining sufficient sleep as well as the sleep requirements of young adults. (Mah et. al, 2018) As such, in order to maintain an athlete-centred approach Varsity S&C sessions will be scheduled no earlier than 7:00am.

Please respect the session start time for your team. Teams arriving late to training due to practice running long or not allowing sufficient time from the end of practice to the beginning of training may be refused access or subject to disciplinary action under the Late Policy. Timely communication of lateness is defined by at least a 15-minute 'heads-up' and will only be granted periodically to establish student-athlete accountability and commitment.

RECRUIT VISIT POLICY

Often times we'll have coaches drop-in with recruits during meetings or training sessions which we've found can be disruptive and doesn't allow us to adequately prepare or have the time to dedicate to the best possible conversation/pitch. We understand the importance of recruiting and want to leave the best impression of our program and Gryphon Athletics.

The following is now required prior to a visit with a recruit:

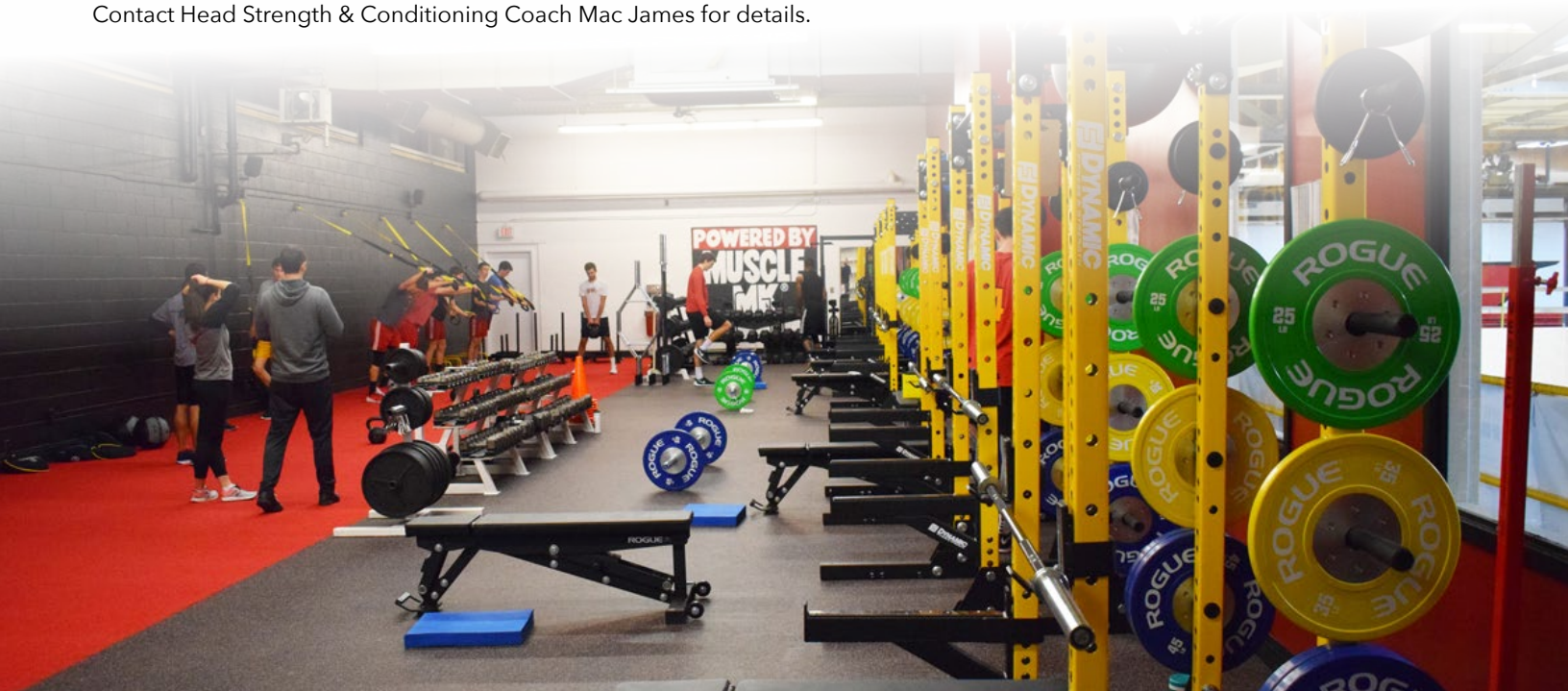
- Please inform us of the visit at least 24 hours in advance so we can confirm we'll have someone available to meet with them. We will confirm the time ASAP or provide an alternative time we are available, as a default we'll set aside 15 minutes per visit.
- Name of the recruit and anyone else joining them (Parents, siblings, partner etc.)
- What position they play.
- Where they are currently playing or where they last played (High school, club, OHL team etc.)
- If there is anything in particular you'd like us to discuss with them. ie. Particular interests of theirs or physical development goals.
- If you'd prefer a more formal meeting/pitch where we sit down with them and go over our program in greater detail we are happy to do that based on availability and with at least 72 hours notice.
- If there is anything in particular you'd like us to discuss with them. I.e. Particular interests of theirs or physical development goals.
- If you'd prefer a more formal meeting/pitch where we sit down with them and go over our program in greater detail we are happy to do that based on availability and with at least 72 hours notice.

GRYPHON PERFORMANCE ACADEMY

The GPA provides physical education and training to youth athletes and teams from the community as well as our on-campus Varsity Club teams on a fee for service basis. Programming is overseen by our Lead S&C Coaches and sessions are coached by our most experienced and dedicated student-staff. Our product options include:

- In-person team training in GPC, booked weekly
- Team Physical Testing & Assessment
- Online Training Program via our Teambuildr training platform

Contact Head Strength & Conditioning Coach Mac James for details.





STUDENT-ATHLETE SERVICES

MENTAL HEALTH RESOURCES

NOT SURE WHERE TO START? CONNECT WITH A "WELLNESS NAVIGATOR"

If this is your first time seeking mental health support, you will be booked for a 20-30 minute appointment with a Student Wellness Navigator within 24-48 hours of your call. "Navigators" act as the first point of contact, and work with you to discuss concerns, identify appropriate services and supports, and help to coordinate a plan. Appointments with a navigator are available Monday through Friday.

Call **519-824-4120 ext. 52131** to book an appointment with a Navigator. Appointments are available Monday to Friday.

ON CAMPUS RESOURCES

Student Wellness Services offers same-day [Drop-In](#) and [Urgent Counselling](#).

Call us at (519) 824-4120 Ext. 53244 for an appointment.

INDIVIDUAL COUNSELLING

Counselling Services allows you to talk one-on-one with a counsellor to explore, understand, and work through personal issues. Call 519-824-4120 x 53244 (M-F 8:30am-4:30pm) to book an appointment.

Self-Guided & Online Resources | The Counselling Services website also has online self-help modules, meditation recordings, TED talks, and other helpful resources. Visit wellness.uoguelph.ca/counselling

Counselling for Black, Racialized and Students of Colour | Student Experience and Counselling Services have partnered to provide drop-in counselling for Students of Colour, every Wednesday from 1:00-3:30pm. [Book your session](#). The booking system opens every Monday morning for the week.

SAME DAY DROP-IN COUNSELLING

- Available via phone, virtual or in-person.
- Drop-in Counselling for Black Students and Students of Colour (virtual or in-person, Wednesdays 1-3:30 pm. Sessions can be booked the same day or in advance through Student Experience)
- The drop-in service is available to provide support, information and referrals to students dealing with a variety of same-day, emerging or crisis situations.

If you or a friend is having suicidal thoughts, please contact someone immediately, go to the nearest emergency room, or call 911: they are there to listen, and they want to help.

- Campus Safety Office supported by the Integrated Mobile Police And Crisis Team (IMPACT) An IMPACT worker is available on campus for emergency help Thursdays from 3 p.m. to midnight, and Friday through Sunday, 2 p.m. to midnight via the Campus Safety Office: 519-840-5000 or 519-824-4120 Ext. 2000, or by texting the Crisis Line: text UOFG to 686868.

- **Good2Talk Postsecondary Helpline** | 1-866-925-5454.
- **Here 24/7 (Addictions, Mental Health & Crisis Services for Waterloo - Wellington Region)** | 1-844-437-3247
- **Crisis Text Line powered by Kids Help Phone** | Text UofG to 686868

STUDENT SUPPORT NETWORK (SSN)

Drop-in peer support is provided by extensively trained student volunteers who provide confidential, non-judgmental listening and support to other students. Drop-in peer support is offered between noon and 10 pm, Monday through Friday.

More info at: wellness.uoguelph.ca/ssn

GRAD STUDENT SUPPORT CIRCLES (GSSC)

A confidential peer support group for grad students across all faculties. GSSC offers a supportive group environment where grad students can talk about their unique experiences, hear others' perspectives, & discuss life in general. A support group is also available for student-parents.

Sign up at grad.circle@uoguelph.ca

MANAGING STRESS & ANXIETY IN VARSITY SPORT GROUP

This is a 6-week Cognitive-Behavioural approach group that addresses barriers to performance, wellness & mental health through a mindfulness lens and how to better manage symptoms of stress and anxiety as it relates to life and performance. This group is offered once a semester and is facilitated by Carrie Charles, who is the point person in counselling for varsity athletes.

Students can register by emailing csgroups@uoguelph.ca. Please provide your name, student ID & name of group or you can request a referral through your counsellor or a Wellness Navigator (519-824-4120 x52131 to book an appointment to speak to a Navigator).

SEXUAL & GENDER-BASED VIOLENCE SUPPORT

If you or someone you know has been impacted by sexual or gender-based violence, you are not alone and supports are available.

- [UofG Sexual and Gender-Based Violence Support Coordinator](#)
- [UofG Counselling Services](#)
- Guelph-Wellington Women in Crisis 24-Hour Crisis Line: 1-800-265-7233
- Learn about [Sexual Violence Support on Campus](#)
- Learn [How to Support a Friend](#)
- [Cultivating Consent Culture](#)

GROUP THERAPY PROGRAMS

Counselling Services offers several therapy groups that provide professional and peer support over several weeks, including “Wellness group for Black, Indigenous and Students of Colour”, “Managing Stress and Anxiety in Varsity Sport”, Groups for Depression or Anxiety, Disordered Eating Group, Distress Tolerance, Meal Support Group, Stress Management and more!

How To Join a Group:

- Contact reception at 519-824-4120 x53244 and speak to a Student Wellness Navigator
- If you are already connected to our services, speak to your counsellor or physician about a referral to a group.

INTEGRATED MOBILE POLICE & CRISIS TEAM (IMPACT)

In partnership with the **Canadian Mental Health Association Waterloo Wellington (CMHA)** and the University of Guelph Campus Safety Office, IMPACT is a pilot project which provides an immediate response to those on the University of Guelph campus undergoing a mental health crisis by dispatching dedicated mental health professionals alongside campus safety officers when assisting with crisis calls.

Contact the Campus Safety Office for urgent matters at ext. 52000 from a campus telephone or 519-840-5000. For non-urgent matters, dial ext. 52245 from a campus phone.

STUDENT ACCESSIBILITY SERVICES (SAS)

Student Accessibility Services (SAS) helps students who experience disabilities with full and equitable participation in academic life. We strive towards creating a barrier-free environment where all students can achieve their potential. Students can request SAS support by completing an [SAS application](#).



OFF CAMPUS RESOURCES

CRISIS LINES & AFTER-HOURS SUPPORT

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

Good2Talk (Ontario)

Good2Talk is a free, professional, and anonymous support line for post-secondary students in Ontario. Call 1-866-925-5454.

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.

Sexual Assault and Domestic Violence Care Centre (Guelph General Hospital)

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. During daytime hours call 519-837-6440, ext. 2728. After-hours, call 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

SEXUAL & GENDER BASED VIOLENCE EDUCATION

Sexual and Gender Based Violence (S&GBV) is a critical and prevalent issue for all university campuses. At the University of Guelph, we believe every student 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 at UofG is not only important, but 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 staff, faculty, and students.

All first-year athletes are expected to complete the online "Sexual and Gender Based Violence Awareness Training Module for Students" through [Counselink](#). 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 resources on-campus and in the community. If you want to learn more or need support, please review the resource below, and visit the support website here: wellness.uoguelph.ca/sexual-violence-support

STUDENT WELLNESS SERVICES

HEALTH & PERFORMANCE CENTRE (HPC)

The Health and Performance Centre (HPC) is your home for injury prevention and rehabilitation, right here on campus, beside the Athletics Centre. HPC provides services to all students and their families, staff and the community and specializes in the diagnosis, treatment, and rehabilitation of acute and chronic orthopedic, musculoskeletal, sport and activity related injuries.

HPC's multi-disciplinary team includes:

- Sports medicine physicians
- Orthopedic surgeon
- Physiotherapists
- Chiropractors
- Athletic therapists
- Massage therapists
- Naturopathic doctors
- Dietitians
- Podiatrists

HOURS

Monday - Thursday | 8:00AM - 8:00PM
Friday | 8:00AM - 6:00PM

CONTACT

519-767-5011 ext. 1
519-824-4120 ext. 53039
wellness.uoguelph.ca/hpc

STUDENT HEALTH SERVICES

Student Health Services provides comprehensive health promotion, disease prevention and primary medical care to full-time and part-time, undergraduate and graduate students during their studies. Patients must be currently registered students.

Mental health supports are available in collaboration with family physicians, Counseling Services, and other service providers across Student Wellness Services. Same-day appointments are available on a first-come, first-served basis. Please call at 8:30 am to enquire about availability.

For more information: wellness.uoguelph.ca/covid-19-faqs-student-wellness-services

HOURS

Monday - Friday | 8:30AM - 4:30PM

CONTACT

519-824-4120 ext. 52131

STUDENT SUPPORT NETWORK

Looking for a peer to speak to? Drop-in Monday - Friday to connect with a trained students who can provide anonymous support, assistance, and referrals. To book or for more information, visit wellness.uoguelph.ca/ssn

- Dedicated drop-in time for Black, Racialized and Students of Colour.
- Located on the first floor in the Wellness Education and Promotion hub of the Vaccarino Centre for Student Wellness in the JT Powell Building
- Open in the Fall/Winter semesters from Monday to Friday. Hours are 12 pm - 10 pm.
- Students can drop-in for in-person support or can book an appointment virtually.

STUDENT ACCESSIBILITY SERVICES (SAS)

SAS helps students who experience disabilities to experience full and equitable participation in academic life and strives towards creating a barrier-free environment where all students can achieve their potential.

The primary mandate of SAS is to help students with academic accommodations and to remove structural barriers when a disability is affecting the student's academic functioning. The required accommodations vary from person to person and situation to situation. Each requires an SAS advisor who can work collaboratively with students and instructors to determine what is needed. [Academic accommodations](#) may include modifications to academic policies, procedures, requirements, or the educational environment to facilitate access to learning and an equitable opportunity to demonstrate learning outcomes.

In addition, the SAS team provides several programs to support students, including one-on-one coaching on learning strategies and support with disability-related problem-solving. In addition, peer-based support is available through SAS and an orientation program for disabled students called [START Accessible \(wellness.uoguelph.ca/accessibility/what-we-do/orientation-transition/start-accessible-event\)](#).

CONTACT

519-842-4120 ext. 56208

wellness.uoguelph.ca/accessibility

accessibility@uoguelph.ca

WELLNESS EDUCATION & PROMOTION CENTRE (WEPC)

WEPC is 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, peer-to-peer mentorship programs and groups, and resource distribution (including free condoms and lube).

LOCATION

John T. Powell Building, 1st Floor

HOURS

Monday - Friday | 8:30AM - 4:30PM

CONTACT

519-842-4120 ext. 53327

wellness.uoguelph.ca/education

 @Wellness_UofG

SEXUAL & GENDER BASED VIOLENCE OFFICE

This office provides leadership in prevention and intervention programs to support survivors of sexual and gender-based violence at the University of Guelph, and to enhance the conditions and likelihood of personal and academic success. This includes ensuring appropriate coordination of care and individual support for students and communicating with appropriate partners, both on and off-campus. Learn more at wellness.uoguelph.ca/sexual-gender-based-violence-support-education

Need support? The Sexual and Gender-Based Violence Support Coordinator works with survivors to support them in coordinating support and resources following experiences of sexual and gender-based violence. They also provide consultation services to faculty and staff responding to disclosures of sexual violence. Anyone can refer a friend or themselves to the Coordinator by emailing svinfo@uoguelph.ca.

Support may include:

- Coordinating academic accommodations
- Referrals to physical and mental health services
- Coordination of care
- Discussing reporting options
- Safety planning

Need resources or training? The Sexual and Gender-Based Violence Education Coordinator works with the University of Guelph community to develop and deliver educational training and initiatives. Connect by emailing jwilli20@uoguelph.ca.

WHERE AN ATHLETE CAN GET SUPPORT

No coaching consult needed

DURING OFFICE HOURS

8:30AM - 4:15PM

Below are FREE supports for students:

COUNSELLING SERVICES

- To book with a counsellor, call x53244
- Drop In | Monday - Friday, 1PM - 3PM
- First Come, First Serve

HEALTH SERVICES

- To book an appointment, call x52131
- Drop In | Monday - Friday

STUDENT SUPPORT NETWORK

- To book, visit wellness.uoguelph.ca/ssn or x53327
- Monday - Friday 12 - 10PM
- 1-on-1 Trained Peers

STUDENT ACCESSIBILITY SERVICES

- To book, contact x56208
- Students requiring academic accommodations because of an injury, concussion, or disability (temporary or permanent)

SPORTS PSYCHIATRIST (DR. CARLA EDWARDS)

- Referral via doctors at HPC or SHS
- Virtual appointments, 9AM - 4PM
- Athletes only

DIETITIANS

- Rachel Hannah (Varsity Specific) | x53281
- Lindzie O'Reilly | x52131

AFTER HOURS

AFTER 4:15PM

HERE 24/7

- 1-844-437-3247 (HERE247)
- Here 24/7 can do "Wellness Checks" (by phone) on students of concern and connect student with all local support services while also looping back with MHCC on campus

CRISIS TEXT LINE

- Text UofG to 686868

STUDENT SUPPORT NETWORK

- To book, visit wellness.uoguelph.ca/ssn or x53327
- Monday - Friday 12 - 10PM
- 1-on-1 Trained Peers

SEXUAL VIOLENCE RESOURCES

SEXUAL & GENDER BASED VIOLENCE SUPPORT & EDUCATION COORDINATOR

- Call x53020 during office hours (non-urgent)
- svinfo@uoguelph.ca
- wellness.uoguelph.ca/sexual-violence-support

GUELPH-WELLINGTON WOMEN IN CRISIS

- 1-800-265-SAFE (7233)
- 24-hour crisis support line
- People of all genders may call for support

GUELPH GENERAL HOSPITAL (123 Delhi St)

- 519-837-6440 x2728 / after hours x2210
- Care and Treatment Centre for Sexual Assault and Domestic Violence

WHEN COACHES NEED TO CONSULT

IS THE STUDENT IN DISTRESS?

Have you noticed signs of distress?

- Deterioration in quality of attendance and participation in school/sport/activities
- Changes in personal hygiene and appearance
- Changes in behavior or mood (increased anxiety, agitation, withdrawing)
- Direct/indirect reference to suicide or self-harm
- Talks a lot about their problems and feelings
- Have others expressed significant concern about this student athlete?

CAN WAIT 24 HOURS

Contact Student Wellness Services x53244, Monday - Friday | 8:30AM - 4:15PM

- Identify that you are a coach or support person and need to talk with a counsellor
- Outline situation with front desk
- Carrie Charles, Mental Health Point Person for Varsity Athletes, will respond or if unavailable another Counsellor will respond or email Carrie at cecharle@uoguelph.ca (Carrie works Mondays -Thursdays)

NEED RESPONSE TODAY

- Unsure what to do, not immediate risk but student is in distress and it may escalate

DURING OFFICE HOURS (8:30AM - 4:15PM)

Contact: Student Wellness Services & ask for
Mental Health Care Coordinator x 52131
or use urgent Drop-in M-F, 1 - 3:30PM

AFTER HOURS

Contact: Here 24/7 1-944-437-3247 (HERE247)
Campus Police x2000 (519-840-5000)

IMMEDIATE RESPONSE REQUIRED

Contact Campus Police x2000 (519-840-5000) or 911

- Threat of violence or harm to self or others. Safety risk for student or others
- Direct or indirect reference to suicide.
- Acute distress affecting student's ability to function

ATHLETE INJURY & MEDICAL CARE

The Gryphon Therapy team offers multi-vocational healthcare practitioners and student therapists who oversee and medically support all student-athletes and varsity teams. Our goal is to provide a consistent process of skillful medical care and injury recovery while empowering knowledge working in a system of best practices imparting professional courtesy for all involved.

GRYPHON THERAPY MISSION STATEMENT

The University of Guelph Therapy department is dedicated to advocating and ensuring the physical health and mental well-being of all our student-athletes by providing a high standard of care in delivering progressive therapy and medical services ensuring a safe and timely return to varsity sport.

SPORT CARE	CLINICAL CARE	ALLIED HEALTH
<ul style="list-style-type: none">• First response and emergency management of acute injury suffered during sports and competitions including concussion care• Pre-participation preparation• Hydration and guidelines• Supportive and preventative taping techniques• Supervise and monitor functional injury recovery for progressive and staged return to play protocols• Ongoing communication and reporting to team coaches and related personnel for injury updates and play status	<ul style="list-style-type: none">• Provide injury assessment and manual treatment in a professional setting• Design individual-specific injury recovery plans with emphasis on functional imbalances, movement patterns and intrinsic stability• Educate student-athletes on injury awareness, accountability, and expectations• Direct care for athletes with post-operative injuries from surgery to medical clearance and eventual full participation	<ul style="list-style-type: none">• Collaborate with Sports Medicine Physicians and Specialists for injury diagnosis, medical care needs including recommended treatment options and referrals• Develop protocols with Gryphon Strength & Conditioning department providing structured, safe and detailed active injury recovery for individual return to play• Cooperate with additional Allied Health specialists to benefit and assist with timely injury recovery

THERAPY TEAM APPOINTMENTS

To schedule a therapy appointment, please use the online InputHealth booking system: uoguelph.inputhealth.com/ebooking
Please book with your respective varsity team assigned Therapists only. For any issues, please contact Head Athletic Therapist, Dave Wright (dwrigh11@uoguelph.ca)

SPORT BRACING PURCHASES (CUSTOM AND OFF-THE-SHELF)

Any brace or related products purchased for participation in varsity sport, whether custom or retail off-the-shelf, are the sole financial responsibility of the individual athlete and not that of the UofG Athletic Department or the represented team itself.

CONCUSSION AND ROWAN'S LAW

Our Varsity Therapists are experts in the recognition, assessment, and management of concussion care, as well as professionally assisting and supervising athletes through internationally recognized return to play protocols. The process is done in close cooperation and oversight with University of Guelph Sports Medicine Physicians operating in accordance with Rowan's Law.

INCIDENT AND INJURY REPORTING

To report an injury, incident or accident including emergencies and critical injuries, please follow the University Injury Reporting Process and complete the Incident Reporting Form.

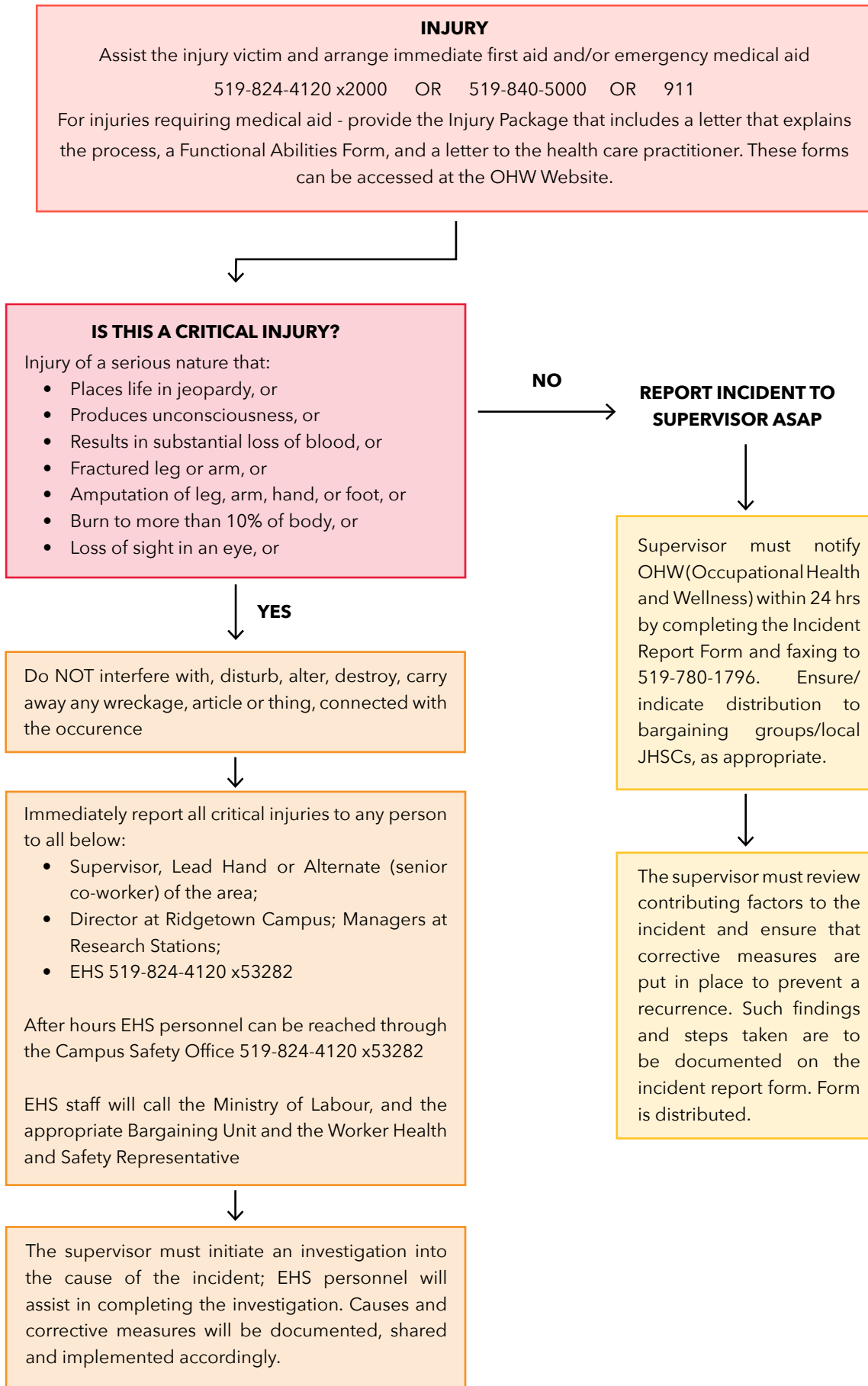
UNIVERSITY OF GUELPH INJURY REPORTING PROCESS

1. Assist the injured person and arrange immediate first aid and/or emergency medical aid by calling the University of Guelph Campus Safety Office at either 519-824-4120 ext. 2000 or 519-840-5000 or by calling 911.
 - a. For University of Guelph employees who are injured AND require medical aid, provide them with the Injury Package. This package includes a Functional Abilities Form (FAF), a letter to the employee and a letter to the health care practitioner outlining specific requirements. It can be accessed through the Occupational Health and Wellness (OHW) website.
2. If the person is critically injured, meaning, they have sustained an injury of a serious nature that,
 - a. Places life jeopardy;
 - b. Produces unconsciousness;
 - c. Results in substantial loss of blood;
 - d. Involves the fracture of the leg or arm but not a finger or a toe;
 - e. Involves the amputation of a leg, arm, hand or foot but not a finger or a toe;
 - f. Consists of burns to a major portion of the body; or
 - g. Causes the loss of sight in an eye

Then **DO NOT** interfere with, disturb, alter, destroy, carry away any wreckage, article or thing connected with the occurrence.

3. Immediately report the critical injury to the Supervisor, Lead Hand or Alternate of the area,
4. The Supervisor, Lead Hand or Alternate of the Area must immediately report the critical injury to,
 - a. Environmental Health and Safety (EHS) at 519-824-4120 ext. 53282 during regular business hours.
 - b. University of Guelph Campus Safety Office at either 519-824-4120 ext. 2000 or 519-840-5000 after hours, who will then notify EHS
 - c. For the Ridgetown Campus and Research Stations also report the critical injury to the Director of Ridgetown Campus or the Manager for the Research Station as applicable
5. EHS staff will notify the Ministry of Labour (MOL), the appropriate bargaining unit and the Worker Health and Safety Representative of the critical injury.
6. The Supervisor must initiate an investigation into the cause of the incident that resulted in the critical injury and must notify Occupational Health and Wellness (OHW) within 24 hours by completing the Incident Reporting Form and fax it to OHW at 519-780-1796. The Supervisor must also distribute the incident report form to the appropriate bargaining group and (local) joint health and safety committee as appropriate.
7. EHS personnel will assist in the investigation and will complete all reporting requirements to the MOL.
8. If the injury is NOT a critical injury then report the incident to the Supervisor, Lead Hand or Alternate of the area as soon as possible.
 - a. The Supervisor must notify OHW within 24 hours by completing the Incident Reporting Form and faxing it to OHW at 519-780-1796. The Supervisor must also distribute the incident report form to the appropriate bargaining group and local joint health and safety committee as appropriate.
 - b. The Supervisor must review the contributing factors to the incident and corrective measures must be in place to prevent a reoccurrence. The contributing factors and mitigating measures are to be documented on the incident report form.
 - c. Figure 1. An image of the University of Guelph Injury Reporting Process in a Flow Chart.

INJURY REPORTING FLOW CHART



VARSIY ATHLETE CARE MODEL

You will find in this section detailed information on your available insurance options as a Gryphon varsity student-athlete.

Please note your insurance should be submitted in the order of Insurance Provider listed below. The Health and Performance Centre is pleased to offer direct billing to the University Health Plan for 2023-24 (refer to the last page 'Quick & Simple Registration'). You are responsible for submitting to your parental insurance and the Canadian Athlete Insurance Program (CAIP). If you would like to download any of these forms please view them online gryphons.ca/athlete-care-model.

UNIVERSITY OF GUELPH STUDENT HEALTH PLAN

U of G students qualify for benefits through the CSA Student Health Benefit Plan. Please review page 1 in this package for billing and coverage details.

PARENTAL INSURANCE

After exhausting your Student Health Plan you are now required to submit to your Parent's Insurance Plan. Please review page 2 in this package for helpful information on using your parent's insurance at the HPC.

CANADIAN ATHLETE INSURANCE PROGRAM (CAIP)

After exhausting your U of G Student and Parent's Insurance, the Department of Athletics has purchased athlete medical coverage for the 2023-24 season with CAIP. Please review page 3 in this package for CAIP billing and coverage details.

Page #1 - University of Guelph Student Health Plan

*Each athlete must complete registration & direct deposit set up with Canada Life before the HPC can direct bill for your treatments. [Click here for instructions.](#) or see Page 4

HEALTHCARE/DIRECT BILLING FLOW FOR GRYPHONS ATHLETES BEGINNING SEPTEMBER 1, 2023

HPC also offers massage therapy, naturopathy, nutrition services, pedorthics & orthotics. Call us at 519-767-5011 for more information about booking and billing for these services

Athletic Therapy
*no referral required

\$30/visit

(Not presently covered by student plan - no direct billing) See note ** for info on AT coverage for 2023/24

Physiotherapy
***Physicians Referral required BEFORE first appointment

\$70-105

Direct Billed -Canada Life Student plan covers 80% up to \$500 (combined coverage with chiro and naturopath)

Chiropractic
*no referral required

\$60-90

Direct Billed-Canada Life Student plan covers 80% up to \$500 (combined coverage with physio and naturopath)

Book online

wellness.uoguelph.ca/hpc
Click 'Varsity Athletic Therapy'

Athlete will be emailed a balance statement once a month.
Full payment is required at the end of the sanction deadline at the end of each semester.
After payment is made, receipt will be provided and athlete may submit to alternate insurance should they have any coverage for athletic therapy.

Book online

wellness.uoguelph.ca/hpc
Click 'Varsity Athletic Therapy'

HPC will direct bill Canada Life for 80% of physio costs up to \$500. Copays for these appts will be covered by varsity student fee for 2023/24.
Once benefits are exhausted, each treatment will be billed at \$30.00 and the athlete is required to pay in full by the sanction deadline.
HPC will provide receipts and athlete can submit to alternate insurance should they have any.

Book online

wellness.uoguelph.ca/hpc
Click 'Varsity Athletic Therapy'

HPC will direct bill Canada Life for 80% of chiro costs up to \$500.
Athlete's are required to pay copay amounts as well as any balance once benefits are exhausted.
Payment is required by sanction deadline at the end of each semester. HPC will provide receipts and athlete can submit to alternate insurance should they have any.

The Department of Athletics has purchased additional athlete medical coverage for the 2023/24 season with the Canadian Athlete Insurance Program (CAIP). This includes some coverage for Athletic Therapy as well as other medical services. Please see page 3 for more information. Please note, at this time, the HPC is unable to coordinate benefits to your parent's insurance plan or direct bill to CAIP. You are required to exhaust all benefits before submitting claims to CAIP

SUBMITTING TO PARENTAL INSURANCE

At the end of each academic semester, all athletes must pay in full at the HPC for any balance remaining after benefits have been exhausted from Canada Life and for any chiropractic copays that remain.

Pay in Person at the HPC by Visa, Debit, Mastercard Receipt(s) will be provided

Please not that it is university policy that any unpaid student accounts are forwarded to the University Centre for mark sanctioning at the end of each semester

Pay over the phone by VISA or Mastercard at 519-767-5011 Receipts will be provided

Once the accounts are paid in full, the next step would be to submit your receipts for any uncovered bills or any chiropractic copays to your parental insurance company(s). To make these claims, you will need:

- Your paid receipts from the HPC
- Your EOB (Explanation of Benefits) from Canada Life – this document is proof for your parent's insurance company that you did in fact exhaust all your student benefits. You will find this document by logging into your account with Canada Life.
- **MAYBE** a doctor's referral if your parent's insurance company requires one. Contact HPC for a reprint of your referral if you got one here

SUBMISSION PROCESS
You typically will have two options when it comes to submitting depending on the insurance carrier

You can submit on paper with paper claims (usually getting a cheque back in the mail in 6-8 weeks). You would need to pull a claim form off the website of the insurance company, fill it out and attach all your receipts, your EOB and your doctor's referral (if required).

Many carriers have apps (just like CL) that allow you to do online claims. Check with your parents to see if this is an option. It is often much easier. You may need to set up direct deposit (banking info), fill in dates, fees, and practitioner names and most likely, you would need to upload docs like the EOB and the doctor's referral if required. But you will usually have the funds back in 24-48 hours!

Page #3 - Canadian Athlete Insurance Program (CAIP)

CAIP (Canadian Athlete Insurance Program)

CAIP is an additional insurance policy for varsity athletes for 2023/24. You do not need to pay a premium or register for this plan. This has been looked after by the Department of Athletics.

CAIP COVERS

Physio/AT/Massage
ACCIDENT
\$250.00

Physio/AT/Massage
OVERUSE
\$250.00

Chiropractic
OVERUSE
\$250.00

CAIP - FREQUENTLY ASKED QUESTIONS:

Q: Do I need a doctor's note to access CAIP insurance coverage?

A: For physio or athletic therapy, you do NOT need a referral. Your physiotherapist or athletic therapist can complete the doctors portion of the insurance form. For other treatments (massage, chiro, etc.) a doctor's note would be required.

Q: Does CAIP cover 100% of my PT/AT/Massage/Chiro treatment cost?

A: CAIP insurance covers 100% of treatment costs up to a maximum \$50 per appointment. Anything above \$50 per appointment is not covered.

Q: When can I use CAIP insurance coverage?

A: Your CAIP insurance can only be used once your University of Guelph student insurance plan and any secondary insurance (parental insurance/employer insurance) has been exhausted. Only then can you make a claim using CAIP.

Q: How do I file a claim with CAIP?

A: To file a claim with CAIP, please visit mkirsch.ca/claims for more information. The 4 different claim forms are at the top, with the two most relevant (accidental and overuse) being the first two forms. Follow instructions under the Claims Guideline section.

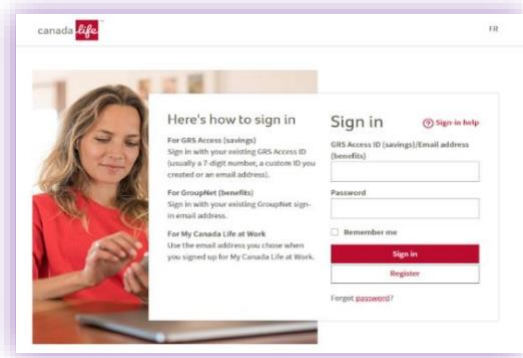
More Info:

- Make sure to have copies of all of your receipts, your doctors referral if you've had massage or chiro, and all Explanation of Benefit (EOB) documents from the student insurance plan and your parents insurance plan.
- You may set up online direct deposit with CAIP or you may submit and wait for payment by cheque. Both options are available.

YOU MAY ONLY SUBMIT TO CAIP INSURANCE ONCE YOU HAVE EXHAUSTED ALL OTHER INSURANCE BENEFIT PLANS. THIS INCLUDES YOUR STUDENT PLAN, ANY PARENTAL PLAN(S), AND ANY EMPLOYEE PLAN



Page 4: Each athlete must complete registration & direct deposit set up with Canada Life before the HPC can direct bill for your treatments. This page will show you 'How-To' do this.



- ✓ Submit claims and access forms
- ✓ View balances and coverage details
- ✓ Update your personal information
- ✓ Add banking details for direct deposit

Quick and simple registration!

STEP ONE – Create an account

Go to Groupnet registration - <https://my.canadalife.com/sign-in>

Provide a personal email address. This will be your username when you sign-in. You need to have access to the inbox of the email address you choose.

Create a unique password. Carefully follow the requirements on the screen.

Verify your email address. Select the link in the email you receive. Do not wait too long! The link expires in 72 hours.

STEP TWO – Complete registration

Sign in to continue the set-up process. Use the email address you provided and the password you created.

Add your policy information. Your plan number **(330820)** and student ID.

Go to your profile > Manage mailing address. Enter your home address. Your address must be in your profile for direct billing to work.

Scroll down > Manage banking info. Enter your transit, branch, and account number (find your direct deposit information online or in your mobile app).

Online claim submission will only work if direct deposit information is on file.

PLEASE NOTE: Before you can submit a claim or use direct billing, Canada Life must verify your information. It can take 24-48 hours after registering/updating your profile.

CONCUSSION AWARENESS

WHAT'S A CONCUSSION?

A concussion is a brain injury that:

- May be caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment (e.g., bat, stick or ball)
- Are individual and presents differently for each athlete
- May result in a variety of immediate or delayed symptoms each varying with intensity
- May occur in ANY sport or activity
- Symptoms may occur with or without losing consciousness
- Concussion like symptoms need to be immediately reported to the attention of team medical or therapy personnel

HOW TO PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from a concussion:

- Do not initiate any contact leading with your head. A concussion may still occur even while wearing a helmet.
- Avoid striking an opponent in the head or neck region
- Follow your Athletic Department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times
- Practice and perfect the fundamental skills of your sport

WHAT ARE THE SYMPTOMS?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms may be delayed and surface hours or even days following the impact or mechanism of injury. Your symptoms and intensities may fluctuate. Athletes should avoid any activity that provokes or increases their symptoms.

Symptoms may include:

- Memory Loss
- Confusion or Headache
- Loss of consciousness
- Balance difficulties/dizziness
- Impaired/blurred vision
- Sensitivity to light or noise
- Nausea
- Feeling sluggish, foggy, or slow
- Feeling unusually irritable
- Concentration challenges

WHAT SHOULD I DO?

DON'T HIDE IT

Never ignore direct impact on your head or neck area. A concussion may affect your ability to perform everyday activities, balance, sleep, classroom and study performance.

REPORT IT

Tell your team therapy staff and coaches what happened and how you feel. Do not return to participation in any activities including games and practices with any active concussion-like symptoms. Tell your team therapist and coach should you witness or suspect another who may have suffered a concussion injury.

GET CHECKED OUT

The team Physician, therapist, or health care professional can properly assess for concussion and provide immediate recommendations for concussion care. Your medical team will then determine when you are able to begin staged return to play protocol.

TAKE TIME TO RECOVER

If you have suffered a concussion, your brain needs time to heal. Follow the detailed instructions provided by a medical professional. While your brain is still healing, it is sensitive to further and more severe injury should you return to sport and activities too early. Severe brain injury can alter the balance of your entire life. There is specialized and experienced treatment available to assist with your concussion recovery.

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 accommodation is available while you recover from your diagnosed concussion. The accommodation requires 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, documented, and approved by the team medical staff. A University of Guelph Sport Physician must, in all circumstances, provide medical clearance for your full return to play.

CONCUSSION BASELINES

Concussion baseline testing is required annually for the following varsity sports:

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

New and incoming students (first years and transfers) must complete valid baseline testing with UofG therapy team member PRIOR to participating in any team activity including tryouts.

Baseline testing must also be repeated and completed for any returning athlete who sustained and was diagnosed with a concussion or head injury in the previous competitive 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

Concussion Awareness Resources

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

The Drug Information Database (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 WADA/CCES status of any prescription and non-prescription 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, or 1-800-672-7775

ARE HERBAL PRODUCTS AND NUTRITIONAL SUPPLEMENTS BANNED?

- Herbal and nutritional supplements are not regulated industries nor 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 an additional and ongoing 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”).
- CCES cannot nor will not provide a guarantee on the status of these products
- To learn more about the appropriate use of nutritional supplements, please see the Registered Sport Dietitian at the Health and Performance Centre or a Sport Medicine Physicians

For More Information: CCES 1-800-672-7775 or check out their website: cces.ca or email at: 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 2023 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

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.ccess.ca/#/signup, registration key: USports-2023

RETURNING STUDENT-ATHLETES: Log into your account at 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 education@cces.ca

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

CANNABIS AND USE IN SPORT

Cannabis remains on The Prohibited List of the World Anti-Doping Agency (WADA) and is NOT affected by the changes in Canadian law that legalized recreational cannabis. Cannabis is just one of many substances that are legal in Canada yet prohibited in sport. Cannabis lasts a significant period in the body, so the use of cannabis is not recommended with 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, therapists/trainers, coaches, and other staff members may not consume cannabis or related products during the full duration of varsity team road trips.

AED INFORMATION

LOCATION & INFORMATION

The Department of Athletics owns and operates a total of 16 Automated External Defibrillators (AEDs).

5 of the AED Units are for internal programming use only and are managed by Athletic Therapy under the direction of [Dave Wright](#).

These units are intended for use for Intercollegiate games, practices and team travel.

The remaining 11 Units are for public access use and are managed by [Beth Fisher](#) in consultation with Campus Fire.

DEVELOPMENT OF ATHLETICS PUBLIC ACCESS AED LOCATIONS

Gryphon Centre Arena

Arena Lobby between
Hockey Coaches offices

Gold Rink West wall by
First Aid room

Fieldhouse

Fieldhouse outside
Supervisors' office

Alumni Stadium

Under stadium bleachers
outside Therapy Room

Guelph Gryphons Athletics Centre

GGAC Lobby across from
Client Service Desk

Mitchell Lobby outside
Facilities Hub

West Gym North Doors

Red Pool Deck

Fitness Centre East Doors

Fitness Centre West Doors

Third Floor hallway across
from Studio 3216

****Other Public Access AED Units can be found by using the Safe Gryphon App/Campus Maps**

PRESENTLY, WE OPERATE 3 DIFFERENT STYLES OF AED UNITS



ZOLL AED PLUS



LIFEPAK CR2



LIFEPAK CR PLUS

IN THE EVENT OF AED USE IN AN EMERGENCY

Contact Campus Police to request Ambulance

519-840-5000 or directly from Safe Gryphon App

Provide First Aid/CPR care

Follow voice prompts of AED Unit

***AED Unit does NOT travel with EMS to hospital**

AFTER EMERGENCY EVENT

Ensure a University of Guelph Incident Report is completed

Do not return AED Unit to display cabinet

Contact Beth Fisher regarding incident & to request
AED Unit is inspected and new pads are ordered

bfisher@uoguelph.ca

519-830-3561 (cell)



RESPONSIBLE GAMBLING

RESPONSIBLE GAMBLING

Gambling is one of Canada's largest entertainment industries. Consider these gambling facts the next time you consider making a wager.

- Gambling always involves risk
- Every time you place a wager, you're betting on an uncertain outcome. And there's no guarantee that the outcome will be favourable.
- The house always wins in the long run

You may have heard that expression, but do you know why the house always wins? The expression comes from a term known as the house edge. House edge is an expected percentage return to the casino on every bet. In simple terms, house edge is the difference between "true odds" and "payout odds".

- True odds are defined as the likelihood of an event occurring. An example of true odds in roulette is 38-1.
- Payout odds are the rate a casino will pay out if an event happens, like a win. An example of payout odds for roulette might be 35-1.

The difference between true odds and payout odds are how the casino makes its money. So even when players hit a jackpot, over the long run, the casino comes out on top.

Prevalence of problem gambling in Canada: Is roughly between 1% and 2%, but varies by province.

When a person has a gambling problem, it often impacts six other people (Goodwin et al., 2017).

Generally, males are more likely to gamble and experience gambling problems.

WHAT MAKES GAMBLING, GAMBLING?

We all know the obvious ways to gamble, like betting on horses or playing slots at the casino. But what about sports betting, fantasy leagues, scratch tickets, online poker, or DIY investing? All those things are gambling, too.

Basically, gambling is any game of chance or skill in which you stake something valuable for the potential of winning even more. For example, you might risk a couple bucks on a lottery ticket for the chance at winning a multimillion-dollar jackpot. Or you may feel that your favourite sports team is on a roll, and want to put money on them to win.

But remember, gambling always has two things in common - an element of risk and an unknown outcome.

WHICH OF THESE THINGS ARE GAMBLING?

(HINT: ALL OF THEM)

- Electronic gaming machines
- eSports and fantasy sports like DraftKings or FanDuel
- Sports betting like Pro-Line, or sports pools around the Super Bowl or March Madness
- Online gambling
- Bets between friends
- Lotteries like LOTTO 6/49 or LOTTO MAX
- Card games like poker or Blackjack
- Instant games, like scratch cards or Nevada tickets
- Bingo
- Casino games, like slot machines
- Horseracing
- Investing, like Wealthsimple or Robinhood

ODD QUESTION: WHAT ARE ODDS?

Basically, “odds” is the term used to describe the chances a person has of winning.

In gambling, odds are expressed as the number of chances there are to lose for every chance there is to win. For example, if a hundred people enter a draw, there are ninety nine chances the winning ticket won't be theirs (they lose) and one chance that it will be theirs (they win). So the odds are 99 to 1 (99 chances to lose and 1 chance to win).

Often in gambling, the more chances there are to lose, the bigger the potential win. That can be tricky because people want to play more when the jackpot is bigger, but they might not realize that their odds of winning are smaller.

Something else to keep in mind is that, in all gambling, the odds of winning are less than the odds of losing, which guarantees that the house always wins in the long run.

GAMES OF CHANCE VS. GAMES OF SKILL

Some gambling is completely based on chance and some is partly based on skill. Here's why.

There are two types of gambling games, based around either Independent or Dependent events.

Independent events are events where the probability doesn't change no matter how many times they happen. Think of the coin toss before a football game. If the ref flipped the coin five times, the odds of flipping heads on the first try would be the same as flipping heads on the last try. Basically, whatever has happened before won't affect what will happen next.

Dependent events, on the other hand, are events where the probabilities change depending on what's happened before. Poker is a good example. Depending on what cards have already been dealt, the probabilities of other cards coming up change. Like if three Kings have already been dealt, it's less likely that a King will be dealt next because there's only one left in the deck, as opposed to four when the deck was fresh.

Games based on independent events, like Roulette or slots, are entirely random. Games based on dependent events, like sports betting or poker, can involve some skill. But don't be fooled. No matter how much skill you have (or think you have), the house still always has the advantage.

SOME ODD THINGS ARE MORE LIKELY THAN WINNING



1 in 3 million

A person has a 1 in 3 million chance of sighting an UFO. That's almost 5 times more likely than winning a lottery jackpot.



1 in 56,439

You are more likely to be struck by lightning (1 in 56,439) than win the lottery. Almost 250 times more likely.



1 in 4,096

The odds of winning the top prize at maximum coin play on the slot machines ranges from 1 in 4,096 to 1 in 33,554,000.

THE WEIRD AND WILD SCIENCE BEHIND GAMBLING

When you gamble, your brain releases dopamine, the feel-good neurotransmitter that makes you feel excited. The strange thing is, your body also produces dopamine when you lose.

While some of us are able to walk away when we lose, others might keep gambling to win back the money they've lost, fuelled by that dopamine rush. That's called 'chasing losses'. And people who chase losses may begin to develop problems with gambling.

Research by Brain Connections explores how gambling can spiral from being fun to experiencing problems.

COMMON 'MYTH-CONCEPTIONS' ABOUT GAMBLING

"I feel like today is my lucky day."	FALSE - Rituals, talismans, hunches or lucky numbers can make the game seem more fun, but they have absolutely no influence on the outcome of a game of chance.
"Gambling is a good way to make money."	FALSE - Nope. There is no guaranteed way to make money at gambling, and generally over time, the more you risk, the more you'll lose.
"Like video games, the more you play, the better you'll get."	FALSE - The skills you've honed playing video games like hand-eye coordination won't help you at an electronic gaming machine. Like if you're playing slots, it doesn't matter how fast your reflexes get because the results are determined by the machine's internal random number generator. not how quickly you push the buttons.
"I know a lot about sports, so I can guarantee my chances of winning."	FALSE - While sports gambling has an element of skill, there are still random components that can affect the outcome of the game. It could snow, the stands could be empty, the star pitcher could be injured.
"I was so close to winning."	FALSE - Sadly 'almost' winning doesn't mean that a win is just around the corner. So if there's an inner voice telling yourself to keep playing because you think you're "due", remember that a past loss isn't going to translate into a future gambling win.

MINIMIZING RISK

When gambling, odds are, over time, you will lose more often than you win. The best thing to do is make a plan to limit harms.

SAFER GAMBLING TIPS

Unlike a night in streaming movies, there's an inherent built-in risk when it comes to gambling and odds are, over time, you will lose more often than you win. Here are some strategies you can use to play safe and have fun.

- Don't gamble when you're upset or stressed
- Limit your alcohol and/or cannabis intake while gambling
- Know how the games work before you wager
- Set budget and time limits - there are tools available on many slot machines, mobile and internet gambling sites to help you monitor your play
- Take frequent breaks - move around, get some fresh air, have something to eat or a coffee
- Only gamble with money you have - never borrow money or use money intended for necessities, like rent or food
- Don't try to win back what you've lost
- Gambling is not a way to make money so don't think of it as a chance to win money for a trip, to pay bills or to pay off debt
- Stick to your budget by leaving your credit and debit cards at home
- Balance gambling with other recreational activities
- If you're no longer having fun, stop playing
- Don't depend on "good luck" strategies - they don't increase your chances of winning

WHAT TO KNOW IF YOU'RE GAMBLING ONLINE

- Only gamble on websites that have pre-commitment tools in place to help you manage your play by setting time and/or money limits; the RG Check accreditation symbol is a sign that the site has features to help protect you from overly risky play
- Use a free gambling site blocker app to restrict or limit your access
- Watch out for hidden fees when it comes to the costs of using your credit card to play
- You can block sites you don't want access to or set time limits using software like Bet Blocker and GamBan
- Reduce your risk of experiencing harms from gambling by following the three guidelines shared below. It's recommended that you follow all three guidelines at the same time.

LOWER-RISK GAMBLING GUIDELINES

HOW MUCH: NO MORE THAN 1% OF HOUSEHOLD INCOME

Gamble no more than 1% of your household income before tax per month.

Below is a table that shows how much you can gamble each month based on your yearly household income.

Yearly Household Income	Maximum Monthly Amount
\$10,000	\$8
\$20,000	\$17
\$40,000	\$33
\$70,000	\$58
\$80,000	\$67
\$100,000	\$83
\$120,000	\$100

HOW MANY: AVOID REGULARLY GAMBLING AT MORE THAN 2 TYPES OF GAMES

Don't play at more than 2 types of games if you gamble on a regular basis.

Types of gambling include:

- Sports betting
- Lottery
- Scratch Tickets
- Table Games (Poker, Roulette, Craps)
- Slot Machines
- Horse Racing
- Bingo
- Online Gambling

HOW OFTEN: NO MORE THAN 4 DAYS PER MONTH

The guidelines suggest that you do not gamble more than 4x a month - which works out to roughly once a week.

These guidelines may not be suitable for you - you should consider gambling less than what is recommended above or not at all if:

- You experience problems from alcohol, cannabis or other drug use.
- You experience problems with anxiety or depression.
- You have a personal or family history of problems with gambling.

For more information or for resources for assistance with problem gambling, please go to: responsiblegambling.org



ADMISSIONS

ADMISSIONS

WHAT'S NEW?

BACHELOR OF SCIENCE

- Co-op option now available for Nutritional and Nutraceutical Sciences and Neuroscience.
- Note: In the Ontario High School Admission Requirements chart (pg. 58 of the hard copy viewbook), the floating red box in the B.Sc. program belongs to the Biomedical Toxicology major. This has been corrected in the digital version of the viewbook.

BACHELOR OF SCIENCE IN AGRICULTURE

- All 4 majors now have co-op. Students apply to BSAG regular or co-op (not a specific major).

BACHELOR OF ENGINEERING

- Admission requirements have changed to: ENG4U; MCV4U; MHF4U; SCH4U; SPH4U and one additional 4U/M course.

BACHELOR OF COMMERCE

- Hospitality and Tourism Management has been reinstated.

BACHELOR OF BIO-RESOURCE MANAGEMENT

- Change in admission requirements for Equine Management: 4U English, 1 4U math, 4U chemistry, 4U biology and two additional 4U/M courses.

APPLICANT TYPES AND CRITERIA

MATURE

If someone has been out of full-time secondary school for at least two years and they have never attended a post-secondary institution*, they may be considered a mature student. To be considered for admission as a mature applicant they must meet the following criteria:

- Have completed their secondary school diploma
- Have been out of full-time secondary school for at least two years
- Present the specific 4U/4M Subject Requirements
- Meet current academic standards based on calculation of an admission average
- Normally, mature applicants can be considered for the Fall entry point only

*Any attempted or completed post-secondary studies will be taken into consideration. Students who have completed community college or university level study are typically considered transfer applicants.

ACADEMIC TRANSITION PROGRAM

The Academic Transition Program (ATP) provides an opportunity for mature students who do not meet the normal University admission requirements to take university courses and develop foundational academic skills before applying to a degree program. Admission is to the fall entry point only. Applicants who do not possess the requirements for admission as a mature student may apply so long as they meet the following criteria:

- Have not previously registered at a university
- Have completed OSSD or equivalent and

- Have been out of full-time secondary school for at least two years
- All applicants must be Canadian Citizens or Permanent Residents

**Note: Applicants to the ATP must submit the Academic Transition Program Student Profile Form to provide their intended study objectives, including courses and program.*

TRANSFER

If someone has previously attended a post-secondary institution (e.g. College or University), they will typically be considered a transfer applicant for admission purposes.

- Completed at least 2.0 credits at University (e.g. 4 courses/ one semester) = Transfer
- Completed at least one year of a College diploma = Transfer
- Students presenting less than the minimum noted above must also meet admission requirements as outlined for high school students.

ADMISSION PLAN (DOMESTIC HIGH SCHOOL)

MULTIPLE OFFERS

- Students applying directly from high school will be considered for all programs to which they apply.
- If they receive an offer of admission to one or more programs but have also applied to other programs at the U of G, we will continue to consider them for admission to all other program choices through each round of offers (until May).
- Students can receive more than one offer but they can only accept one offer of admission.
- The Exceptional Student Policy will only be considered for one program choice (to be communicated through Athletic Liaison)

ESTIMATED CUT-OFF RANGE

- We don't publish cut-offs. Instead, we provide estimated cut-off ranges.
- Estimated cut-off ranges vary by program. The "estimated range" is based on the admission averages from previous years and is provided solely as a point of reference.
- Exact cut-offs for the current cycle will be determined by the quantity and quality of applications received, and the number of places available in the program as we move through the admission cycle.
- Having an admission average within the estimated range does not guarantee an offer of admission.
- Cut-offs typically exceed the estimated ranges (e.g. minimum 80%).

TIMING OF OFFERS

- Check out our admission plan for more details
- Three official rounds of offers. A limited number of offers are sent out in December where students far exceed the estimated range.
- Applications are continuously reviewed throughout the application cycle as new grade data becomes available.
- The latest date high school applicants will receive an admission decision is May 27th.

RESPONSE DEADLINE

- Response deadline is June 1 for high school applicants. This is a common response deadline for all Ontario Universities.
- We can't require an applicant to accept their offer of admission prior to this date.

OFFER DATES	CALCULATING YOUR ADMISSION AVERAGE	ESTIMATED CUT-OFFS
Late January to Late February	We use your top six completed 4U/M (or equivalent) courses, including required subjects. Where not available, we use a combination of the top six completed or in-progress 4U/M and completed 3U/M courses, including required subjects. *Should no 4U/M courses be completed or in-progress, the top five 3U/M completed courses (including required subjects) will be used.	Offers in this round are typically made to applicants whose admission average exceeds the estimated cut-off range. (e.g. cut-off's in high 80's - high 90's for all programs; higher for Co-op)*
Early March to Mid-April	We use your top six completed 4U/M (or equivalent) courses, including required subjects. Where not available, we use a combination of the top six completed or in-progress 4U/M and completed 3U/M courses, including required subjects.	Offers in this round are typically made to applicants whose admission average is near the top of the estimated cut-off range.

Late April to Mid May

We use your top six completed or in progress 4U/M (or equivalent) courses, including required subjects. Where not available, we will use a combination of the top six completed or in-progress 4U/M and completed 3U/M courses, including required subjects.

Offers in this round are typically made to applicants whose admission average is within the estimated cut-off range

Important Note: For the 2023 admission cycle we will continue to use grade 11 courses (final grades only) to supplement required courses as needed, through all rounds of offers.

**For required Grade 12 4U/M courses and estimated cut-off ranges, see Ontario requirements chart on pages 57-58 of the Viewbook.*

ALTERNATE OFFERS (MARCH - MAY)

admission.uoguelph.ca/alternateoffers

We only consider applicants for admission to the programs they've applied to, with the following exceptions:

- Not admitted to a co-op program? Students will automatically be considered for admission to the regular program.
- Students who don't possess the admission average for Bachelor of Arts, Criminal Justice and Public Policy, will automatically be considered for BA, Justice and Legal Studies.
- Students who don't possess the admission average for Bachelor of Arts, Honours Psychology, will automatically be considered for BA, Honours Sociology.
- Students who don't possess the admission average for Bachelor of Science, Animal Biology or Bio-Medical Science, will automatically be considered for B.Sc. Biological Science.

If students receive an alternate offer of admission it means that with the grade information we have to date, they aren't admissible to their first-choice program. We will still consider them for their first-choice program through all rounds of offers. Find more information about alternate offers on our website.

OFFER CONDITIONS

If a student is applying directly from high school, any offer of admission they receive from the University of Guelph is conditional upon the following:

- Completion of the Ontario Secondary School Diploma (OSSD), or equivalent; and
- Completion of six Grade 12 and/or 4U/M courses, including required subjects, or equivalent; and
- A minimum final average as outlined in the offer letter (typically 75%);
- All other applicants who are admitted conditionally will have offer conditions clearly outlined in their offer letter (e.g. transfer applicants)
- It is each applicant's responsibility to ensure all conditions are fulfilled by the appropriate deadline (August 12th)
- Check out our conditions website for more information

REPEATED COURSES

We will use the highest grade reported for any repeated courses so long as it's completed at a Ministry approved institution.

VIRTUAL LEARNING/SUMMER SCHOOL/NIGHT SCHOOL

All courses completed through a Ministry approved institution are considered equally. This includes all modes of delivery (e.g. online), night school, private school, virtual high school.

Note: summer school courses are typically used to fulfill conditions; not for admission consideration.

ADMISSION PLAN (TRANSFER APPLICANTS)

- Transfer applicants are considered for their highest choice program first. If they're not admissible to that program, we will consider them for a subsequent choice.
- Recruit names must be submitted through the Athletic Liaison if the Exceptional Student Policy (chit) is to be used for admission.
- Transfer students are not eligible to apply directly to the following: Co-op (all programs), Bio-Medical Science, Studio Art, or Criminal Justice and Public Policy.
- When a transfer student applies, we require official transcripts from all secondary and post-secondary schools attended.
- We will accept unofficial transcripts to help expedite consideration. Unofficial documents should be collated and submitted as one package through the Athletic Liaison (Skye Angus).
- Transfer credits are assigned as part of the admission process (included in the offer of admission). Admission Counsellors do not pre-assess transfer credits.
- Transfer admission decisions are made by individual Committees (by degree). Timing of decisions is dependent on the Committee and the entry point to which the student has applied.
- Offers made based on unofficial documentation are always considered conditional; other conditions may apply and will be noted in the offer letter.
- It is each student's responsibility to ensure all official documents are submitted by the appropriate deadline.

MINIMUM ADMISSION REQUIREMENTS

Minimum admission requirements vary by program. For detailed admission requirements please: admission.uoguelph.ca/exttransfer.

ENTRY POINTS FOR TRANSFER APPLICANTS

PROGRAM AND MAJOR	ENTRY	APPLICATION DEADLINE	DOCUMENT DEADLINE
Bachelor of Applied Science Bachelor of Bio-Resource Management Bachelor of Commerce, Sport and Event Management Bachelor of Computing Bachelor of Indigenous Environmental Science & Practice Bachelor of Science in Environmental Sciences Bachelor of One Health Bachelor of Engineering	Fall	May 1	June 1
Bachelor of Landscape Architecture	Fall	May 1	March 1 - BIF June 1 - Official Transcript
Doctor of Veterinary Medicine (Canadian Students)	Fall	December 1	February 1 - BIF March 1 - References, Transcript
Diploma in Turfgrass Management	Fall	May 1	June 1 - BIF, Transcript
Bachelor of Applied Science, Family Studies and Human Development	Fall	May 1	June 1
	Winter	November 11	December 1
All other programs (three entry semester)	Winter	November 1	December 1
	Summer	March 1	April 1
	Fall	May 1	June 1

	APPLICANTS ENROLLED FT IN AN ONTARIO HIGH SCHOOL	ALL OTHER APPLICANTS (including: Ontario Secondary School students not currently enrolled full-time; Applicants from Other Canadian Provinces; Out-of-country Canadians; Mature Students and International students)	TRANSFER APPLICANTS
APPLICATION	<p>101 Application Form (ouac.on.ca)</p> <p>Early consideration deadline: January 12th</p> <p>Deadline to apply: April 15, 2023</p> <p><i>Note: The exception is BLA where the application deadline is March 1</i></p>	<p>105 Application Form (ouac.on.ca)</p> <p>Early consideration deadline: January 13th.</p> <p>Deadline to apply: May 1</p> <p><i>*Applicants are encouraged to apply as early as possible</i></p>	<p>105 Application Form (ouac.on.ca)</p> <p>Application deadlines vary by entry point:</p> <p>November 1 (Winter) March 1 (Summer) May 1 (Fall)</p> <p><i>Note: entry points vary by program</i></p>
DOCUMENTATION	<ul style="list-style-type: none"> Grades are automatically submitted by the High School. Only grades received by May 1 will be considered Student Profile Form English Proficiency Supplementary Documentation (as required) 	<ul style="list-style-type: none"> Official Transcripts- must be received directly from the issuing institution Student Profile Form English Proficiency Supplementary Documentation (as required) <p><i>Note: We will automatically receive grade data for BC schools from the OUAC on an ongoing basis.</i></p>	<ul style="list-style-type: none"> Official Transcripts - must be received directly from the issuing institution Student Profile Form English Proficiency Supplementary Documentation (as required) <p><i>Note: Transfer applicants can self-upload unofficial transcripts through the OUAC Document Upload feature.</i></p>
TIMING OF OFFERS	<p>Students meeting the minimum requirements will be considered for admission on an on-going basis. See our admission plan for more details.</p> <p><i>Note: BLA only makes offers of admission during Round 3 (May).</i></p>	<p>Students meeting minimum requirements will be considered for admission on an on-going basis once all required documentation is received.</p>	<p>Students meeting the minimum requirements will be considered for admission on an on-going basis once all required documentation is received.</p> <p><i>Note: admission decisions for limited-enrolment programs may be made later in the summer (committee dependent).</i></p>

REQUIRED DOCUMENTS

OFFICIAL TRANSCRIPTS - OUAC 105 APPLICANTS

Deadline: April 15 for out of province high school applicants for most programs; June 1 for transfer applicants.

- An official transcript is one that is sent directly from the originating institution to Admission Services. It should not come from the student unless it is otherwise unavailable. In these cases, it must be in the original, sealed envelope.
- Digital transcripts will only be considered official if they are sent directly via a school board or institution e-mail.
- OOP high school applicants are advised to submit grades as soon as possible (and throughout the cycle as new grades become available), to receive full consideration.
- Grades should be submitted to Admission Services via Skye

STUDENT PROFILE FORM (SPF) - HIGH SCHOOL APPLICANTS ONLY

(Optional but recommended; required for Exceptional Student Policy)

Deadline: May 1

uoguelph.ca/registrar/forms/spf

- The Student Profile Form (SPF) is an applicant's opportunity to tell the Admission Committee about activities they've been involved in that have helped them develop leadership and citizenship qualities. Factors beyond an applicant's control that have negatively affected their academic performance, such as illness or extenuating circumstances, will also be considered
- If their admission average in May does not meet the cut-off for the program(s) to which they have applied, the SPF will be considered if their average falls within a discretionary range of the cut-off

SUPPORT LETTER - TRANSFER APPLICANTS

(Optional; required for Exceptional Student Policy)

Deadline: May 1

- A support letter must be submitted in order for the Admission Committee to make an admission decision.
- It should include:
 - Why they would like to pursue studies at the U of G (including program choice(s));
 - Any extenuating circumstances that had a negative impact on their previous academic performance, and ;
 - Most importantly, what steps they've taken to ensure they will be successful in their future studies.

SUPPLEMENTAL INFORMATION FORM FOR STUDENTS WITH DISABILITIES (SIF-D)

(Optional; as appropriate)

Deadline: May 1

wellness.uoguelph.ca/accessibility/audience/prospective-students

The University of Guelph strives to provide equal opportunity for academically qualified students with disabilities. If applicants believe that their admission average does not reflect their true academic ability as a result of a disability, they are encouraged to complete the Supplemental Information Form for Students with Disabilities.

This form is considered along with their marks in determining admission. Applicants are encouraged to contact Student Accessibility Services early to discuss their needs and academic background. Student Accessibility Services helps students overcome any barriers that could impede full participation in the university community. The online form becomes available in November.

EDUCATION DECLARATION

Deadline: May 1 for high school applicants; June 1 for transfer applicants

- Applicants may be asked to complete the Education Declaration Form. If this form is required, they will receive communications from Admission Services, or will see it listed as a required document on WebAdvisor. This form must be received before an application will be reviewed.

SUPPLEMENTARY DOCUMENTATION

Deadline: varies by program

admission.uoguelph.ca/canadian/suppdocs

Applicants applying to the following programs must submit required supplementary documentation forms. Upon receipt of their application from the OUAC, applicants will be notified with further information.

- Associate Diploma in Turfgrass Management (Background Information Form)
- Bachelor of Landscape Architecture (Background Information Form)
- Doctor of Veterinary Medicine (Background Information Form, References)
- General Studies (General Studies Student Profile Form)

ENGLISH PROFICIENCY

(Optional; as appropriate)

Deadline: April 15

admission.uoguelph.ca/englprof

Applicants will be required to present evidence of English proficiency if:

- Their primary or first language is not English and;
- They have had less than four years of full-time secondary or post-secondary school study demonstrating satisfactory academic progress in an English-language school system.

Applicants required to meet the English proficiency requirement must do so by submitting the required scores in one of the acceptable English Proficiency Tests. Test results dated more than two years prior to application for admission will not be considered. For a complete listing of acceptable English Proficiency Tests, please visit the website listed above.

EXCEPTIONAL STUDENT POLICY

**Student athletes must not be informed of the Exceptional Student Policy; it is for internal use only.*

High School:

- Student Profile Form (SPF) must be submitted before the Exceptional Student Policy will be used.
- Exceptions: Chits cannot be used for the following:
 - Co-op (any program)
 - Bachelor of Applied Science: Applied Human Nutrition
 - Bachelor of Science: Bio-Medical Science
 - Bachelor of Landscape Architecture
- Chits cannot be used for early offers to Human Kinetics, Animal Biology, Psychology, CJPP or Justice and Legal Studies.
- Chit Parameters:
 - To be considered for an early offer in Feb, a minimum average of 80% is required.
 - We don't admit below 80% (or within 5% of the cut-off) in Round 1.
 - We don't admit below 75% (or within 5% of the cut-off) in Round 2.
 - We don't admit below 72% (EVER), (or within 5% of the cut-off) in Round 3.
 - We don't round up admission averages.

TRANSFER

A support letter must be submitted in order for the Admission Committee to make an admission decision. Applicants are required to write a letter explaining why they would like to pursue studies at the U of G (including program choice(s)), any extenuating circumstances that had a negative impact on their previous academic performance, and most importantly, what steps they've taken to ensure they will be successful in their future studies.

- Eligible programs include:
 - Bachelor of Arts (except CJPP)
 - Bachelor of Science (except Bio-Medical Science)
 - Bachelor of Commerce
- Transfer enrolment is limited so all other programs will be considered on a case-by- case basis.
- Early vetting and application is strongly encouraged.
- Chit Parameters:
 - BA: 65% (College); 60% (University)
 - BSC: 70% (College); 65% (University)
 - BCOM: 70% (College); 65% (University)
 - All Other: we don't admit below 60% (EVER), (or within 5% of the cut-off).

REMINDERS & TIMELINES

- Names of recruits must be submitted through the Athletic Liaison (Skye Angus) when there is an interest in exercising the Exceptional Student Policy.
- The Exceptional Student Policy will only be considered for one program choice.
- Cannot use chit for multiple offers unless it's to go regular from alternate.
- Required documents (e.g. SPF, transcripts) should be vetted by Skye - only forward to Admissions when all required documents are submitted!
- Chit requests for high school applicants will not be considered for fall 2023 admission beyond May 1. This is also the SPF deadline.
- Cut-offs will not be shared with coaches but can be shared confidentially with Skye Angus.
- Student success is important! Athletes admitted through the Exceptional Student Policy must participate in the SAM program; we do track them on our system.

STUDENT HOUSING

housing.uoguelph.ca

- We are confident that the University will be able to offer on-campus housing to high school students who submit their residence application and pay the \$750 deposit by the June 1, 2023, deadline.
- Should our residence application numbers exceed the available spaces, we will use a priority consideration for assigning spaces.
- We are currently working on defining what priority consideration will be. This information will be available to prospective students before the deadline to accept their offer to the University of Guelph.
- All other applicants that are not in high school (e.g. transfer and upper year), will be considered once high school assignments are complete (again, based on availability).
- Additional information and updates will be available on the Student Housing website.

SCHOLARSHIPS

ENTRANCE SCHOLARSHIPS

- No application is required- all applicants are considered automatically based on their admission average.
- Whether a scholarship offer is made with an admission offer or not, all eligible students will be re-considered in May and August and have the opportunity to qualify or better their award.
- Please note that applicants must meet the conditions of their offer of admission and register as a student in both the Fall and Winter semesters in order to keep their entrance scholarship.

Admission Average	Award Amount
90.0 - 94.9%	\$1000
95.0% and greater	\$2000

INTERNATIONAL

A limited number of renewable international scholarships ranging in total values from \$17,500 to \$20,500 CDN.

Example: \$8500 (year 1)

Annual Renewal Amount: \$4000 (years 2,3,4)

Overall 4 Year Amount: \$20,500

INTERNATIONAL

admission.uoguelph.ca/international/admreqs

Detailed admission requirements are available on our website. Students can search by country or curriculum. The international viewbook is also a helpful resource.

AMERICAN CURRICULUM

- Minimum cumulative unweighted GPA of 3.0-3.9/4.0 (varies by program/major), from a regionally accredited high school
- We are looking for prerequisite courses at the senior level.
- SAT/ACT optional for Fall 2022 admission. If submitted, may be used if it is helpful to admission.
- A school profile with grading scale should be included with documents, and all must be sent through Parchment/Naviance/Docufile whenever possible, or emailed directly by the school to intdocs@uoguelph.ca.

INTERNATIONAL BACCALAUREATE (IB)

- A marksheet with anticipated IB scores reflecting the intention to complete the full IB Diploma with 6 subjects: 3 HL and 3 SL (including prerequisites).
- Minimum score of 28 including bonus points from TOK and EE. Note: most programs will require a higher score.
- Anticipated scores on a 7-point scale.
- Math Studies/Standard Level Applications and Interpretations are not an acceptable prerequisite for programs that require Grade 12 Advanced Functions, Calculus or equivalent.
- Students who do not complete the full IB Diploma must meet admission standards from an accredited high school graduating curriculum.
- Upon receipt of official final results from the IBO, we will assign specific transfer credits, where applicable, to a maximum of 2.0 credits for grades of 5 or better on Higher Level courses.

ADVANCED PLACEMENT

- Applicants who have completed Advanced Placement Final Examinations with a minimum grade of 4, will be eligible to receive university specific transfer credits, where applicable, to a maximum of 2.00 credits. Applicants must arrange for an official score report to be sent directly to Admission Services. Transfer credit will be assigned once this has been received in Admission Services.

CEGEP (QUEBEC)

admission.uoguelph.ca/quebec

- Applicants must present their Senior High School Leaving Certificate plus 12 academic credits from an appropriate CEGEP program (minimum one year at a CEGEP). For these applicants, the University of Guelph will be using the highest grade reported for any repeated courses.
- To receive an admission decision by May 27 (for all programs except the Diploma in Turfgrass Management), arrangements must be made to have the most current grade results sent to Admission Services by **April 15**.
- If the applicant has completed more than one year at a CEGEP, they will be considered a transfer applicant and should refer to the University/College Transfer admission requirements and application instructions.
- Transfer applicants should arrange to have official transcripts sent to Admission Services as soon as possible, or at the end of the academic year. It's important that currently enrolled courses are reported.
- Advanced standing credit will be assessed at the point of admission if the applicant is applying with more than one year of academic studies at a CEGEP (i.e. 13 or more academic credits). Transfer credits are considered on a pro-rated basis for students who have completed more than 12 academic credits. The maximum number of transfer credits for students who have completed 24 academic credits (i.e. their "DEC" is 5.0 credits.) **We do not pre-assess transfer credits.**

RESOURCES

FAQS

admission.uoguelph.ca/admission-faqs

FAQs will be updated throughout the admission cycle. Share this link to help keep applicants informed!

EVENTS

admission.uoguelph.ca/events

Students can watch previously recorded webinars, register for events, or book a 1 on 1 meeting with a Liaison Officer!

VIRTUAL TOURS

admission.uoguelph.ca/tours

In light of the significant changes with the ongoing pandemic, the U of G has decided to postpone all in-person campus tours until February 1st. Students can book a LIVE virtual guided tour experience and check out videos of campus. Continue to check this website for updates!

VIEWBOOK

admission.uoguelph.ca/admission-viewbook

Digital Viewbooks can be found online.

Students can also request a hard copy viewbook to be mailed to them at home.

ATHLETE ADMISSION CHECKLIST

Required Documents: All applicants must provide official transcripts from all secondary & post-secondary institutions attended.

- To expedite consideration, Admission Services will accept unofficial documents. All unofficial transcripts and required documents should be compiled as one package and must be submitted to Admission Services through the Athletics Liaison (Skye Angus anguss@uoguelph.ca)
- Please strongly encourage your recruit to request their official transcripts from any high school, college, or university attended, as early as possible. If they receive an offer, it will be conditional upon the submission of those documents. They can request official transcripts through OUAC or the institution
- Supporting documents including the SPF, Education Declaration and General Studies Student Profile Form can be found at: admission.uoguelph.ca/canadian/suppdocs

How to Apply: All transfer and mature applicants, as well as those applying to the Academic Transition Program, must apply using the OUAC 105 Online Application Form.

Additional instructions can be found at admission.uoguelph.ca/mature/howtoapply

ACADEMIC TRANSITION PROGRAM

admission.uoguelph.ca/the-academic-transition-program

- General admission requirements: Canadian Citizenship, OSSD or equivalent, out of high school for a minimum 2 years and has not previously attended university
- High School Transcript (must include graduation date)
- ATP Student Profile Form
- Education Declaration

MATURE

admission.uoguelph.ca/mature/admreqs

- General admission requirements: OSSD, out of high school for a minimum of 2 years and has not previously attended a post-secondary institution
- High School Transcript (must include graduation date)
- Education Declaration

TRANSFER

admission.uoguelph.ca/exttransfer

- General admission requirements: must have required high school prerequisites and meet minimum college/university average
- High School Transcript (must confirm receipt of diploma)
- Transcripts for all colleges and/or universities attended
- Education Declaration

**Once all required documents have been collected, please submit to Skye Angus.*



TRAVEL POLICY

TRAVEL POLICY

Student-athletes, coaches and team staff members have the opportunity to travel to other universities across Canada for regular season and championship competition. In this capacity, student-athletes, coaches and team staff are representatives of the University of Guelph and are expected to conduct themselves responsibly and, in a manner, consistent with the values of the University of Guelph, in competition and in all public forums.

Student-athletes, coaches and all team staff members are expected to follow the Guelph Gryphons Student Athlete and Coaches Code of Conduct respectively found in the relevant Student Athlete and Coaches Handbook.

The travel policy is in effect for Varsity team travel (exhibition, league and championship competition).

ARRANGEMENTS FOR TRAVEL/ITINERARIES

All travel arrangements must be made through Natasha Spaling, Intercollegiate Coordinator. Travel includes all buses, rental vehicles, independent travel, flights and accommodations. Any changes to travel arrangements and updates to departure times, rooming lists, etc. must be sent to Natasha.

nspaling@uoguelph.ca 519-504-2331

GROUP TRANSPORTATION

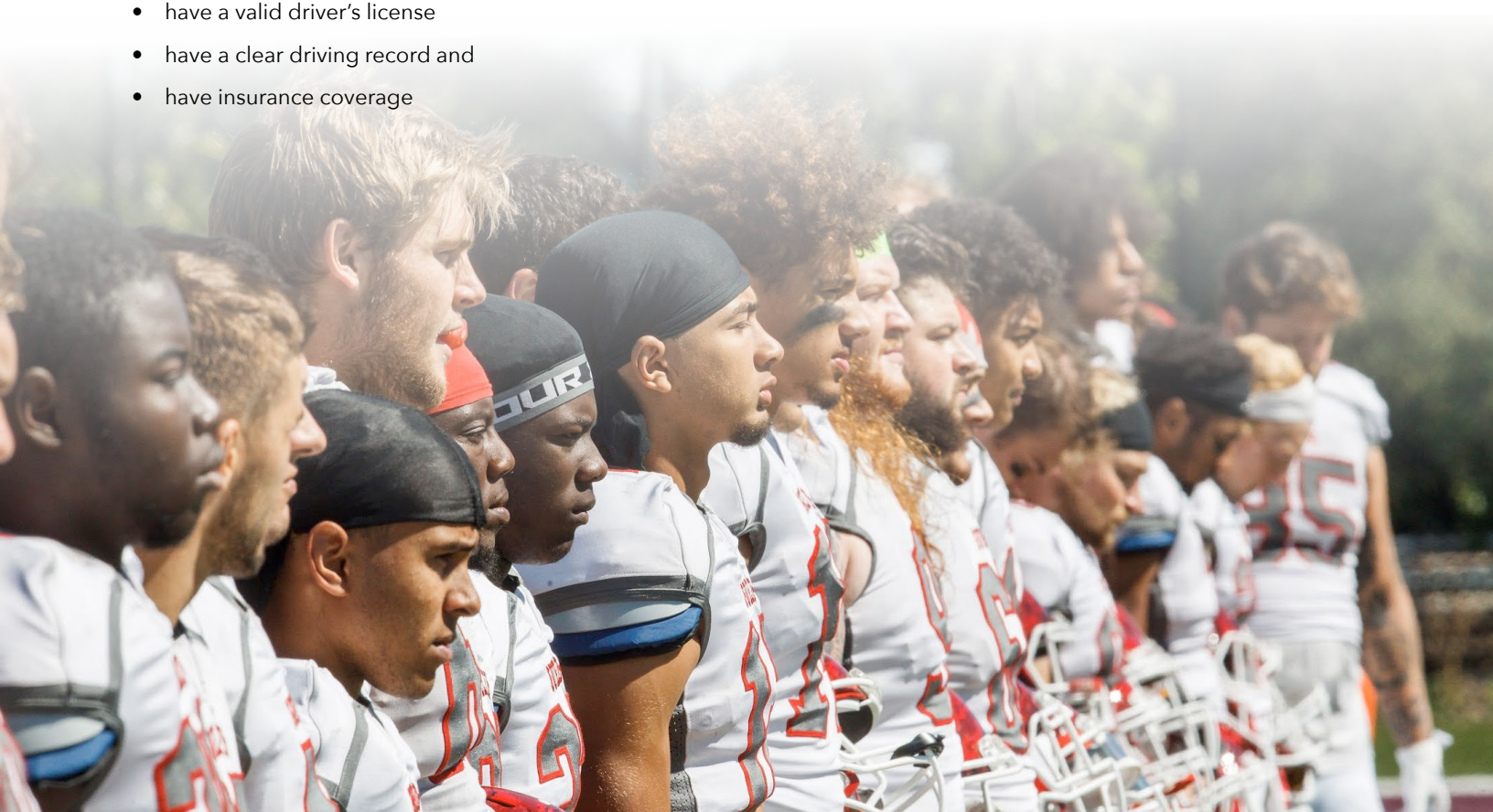
All student-athletes must travel as a part of the group contingent. This includes travelling to the destination site and returning to the University of Guelph. Individual exceptions may be granted by the Head Coach.

The student-athlete must fill out and sign the online Alternate Travel Form at:

gryphons.ca/documents/2016/6/7/Transportation_Exception_Request_Form.pdf to relieve the university of all responsibility and liability. The completed form must be submitted to the Intercollegiate Office 24 hours in advance of the date of travel. It can be dropped off during normal business hours or sent by email to nspaling@uoguelph.ca.

The student-athlete must:

- be 21 years of age
- have a valid driver's license
- have a clear driving record and
- have insurance coverage





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.

APPENDIX

ASOP Service Framework

Cash Receipt

Electronic Communications and Social Use Guideline

Incident Report Form

Intercollegiate Expense Form

Substitute Public Holiday Form