

The University of South Carolina Aiken

Division of Athletics



2023-24 Student-Athlete Handbook

Revised November 21, 2023

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Hello Pacers!

It is my pleasure to welcome you to the 2023-24 academic year and the University of South Carolina Aiken Division of Athletics. We are eleven sports strong with over 200 student-athletes that represent our university in the campus, community, classroom, and competition. Education is our mission, and we will learn from each other this year.

The privilege to participate in NCAA athletics is not without big responsibility. Please reference the Division of Athletics and USCA student handbook as it will provide you with strong resources to understand the expectations to represent the Pacers. Respecting the sport you participate in, your teammates, officials, spectators, and opponents are characteristics expected of the Pacer student-athlete.

USCA is a proud member of the Peach Belt Conference, the most competitive collection of institutions within the Southeast Region and all of Division 2 athletics. Congratulate yourself on earning the opportunity to play against some of the best student athletes D2 has to offer. The "best" always find a way to be challenged and earn success! A great year will not fall in your lap and will require you to do your part. Own your effort and be accountable for the results both in the classroom and on your team.

Thank you for choosing USCA. We appreciate your confidence in our university to guide you down the path of success. Preparation is always in season and the Pacers will succeed with a 'Win the Day' mentality to give our best effort. Collaboration and communication will be key components of a wonderful experience for all.

Go Pacers!

Todd Wilkinson
Director of Athletics

November 21, 2023



Greetings, Pacers!

I wish to extend a warm welcome to all new and returning student-athletes for the 2023–2024 academic and athletic season. I am looking forward to another year of outstanding performances on the court, field, and in the classroom.

I also want to take this opportunity to introduce myself as the new Faculty Athletic Representative. In this role I will work closely with the athletic Division, faculty, and, most importantly, you to ensure your academic success, overall wellbeing, and compliance with NCAA, Peach Belt Conference, and institutional requirements.

Student-athletes have unique opportunities and challenges, managing a busy schedule of practices, games, and travel with classes, studying, and other commitments. Learning to balance these demands teaches important lessons that will make you successful as a student and athlete at USCA and beyond. Know that I am one of many people here to support you, so I hope you will reach out to me if you need help...or to celebrate your success.

I hope you will have a successful and rewarding academic and athletic year. I look forward to meeting you and working with you during your time at USCA.

Go Pacers!

Brian Parr, PhD
Faculty Athletic Representative

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Welcome to USC Aiken

We would like to welcome you to the University of South Carolina Aiken and Pacer athletics. Our wish is that your USCA experience is one of personal growth, academic achievement, and athletic success.

USCA sponsors ten sports that compete for championships in the Peach Belt Conference (PBC) and the National Collegiate Athletic Association (NCAA) Division II. Men's sports include baseball, basketball, cross country, golf, and soccer. Women's sports include basketball, cross country, soccer, softball, and volleyball. The Spirit Squad is an active member of the Division of Athletics.

In addition to competing for championships, you should be striving for success in the classroom and reaching your academic goal of graduation. Pacer athletes are competitive in the classroom, with graduation rates that are normally equal to or greater than that of the overall student body.

As a student-athlete, you are subject to USCA rules and regulations that apply to all students (many of these rules are outlined in the USCA Student Handbook.) You will also be governed by USCA, PBC, and NCAA rules and regulations that apply to student-athletes. You are expected to acquaint yourselves with these rules and regulations. During your enrollment at USCA you will be subject to time commitments, physical demands, and public visibility, which other students will not experience, and accordingly, not only your rewards, but also your obligations exceed those of other students.

The entire university staff will support and encourage your efforts to reach your academic, personal, and athletic goals. However, you, not your coach or academic advisor, are responsible for your personal conduct, academic progress, eligibility, and athletic success.

This handbook is not intended to answer all questions about USCA, PBC, and NCAA rules and regulations, but is intended to be a guide on where to find the answers to some frequent questions.

Your Student-Athlete Handbook is not intended to replace the USCA Bulletin or the USCA Student Handbook but is an additional resource book. Orientation and team meetings are also avenues to acquaint yourself with some of the major regulations related to athletic participation. If you have any questions, or are unsure of any rules and regulations, please contact Todd Wilkinson, Director of Athletics; Timothy Hall Associate Athletic Director/NCAA Compliance Coordinator; or Dr. Brian Parr Faculty Athletics Representative.

Please make full use of the resources at USCA and do not be afraid to ask for help if you need it.

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The Division of Athletics model is to WIN the 4C's. This model guides all Pacer stakeholders to the goals and priorities of the Division of Athletics throughout the year. Successful student-athletes adhere to and embody the model of the 4 C's.

- WIN the Campus through relationships with faculty, staff, the student body, and visitors. Demonstrate intentional efforts to show appreciation, kindness, and respect always. Student-athletes are continuously challenged to be leaders of the campus community. We strive to produce winning programs that bring the campus community pride and spirit.
- WIN the Community through service, representation, and deliberate appreciation of their support to the University and the Division of Athletics. We strive to produce winning programs that bring the Aiken area pride and a sense of community.
- WIN the Classroom with positive interactions in class and through efforts to achieve an overall Divisional GPA of a 3.1 each semester.
- WIN the Competition with continuous focus on the process of achieving a victory through dedicated work ethic, developmental effort, and a passion for the sport. Striving for sportsmanship and respect for everyone involved in the contest (teammates, opponents, officials, etc.).



SECTION 1: UNIVERSITY INFORMATION

UNIVERSITY MISSION STATEMENT – USC Aiken is a comprehensive institution that offers undergraduate and graduate degrees in the arts, humanities, social sciences, natural sciences, and professional disciplines. All programs of study are grounded in a strong liberal arts and sciences curriculum.

USCA is distinguished by its commitment to transformative teaching made possible through high impact learning practices, undergraduate research, small classes, and individual attention. The University encourages excellence in research and creative pursuits and prepares students for success by challenging them to think critically and creatively, to communicate effectively, to learn independently, and to acquire breadth and depth of interdisciplinary knowledge.

USCA attracts students from South Carolina, the United States, and the world to form a diverse community of individuals engaged in educational experiences and service necessary for the pursuit of meaningful work in an enlightened, inclusive, and economically vibrant society. A progressive hub for innovation, collaboration, and creativity,

USCA contributes to the community by enriching the region’s quality of life through a variety of activities including the visual and performing arts, intercollegiate athletics, continuing and distance education, educational outreach, and leadership.

UNIVERSITY STATEMENT OF VALUES

1. **Character**
We value integrity, honesty, and accountability. We encourage initiative and take pride in hard work and accomplishment.
2. **Citizenship**
We value the rights and responsibilities associated with membership in a community. We embrace efforts to work for the common good and opportunities to enrich the lives of all community members.
3. **Curiosity**
We value and embrace life-long learning and inquisitive pursuits. To that end, we endeavor to impart knowledge, skills, and wisdom in a high-quality learning environment.
4. **Collegiality**
We value a nurturing community where people support one another, embrace diversity, and encourage mutual respect.

CHAIN OF COMMAND FOR ATHLETICS

- Board of Trustees
- System President
- Chancellor
- Director of Athletics
- Deputy Director of Athletics
- Associate / Assistant Athletic Directors, Head Coaches
- Assistant Coaches and Administrative Staff

FACULTY ATHLETICS REPRESENTATIVE – The Division will include the active involvement of the faculty athletics representative (FAR) as the key institutional liaison to the Division. The involvement of
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the FAR includes eligibility or academic related duties, maintaining an atmosphere of compliance and institutional control, and assisting in investigations of rules compliance. The FAR also serves as a key contact for student-athletes.

The Faculty Athletics Representative (FAR) shall be designated by the Chancellor. The FAR shall be a member of the faculty and shall keep the Chancellor, the Director of Athletics, and the President of the Faculty Senate informed as needed of all activities and actions related to the performance of his or her duties.

Serving as the current USCA Faculty Athletic Representative is Dr. Brian Parr, Professor in the Division of Exercise and Sports Science.

SECTION 2: USC AIKEN DIVISION OF ATHLETICS INFORMATION

DIVISION II PHILOSOPHY – Members of Division II believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university and that the educational welfare of the participating student-athlete is of primary concern.

Members of Division II support the following principles in the belief that these objectives assist in defining the division and the possible differences between it and other divisions of the Association. This statement shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

MISSION AND PURPOSE

INTRODUCTION –The Division of Athletics abides by the institutional mission to maintain a diverse academic community of the highest quality that facilitates intellectual, cultural, personal, and professional growth. We believe the student-athlete should have an equitable opportunity to earn a quality education while participating in intercollegiate athletics.

To this end, we will pursue policies that foster academic success and amateur standing of the student-athlete. USCA personnel, services, and facilities will provide an environment for the student-athlete that promotes physical, emotional, and social welfare, safety, sportsmanship, ethnic diversity, inclusion, and gender equity.

While striving for academic excellence is paramount to the central mission of USCA, we believe another important goal is commitment to the community. The reputation of USCA, as an integral part of Aiken, is enhanced by the athletics program through participation in highly competitive contests for the involvement and enjoyment of the community. Personnel will demonstrate good citizenship and civic contribution and will encourage student-athletes to develop the same attributes.

We believe all student-athletes, coaches and athletics administrators have the responsibility to exhibit ethical conduct and integrity in academics, citizenship, and athletics competition.

USCA is proud of its association with the NCAA and is committed to abiding by its rules and regulations. The University does not discriminate in any program or activity based on race, color, religion, gender, sexual orientation, age, or national origin, or against a qualified individual with a disability, and it maintains an affirmative action program for protected minorities and women.

MISSION STATEMENT – As an integral part of the total educational process and the development of students, athletics fosters pride in the University among the students, faculty/staff, alumni, and friends. It also builds support for the institution throughout the community, region, state, and nation.

Athletics attempts to support the total University community by recruiting and retaining quality full-time student-athletes; by enhancing the visibility and positive image of the University through the various media sources; by creating an “esprit de corps” among our supporters; and by providing another fund-raising entity.

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Objectives and long-range goals– To recruit student-athletes who possess the ability to achieve academic success through graduation, who develop lifelong skills to be productive members of society and who give back through service to the community.

- To build and sustain quality and competitive programs in all sports offered.
- To fundraise and help support all athletic programs at USCA.
- To adhere to the letter and spirit of the rules and regulations set by the National Collegiate Athletic Association (NCAA), Peach Belt Conference (PBC) and USCA.
- To create an environment that encourages gender equality, diversity, and inclusion.
- To assist in maintaining the physical, emotional, and social welfare of all USCA student-athletes.
- To maintain a quality staff that support and uphold the principles of sportsmanship, ethical conduct, and amateurism while at the same time providing a safe environment for the student-athletes.
- To establish and enforce standards of conduct for all student-athletes and staff which creates a positive image for the Division, University, and State.
- To provide entertainment and recreation for the public.

VISION STATEMENT–The Division of Athletics strives to be a model NCAA Division II program.

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA) – Of the more than 1,100 NCAA member universities and colleges, about 300 classify their athletics programs in Division II.

Division II is all about balance. Students participate in highly competitive athletics, have the best access ratio to the NCAA championships of any division and can earn athletics scholarships, but their college experience includes so much more than sports participation. The balanced approach in athletics, academics and community engagement allows Division II student-athletes to focus on their academic pursuits, internships, studies abroad and all that interests them.

Among the most distinguishing features in Division II is its athletics scholarship model, which awards partial scholarships that students combine with academic or need-based grants to construct their financial aid package. Division II believes it is important to acknowledge and financially reward students' athletics abilities. This partial scholarship model keeps athletics budgets more closely proportioned with the total institutional budget.

Learn more about Division 2 athletics at, <https://www.ncaa.org/sports/2021/2/16/our-division-ii-story.aspx>

PEACH BELT CONFERENCE (PBC) – The Peach Belt Conference is committed to providing through its dependent collegiate members, a forum for student participation in athletic, academic, and co-curricular events under the auspices of the National Collegiate Athletic Association, Division II. The PBC exemplifies the characteristics of a premier intercollegiate conference that prides itself on the inclusion of students of all demographic groups who wish to participate in a well-rounded sports program. Our institutions, our academic goals, our athletic aspirations reflect a commonality of purpose and a commitment to excellence in the classroom and in competition. The PBC is one of the elite conferences in Division II, comprised of 10-member institutions. The conference sponsors championships in 16 sports. Men's champions are declared in baseball, basketball, cross-country, golf, lacrosse, soccer, tennis, and track and field. Women's champions are declared in basketball, cross-country, golf, soccer, softball, tennis, track and field, and volleyball. Members include Augusta University, Clayton State, Columbus State, Flagler, Georgia College, and State University, Georgia Southwestern, Lander, North Georgia, University of South Carolina Aiken and, the University of South Carolina Beaufort. It is the responsibility of each coach to educate and inform their assistants and players of the PBC rules and regulations (e.g., scouting, sportsmanship, videotaping,

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misconduct, uniforms, championships, etc.) as outlined in the PBC Sport Manual sent to each head coach by the PBC.

ADMINISTRATORS - PBC administrators are expected to develop and promote the attitude that the treatment of visiting teams and fans will be in the manner that they would wish their teams and fans to be accorded. The host game manager should welcome the visiting coach and team and extend courtesies that they would expect to receive. The host athletic director should brief everyone from coaches and team members to concessionaires, pep band members, ushers, and cheerleaders that their roles should always reflect a courteous demeanor.

COACHES - Coaches are very visible and influential representatives of the institution. As ambassadors for their institutions, coaches are expected to set a standard for others to follow in the areas of appropriate language and treatment of officials, players, and fans. Coaches have the greatest influence over their team members both on the bench and on the field of play. A team often time reflects the attitude of the coach. PBC coaches should always exert ongoing control over the conduct of their team members. In the extreme, coaches should be prepared to remove team members who show disrespect for their opponents, even at the risk of losing a contest.

STUDENT-ATHLETES - PBC student-athletes must realize that they are very visible representatives of their institutions. As such, it is extremely important that they always act in a responsible and respectable manner when representing their institution. Profanity, inappropriate gestures, and negative statements or actions between opposing players, officials, or fans, especially taunting and baiting, will not be tolerated. There is an expectation that at the completion of each day's play, teams or individual student-athletes will shake hands in a show of sportsmanship unless otherwise directed by the head official or game manager.

OFFICIALS- Officials who are assigned to PBC athletic events must enforce the rules concerning sportsmanship and deal decisively with abuse of those rules. The only warning concerning abuse of sportsmanship rules should come immediately before the contest. During the contest, any abuses should be dealt with through the administration of penalties, not further warnings. Each official will be provided with the following written statement; "The Peach Belt Conference requires officials to enforce all rules regarding unsportsmanlike conduct by coaches and players. Profanity, inappropriate gestures and negative statements or actions between opposing players, especially taunting and baiting, will not be tolerated. If such comments are heard or gestures seen, a penalty will be assessed immediately. If any coach protests the unsportsmanlike conduct penalties, he/she will be ejected from the contest immediately. There will be no warnings. All players and coaches have been advised of this."

COMMISSIONER- The commissioner will enforce the unsportsmanlike conduct rules of the game and of the Conference. The commissioner will assess penalties for inappropriate behavior that is not detected or acted on by the officials. The commissioner may also impose penalties in addition to those imposed by the officials. These penalties may include but are not limited to:

- Private Reprimand
- Public Reprimand
- Game/Games Suspension

FANS- It is understood that occasionally fans might make negative comments about officials and opponents. However, individuals who use profanity or vulgar gestures or words, who display a blatant disrespect, or who orally abuse officials, opponents, or other fans will be ejected from the athletic event. Individuals who repeatedly exhibit a pattern of such conduct will be refused admission to athletic contests

by the athletic director. Fans are also prohibited by NCAA rules from using artificial noisemakers (except soccer at referee discretions) and air horns at athletic contests.

CONCLUDING STATEMENT- The PBC believes that an effort on the part of all conference members to create an atmosphere of sportsmanship will result in a healthier, more positive environment in which the student-athletes can compete.

Peach Belt Conference Sportsmanship and Ethical Conduct Code

The Peach Belt Conference's member institutions unanimously agree that sportsmanship and ethical conduct are of paramount importance in intercollegiate athletics. It is agreed that the members of the Peach Belt Conference will in no way tolerate behavior or actions that do not exemplify sportsmanship and ethical conduct, both on and off the playing field. All student-athletes, coaches, administrators, and spectators are expected to exhibit responsible conduct.

In conjunction with the NCAA, the Peach Belt Conference member institutions agree that taunting, vulgarity, fighting, cheating, profanity, obscene gestures, and any other unsportsmanlike or unethical behavior or actions could be brought to the attention of the conference. Further, it is understood that the conference may issue disciplinary sanctions against any individual, team, or institution that is found in violation of the PBC sportsmanship and ethical conduct code.

The Peach Belt Conference office will hear any complaints, render decisions, and issue any needed disciplinary action regarding violations of the code. These sanctions could include, but are not limited to, suspension of individuals from league contests, players or team ineligibility for post-season play, or institutional fines.

In the fall of 2008, the Peach Belt Conference began sponsoring awards for sportsmanship. One team, in each of the 16 conference championship sports, is selected for the team sportsmanship award, based on a vote of their peers. This award is given to the team that best exemplifies the spirit of sportsmanship and conducted themselves with a high degree of integrity, character, and class. Additionally, in May, the Senior Woman Administrators Council selects an Institution of the Year Sportsmanship award.

USCA Hazing Policy

The University of South Carolina Aiken prohibits any form of hazing. No organization registered or otherwise, officially or in fact, may participate in the activity of hazing. Hazing is defined as any action or situation created by individuals, clubs and organizations, on or off campus, that could cause or has the potential to result in harassment, emotional or physical abuse of harm, embarrassment, anxiety, ridicule, or the violation of a university rule, no matter how good the end result or intent.

Examples of hazing include but are not limited to:

- Tests of endurance*
- Submission of members or prospective members to potentially dangerous or hazardous circumstances*
- Paddling*
- Forced indulgence of alcohol or food*
- Forced excessive exercise.*
- Indecent stunts or dress*

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- *Deprivation of sleep, normal sleep patterns or adequate study time*
- *Physical harassment such as pushing, shoving, tickling, yelling, etc.*
- *Deprivation of normal amounts of food and water*
- *Individual or group interrogations such as line-ups*
- *Personal servitude*
- *Assigning pranks*
- *Forced or coerced trips such as kidnaps, displacement, and "pledge" dumps*

Registered organizations and groups shall be permitted certain initiation ceremonies and activities, which when examined by the ordinary University student, would seem reasonable under the circumstances, and justified in view of the purpose for which they are conducted.

It shall not constitute a defense to the charge of hazing that the participants took part voluntarily, that they voluntarily assumed the risks or hardship of the activity, or that no injury in fact was suffered.

For information on the South Carolina Hazing Law, the USCA Hazing Policy, or to initiate a complaint for alleged hazing, contact the Vice Chancellor for Student Life and Services.

USCA Title IX Contact Information

Dr. Jamel Hodges is the USCA Title IX/Civil Rights Coordinator for faculty, staff, and students; Ms. Carla Hayes and Mr. Ahmed Samaha serve as Deputy Coordinators for Title IX/Civil Rights; and Mr. Dexter Harris, Ms. Melissa Wilson, and Ms. Lacie Wehrmann serve as investigators.

If you have any questions, please contact Dr. Jamel Hodges at Jamel.Hodges@usca.edu or call 803-641-3422.

USCA Sexual Harassment Policy

It is the policy of the University of South Carolina Aiken, to maintain an environment in which the dignity and worth of all members of the institutional system are respected, that sexual harassment of employees or students is prohibited. Such conduct is a form of behavior which seriously undermines the atmosphere of trust essential to the academic environment. This policy is consistent with federal and state laws prohibiting sex discrimination. It is also a policy of the University that willful false accusation of sexual harassment shall not be condoned. The full text of the can be found at CR 1.00 Discrimination Harassment and Sexual Misconduct

USCA Sexual Assault Policy

Policy Statement– It is the policy of the University of South Carolina Aiken, to maintain an environment in which the dignity and worth of all members of the institutional system are respected, that sexual harassment of employees or students is prohibited. Such conduct is a form of behavior which policy is consistent with federal and state laws prohibiting sex discrimination. It is also a policy of the University that willful false accusation of sexual harassment shall not be condoned.

The full text of the USCA Sexual Assault policy may be found at <https://www.usca.edu/counseling-center/policies/sexual-assault-policy>

Other sexual assault resources are available at <https://www.usca.edu/counseling-center>

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Division of Athletics Code of Conduct

While each team or coach may have their own individual team rules, the Division of Athletics requires that any rostered student-athlete also adheres to the Division of Athletics Student-Athlete Code of Conduct. A violation of this Code of Conduct, pending the severity of the violation, may result in an institutional conduct case, loss of athletics scholarship, individual sanctions from a coach or a member of the Division of Athletics Administration, or suspension of the team. Each violation of the Division of Athletics Code of Conduct will be addressed on a case-by-case basis, however, repeat offenders will be held to continuously higher sanctions for every additional offense after the initial infraction.

Division of Athletics Code of Conduct:

I agree to conduct myself in accordance with all rules and requirements of the National Collegiate Athletic Association (NCAA), Peach Belt Conference, USCA, the rules established by my team, and any other institutional requirements that may be imposed. I also agree that:

- 1. University Community: I will strive to represent USCA, my team, and myself well, inside and outside the classroom, on and off campus; to be a responsible, engaged member of the campus community; to exercise good judgment; to conduct myself with honesty, integrity, and respect for others; and exhibit behavior that model's leadership always.***
- 2. Academic Standing: I will assume full responsibility for my academic progress and achievement. I will make every effort to remain in good academic standing at the University. I will attend all my classes unless I have been excused for team travel and competition or campus approved reason. I will seek additional academic help if necessary to improve or maintain my academic standing.***
- 3. Ethical Conduct: I acknowledge my obligation under NCAA Bylaw 2.4, which states, in part, that "For intercollegiate athletics to promote the character development of participants, to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility."***
- 4. Sportsmanship: I will create a team culture that promotes and values sportsmanship. I will respect the game, play fairly, and follow all rules and policies of the NCAA, Peach Belt Conference and USCA. I will accept the decisions of officials and game managers with grace. I will demonstrate positive sportsmanship before, during, and after games, win or lose. I understand that taunting, targeting, disrespecting any opponent, visiting coach or official will result in disciplinary action by my coach. I will adhere to these rules while supporting other teams.***
- 5. Online: I will remember that as a USCA student-athlete, my online activity will reflect (either positively or adversely) on me, as well as on my team and the University. I understand that my online actions are subject to the same rules and standards that govern all other actions.***
- 6. Alcohol and Drug Use: Regardless of my age, I will not consume alcoholic beverages or controlled substances while involved in any team-related competitions, banquets, travel, or other activities. At other times, I will comply with applicable laws on the use of alcohol and controlled substances, as well as campus policy (such as the USCA***

non-academic Code of Conduct). I will not use or distribute illegal, prescription, or "performance enhancing drugs," or take prescription drugs unless they have been prescribed for me by a medical professional.

- 7. Violence: I will not engage in and will not tolerate violent acts, including assaults on persons or property, hate crimes, hazing, stalking, sexual violence, or any other conduct prohibited by law or institutional policy. If I witness any such acts perpetrated by others, I will report them to my coach or another campus official immediately. I acknowledge that the Division of Athletics may, in its discretion, immediately suspend me from my team and prohibit me from practice and competition until further notice if I am accused of a crime of violence, including sexual assault, until all findings have been revealed and the investigation closed.***
- 8. Nonconsensual Sexual Contact: I will not initiate or engage in nonconsensual sexual contact or sexual harassment, and I acknowledge that all forms of harassment and non-consensual sexual contact are prohibited both by law and institutional policy.***
- 9. Hazing: Hazing is prohibited by S.C. law and the NCAA. I will not participate in hazing of any kind. I acknowledge that such acts, either in connection with membership of an athletic team, participation in an informal or formal team activity, or for any other reason, are prohibited. I will refrain from any act, whether physical, mental, emotional, or psychological, that subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate another person. Such acts may include, but are not limited to: forcing, requiring, or pressuring others to consume alcohol or any other substance; forcing, requiring, or pressuring others to involuntarily perform physical activities, tattoo, pierce, or shave any part of the body; forcing, requiring, or pressuring others to take part in an illegal or indecent activity; disturbing others during normal sleeping hours; or physically abusing others in any way.***
- 10. Remaining Informed of Expectations and Policies: I am responsible for my own behavior and for reading, understanding, and abiding by the policies applicable to me, including but not limited to the USCA Code of Conduct, the current year's USCA Student-Athlete Handbook; and NCAA bylaws.***
- 11. I understand that failure to comply with the conduct expectations described in this USCA Student-Athlete Code of Conduct, may result in sanctions, up to and including suspension or dismissal from the team, loss of my athletic scholarship, and suspension or expulsion from USCA.***

DIVERSITY EQUITY AND INCLUSION

USCA's commitment to diversity is shaped by a broad understanding and appreciation of spirituality, scholarship, social awareness, community outreach, service learning and cultural engagement. USCA community members actively embrace an environment where diversity and inclusivity are valued, where differences are respected, and where opportunities to gain experience from each other and about each other are celebrated.

The Division of Athletics strives to advance and foster an inclusive athletics culture through programming and support. DEI programming within the Division of Athletics includes multiple team sessions a year to discuss handling difficult conversations, understanding teammates backgrounds, and overcoming biases. The Deputy Director of Athletics of DEI and Title IX uses current student-athletes within the institutional student leadership group to help lead DEI efforts through the Division of Athletics.

Questions, concerns or inquiries about Diversity, Equity, and Inclusion at USCA or within the Division of Athletics can be directed to the Deputy Director of Athletics, Dexter Harris.

SECTION 3: GENERAL INFORMATION

ADDING, SWITCHING, OR QUITTING A SPORT-- If you voluntarily give up your scholarship in one sport, you will not be allowed to leave that sport to participate in another sport without the written consent of the coach who was previously responsible for your scholarship. Written consent must also be obtained if you wish to participate in an additional sport. This written consent must be on file with the Director of Athletics.

If you voluntarily withdraw from a sport, you should sign a Voluntarily Statement of Withdrawal Form, which is available from your coach, or the NCAA Compliance Coordinator. If you voluntarily withdraw from a sport, your athletic aid may be reduced or cancelled.

ALCOHOL POLICY – The consumption of alcohol by coaches, staff, student-athletes, managers and/or scorekeepers at any home or away contests, including traveling to and from a contest is prohibited.

ANIMAL POLICY – Dogs are the only pets that are allowed on campus in public outdoor areas. When attending an athletic or recreational event, dogs are only allowed in designated areas. For the full animal policy, please refer to the University policy at <https://www.usca.edu/policies/facilities-management-policies/afcmn-100>

ARMS

The University of South Carolina Aiken Division of Athletics uses ARMS as a form of communication with student-athletes, to certify CARA logs and to create game pass lists. Please make sure you are paying attention to any notifications from ARMS and acting as needed.

ATHLETIC COMMUNICATIONS – Athletic communications will promote and publicize all intercollegiate teams, coaches, and players to maximize local, regional, and national exposure for the institution. Due to changes in the media industry, the most consistent place for coverage is our Divisional platforms, including the Pacersports.com web site and our social media accounts. Athletics communications will ensure the timely and accurate submission of all statistics and related information required by the Peach Belt Conference and the NCAA.

GAME RESULTS AND REPORTING– The Athletic Communications office disseminates the reporting of all home AND away contests to the media unless otherwise noted by the director to the coach prior to the contest.

INTERVIEW REQUESTS– In keeping with industry standards and best practices, all interview requests should go through the Athletic Communications office. Student-athletes should not be contacted directly for interviews. While student-athletes, coaches or staff may build relationships with media members, the Division can ensure that all communications policies or directives from campus are being met, this can support the employee from being caught off guard with an unexpected issue or problem and prevent an employee from feeling a sense of obligation to grant an interview. Should you be contacted by a media outlet, please contact the Athletic Communications office. Please note that you should approach any conversations with the expectation that you will be always ON THE RECORD.

PRE-GAME ENTERTAINMENT– All music must be approved by the Athletic Communications office before it is played at home athletic events. Student-athletes and/or coaches are permitted to produce a pre-game warm-up CD prior to the start of the athletic season, but it must be listened to and approved in advance before being played. Pre-game music is not just for player warm-ups. The music also serves as
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entertainment for fans while they wait for the sporting event to get underway. Once approved, coaches and/or student-athletes are not allowed to interfere or skip songs during pre-game. Music will also be played at a reasonable volume for fans and will not be loud enough that people in attendance cannot have a normal conversation. The rules for pre-game music are listed below:

- a) Must be submitted a week prior to the season for which it is to be played.
- b) Absolutely no profane, vulgar, violent, or sexually explicit lyrics allowed.
- c) Lyrics which are offensive to fans will not be permitted.
- d) So-called clean versions of songs must be "clean" and not just the dirty version with the offensive words "edited" out.

Any music not meeting the above criteria will not be allowed at the games and offenders run the risk of being banned from submitting music at any time during the season.

QUESTIONS REGARDING STATISTICS – Questions regarding statistical accuracy or statistical changes will be managed directly between the head coach and Athletic Communications office. Student-athletes or Assistant Coaches should not address statistical concerns. The head coach will work with the Athletic Communications office to address any corrections.

SOCIAL MEDIA PLATFORMS – Any social media accounts for individual teams must be coordinated through and approved by the Athletic Communications office. All team accounts must adhere to all style guide requirements and branding standards set by the Division. Team accounts must allow the Athletic Communications Office to have the username and password to be an official account. Otherwise, the accounts must be deemed "Fan accounts." On the team social media accounts, it is imperative that stories or features related to USCA and the respective teams are linked back to the web site instead of outside sources.

Social Media Procedures – The USCA Division of Athletics recognizes the positive aspects that are involved with being a member of online communities (i.e., personal blogs, Facebook, YouTube, Twitter, Instagram, Snapchat, TikTok etc.), and does not prohibit the use of these sites by student-athletes. We remind you that as a member of the USCA Division of Athletics, you are a representative of the University and always in the public eye, and as such have a responsibility to represent your team, the Division of Athletics, and the University in a positive manner. Tik Tok is banned for use on USCA campus network and devices.

Please keep the following points in mind as you participate on social networking websites:

- *Before participating in any online community, understand that anything posted online is available to anyone on the planet, including potential employers, predators, and other websites. Any text or photo placed online becomes public domain and is completely out of your control the moment it is placed online – even if you limit access to your site.*
- *Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators.*
- *Be aware of who you add as a friend to your site – many people are looking to take advantage of students.*
- *Do not belong to groups or post comments, photos, or other items that:*
 - a.) *May be interpreted as racial or sexually offensive or charged.*
 - b.) *May be interpreted as derogatory toward teammates, other students, coaches, faculty, and staff.*
 - c.) *Show illegal activities (i.e., underage drinking, illegal drug use, etc.)*

d.) *Show violations of team, Division of Athletics, University, or NCAA rules and regulations (i.e., hazing, gambling, academic dishonesty, etc.)*

- *In short, do not post information, photos, or other items online that could embarrass you, your team, the Division of Athletics, or the University. Additionally, do not place any information online that you do not want the world to see. This includes information, photos and items that may be posted by others on your page.*
- *While the Division of Athletics is not actively monitoring these sites, the University, including coaches, faculty, and administrators, has the right to monitor these web sites.*
- *If it is brought to our attention that you are posting material that violates team, Division of Athletics, University, or NCAA rules, regulations, standards, or philosophies, appropriate action will be taken. You could face discipline and even dismissal from your team for these violations.*
- *Information contained on online communities may also be used in judicial matters managed by the University, which may include additional sanctions.*

WEBSITE UPDATES – Any changes to the website are made through the Athletic Communications office. If you would like to see something changed or added please contact Athletic Communications via e-mail, phone or in person. Any ideas or suggestions on how to use the website more effectively are always encouraged.

CHANGE OF ADDRESS/TELEPHONE NUMBER -- Student-athletes are expected to notify the Records Office of any change of permanent or local address and phone number within 24 hours of such a change. Failure to notify these offices of these changes may result in you not receiving official USCA and Division of Athletics communications.

COMMUNITY SERVICE – The Division of Athletics has a strong tradition of helping others in the community. The Division promotes this tradition by encouraging its teams to volunteer their services in various community projects. There are many benefits of community service. It is another way for our athletes to build character, gain leadership skills, understand the importance of helping others and give back to the community that supports their athletic endeavors.

COMPLIANCE – As a NCAA Division II institution, you are responsible to be aware of and comply with all applicable NCAA and Peach Belt Conference rules and regulations. Please use the resources available at USCA if you have any questions about rules.

Complimentary Tickets – If you participate in a sport that allows complimentary admissions, these admissions must be reserved through a pass list, on ARMS prior to the game. You must fill out this form completely and correctly. Once the form has been submitted no corrections or additions will be allowed. Persons named on the list must be able to identify themselves (driver's license, etc.) and will have to sign the list to be admitted. The pass list will be in the ticket window. Under no circumstances may you accept payment for your complimentary admissions.

DISCIPLINARY ACTION – Student Athletes who are in violation of the Code of Conduct and Ethics are subject to disciplinary actions as set forth by the University. Grievance procedures also follow University policy.

E-MAIL – It is expected that each student-athlete will check his/her messages on a regular basis because email is considered an official method for communication to students at USCA. Official University

communications sent to all students will include reminders of important academic dates and information that is important for to know as a student-athlete.

ETHICAL CONDUCT-- As a student-athlete, you must reflect the lofty standards of honesty, integrity, and good sportsmanship always. Your actions not only reflect on yourself, but also on USCA and the USCA Division of Athletics. You may be deemed ineligible if you have conducted yourself unethically by evading USCA, PBC, or NCAA rules and regulations. Remember to think before you act.

Extra Benefits/Boosters-- Receipt by a student-athlete of an award, benefit, or expense allowance not authorized by NCAA legislation renders the student-athlete ineligible for athletics competition. It is impossible to give an example of everything that is legal and illegal; so, it is best to follow the rule not to accept anything of value from anyone other than your family.

It is a violation of NCAA rules for a student-athlete or relatives to receive an extra benefit from your coach, the Division of Athletics, or a booster. The receipt of an extra benefit could result in the loss of eligibility. An extra benefit is any benefit not available to all students. Some of these benefits include: money, loans, gifts of clothing or other personal items, long distance telephone calls not paid for by the student-athlete, arrangements for a loan on "favorable" terms, co-signing a loan, purchase of meals at a restaurant, the use of a car not belonging to the student-athlete, unusual housing or living arrangements, selling of complimentary tickets to athletic events, special entertainment or discounts not available to other students, services (i.e. laundry, typing of paper) without charge or at a reduced cost, accepting anything of value.

While you may receive an occasional meal in the house of a booster, anything else you receive from a booster is considered an extra benefit and would render you ineligible for athletic competitions.

When you have doubts about anything you receive, contact your coach, the Director of Athletics, the Faculty Athletic Representative, or the NCAA Compliance Coordinator.

FUNDRAISING-- At various times during the year you may be asked to assist with fundraising projects either for your team or for the Division of Athletics. These fundraising projects are vital in providing added operating dollars to your sports budget. Student-athletes are to participate in all team fundraisers, unless specifically excused by the head coach.

GRADUATION STOLES – Graduation stoles are provided the following requirements are met:

- The individual must be a current student-athlete. Students who are involved with athletics in another aspect can considered pending evaluated by senior athletic administration.
- The individual must be a member of a team in good standing during their graduating year or their final year of eligibility.
- If a student-athlete has a documented career-ending injury (as determined by the designated team physician and sports medicine staff) but graduates from USCA.

If a student athlete quits their team at any point throughout their four years, they will not qualify for a student-athlete graduation stole. If an athletic team is discontinued and the student-athlete chooses to stay at and graduates from USCA, the student athlete still qualifies to wear the stole. If there are any unforeseen circumstances, the qualification is at the athletic administration's discretion.

Grievance Procedures for Student-Athletes – *USCA strives to create an environment where student-*
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athletes have both positive overall experiences at USCA and clear avenues of communication with coaching and athletic administrative staff. From time to time, issues between student-athletes and coaches or staff can develop.

If an issue arises, first discuss the issue with your coach to see if your coach can resolve your concerns. Issues related to playing time, position, and role on the team are solely up to the coaching staff.

If your coach is not able to address your issue, or if the issue involves Division of Athletics or University policy, you should make an appointment to discuss your concerns with the Director of Athletics. The Faculty Athletic Representative, Deputy AD, Associate AD, and Senior Woman Administrator may be involved in these discussions, as necessary.

Other less formal avenues for addressing your issues include discussing your concerns with your team captain or representative of the student-athlete Advisory Committee.

IDENTIFICATION CARDS – As members of the USCA community, Carolina Card ID should be obtained. These cards are obtained from University Police. Student-athletes should carry ID cards for entry/access to some athletic facilities.

INTRAMURALS – Intramurals are available for the student body. To help the student-athlete stay athletically and academically healthy, participation is not permitted during the NCAA assigned championship season. Out-of-season participation must be approved by the head coach.

LOSS OF EQUIPMENT-- You are responsible for the loss of any equipment and/or supplies issued to you and may be charged with the cost of repairing or replacing the items.

NATIONAL LETTER OF INTENT PROGRAM – Signed National Letters for male and female student-athletes are processed through the Peach Belt Conference Office in Augusta, Georgia. Coaches are encouraged to sign all eligible student-athletes to a National Letter of Intent at the same time they sign a grant-in-aid. National Letter signing dates are listed on each National Letter form. Coaches should be aware of these dates as they apply to their sport.

All National Letters must be completely and properly filled out and signed before being submitted to the Peach Belt Conference. Coaches should turn in all signed National Letters along with signed grant-in-aid forms to the Director of Athletics who will review the forms before sending them to the appropriate conference office. Forms, which are improperly filled out, will be returned to the coach for completion. Failure to have a fully signed and completed National Letter into the Commissioner's Office within 21 days of the final signature will make it invalid. Please remember, parents must also sign the NLI and grant in aid form if the PSA is under the age of 21.

Coaches should be familiar with all National Letter Regulations and Procedures, including:

- 1) Signed and dated by the Director of Athletics BEFORE it is submitted to the student
- 2) Signed by the athlete's parent or legal guardian before it is valid
- 3) Signed by the athlete within 7 days of its submission to the athlete
- 4) Letter must include the athlete's full name (including middle name or initial) and address before submission to the Director of Athletics for his signature
- 5) A scholarship offer must accompany the National Letter of Intent.

NON-DISCRIMINATION POLICY – No person shall, on the grounds of race, color, disability, sex, religion, national origin, sexual orientation, or age, be excluded from participation in, be denied benefits of, or be subjected to discrimination under any program, activity, or employment.

No Missed Class Time for Practice

- *Student-athletes are expected to attend all class sessions throughout every semester.*
- *It is an NCAA rule violation if you miss a class to attend practice.*
- *In team sports, you may not miss class to attend a contest during the non-championship segment of your season.*
- *The only time a student-athlete is permitted to miss a class (as an excused absence per USCA policy) is in conjunction with approved team travel and competition. Ineligible players may NOT miss class to travel or for home competitions.*

OUTSIDE COMPETITION-- If you participate as a member of any outside team or all-star squad in any non-collegiate, amateur competition, exhibition, or tournament in your sport (unless it is approved by the NCAA) during your sport's declared playing and practice season (championship and non-championship), you will be declared ineligible, and your eligibility will have to be restored through the NCAA Eligibility Committee.

If you have any questions about the league or tournament you are participating in, please ask the Director of Athletics, Faculty Athletic Representative, or NCAA Compliance Coordinator.

REPORTING NCAA RULE VIOLATIONS-- With the considerable number of NCAA rules and regulations, it is possible that at some point during your enrollment at USCA you will either break a NCAA rule or know someone who breaks a rule. Each student-athlete is responsible for his/her violations of NCAA rules and regulations during the recruitment process and participation in university. If you have broken a rule or know someone who has broken a rule it is your responsibility to report this violation to the NCAA Compliance Coordinator.

The NCAA is very forgiving and is not out to destroy a program. However, they do not look favorably upon repeat violations or cover-ups. If you are questioned about a violation, you are required to reveal whatever knowledge you have about the possible violation.

If you have any questions about NCAA rules or violations please ask your coach, the Director of Athletics, the Faculty Athletic Representative, or the NCAA Compliance Coordinator.

STUDENT-ATHLETE ADVISORY COMMITTEE – The SAAC is comprised of representatives from each of the eleven teams, preferably not classified the same. The SAAC is a leadership committee and comes with important expectations from athletic leadership. The committee meets as necessary to serve as a voice for the student-athlete population and to discuss issues facing student-athletes. The SAAC Advisor serves as a liaison between the student-athletes and the Division of Athletics administration. Any student-athlete is welcome to attend SAAC meetings.

The purpose of the student-athlete Advisory Committee is to promote efficient communication between the USCA Division of Athletics and the student-athlete population. Also, to encourage the involvement of the student-athletes in campus activities and provide student-athletes with the opportunity to provide suggestions on the development of programs designed to address student-athlete welfare, and offer input

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on the rules, regulations, and policies that affect student-athletes' lives on campus. The SAAC will design and implement the end of year athletic awards celebration.

Officers (President, Vice President, and Secretary) are elected by committee vote and will serve a term of one academic year, beginning in the fall semester. Students that are a part of this committee are allowed to join various other committees on the USCA campus.

TOBACCO BAN -- The use of tobacco products during a practice or competition is a violation of NCAA rules. Anyone using tobacco products during practice, or a contest will be disqualified for the remainder of that practice or contest.

In addition to the NCAA Tobacco Ban, USCA has an additional policy concerning tobacco use. The campus community is prohibited from using tobacco (smoking or smokeless) in any campus building or during any athletic travel, practices, or games. For any infraction, a student will be barred from practice and/or games for one week. Infractions that occur during the off-season will be imposed during the declared playing and practice season.

SECTION 4: ACADEMICS

ACADEMIC SUCCESS GUIDELINES - Each year keep these three goals in mind:

1. Make satisfactory progress toward your degree.
2. Complete the year in good academic standing with USCA and the NCAA.
3. Satisfactorily complete a minimum of 24 hours toward your degree.

Just as you must work to reach your athletic goals, you also must work to achieve academically. Below are a few guidelines to help you reach academic success:

1. Never miss class!
2. Be on time for class and do not leave class early.
3. Let your professors know beforehand if you are going to miss class for a contest.
4. Plan to get missed class notes from the professor or another student in your class.
5. If you know you are going to miss an assignment or exam due to a contest, plan with your professor to complete the missed assignment or exam at his/her convenience. Let your professor know you are interested in successfully completing the class.
6. Get to know your professor. Talk to him/her if you are confused about class material, doing poorly on assignments, or are interested in your status in the class.
7. At the beginning of the semester, make a calendar including dates of quizzes, exams, assignments, practices, games, and travel information. Use this calendar to plan.
8. Purchase needed class books and materials at the beginning of the semester. Do not wait until the day before the test to buy the book.
9. Take the necessary materials (i.e., books, notebooks, highlighters, pens, etc.) to class.
10. Sit near the front of the class.
11. Take part in class discussions. Do not take part in discussions about unrelated material with teammates and friends during class.
12. Listen carefully to your professor and take good notes. If you do not understand the material, ask questions; you are not the only one with questions. Compare notes with another good student in your class.
13. Take advantage of the available labs, tutoring sessions, and study skills workshops.
14. Find a tutor if you are having problems in a class.
15. Form study groups with classmates to study for tests.
16. Find a good place to study that is free from distractions and try to study in the same place. Do not wait until late at night when you are tired to begin studying.
17. If you are in a required study hall, use the time to study.
18. Study every day. Do not wait until the night before a test or assignment to begin studying. You do not wait until the night before a game to begin practicing, you practice every day. Do the same with academics.
19. Take advantage of extra credit work if available.
20. Ask for help when you need it. Faculty and staff members are willing to help, but you must ask. Ask for help when you begin having a problem, not when it is too late.

ACADEMIC ADVISORS – Each student is assigned a faculty advisor to assist you in planning your academic schedule, explaining degree requirements, discussing career options in your major, clarifying the reasons for general education requirements or other required courses, and the like. Your coach may supplement this advisement, not supplant it.

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Although your academic advisor is there to assist you, it is your responsibility to ensure that the courses you are taking apply toward your degree! It is an innovative idea for you to keep track of your progress toward your degree by keeping a copy of your major's advisement worksheet.

ACADEMIC DISHONESTY – Cheating and plagiarism are regarded as serious forms of academic dishonesty. Any use of unauthorized assistance on exams, papers, homework assignments, or other course work constitutes cheating. Knowingly helping during an exam or allowing other students to copy one's work is also a serious form of academic dishonesty.

Plagiarism consists of submitting written work that has been developed wholly or partially by someone else. Submitting written work in which the ideas of others have been duplicated or even paraphrased without proper reference to the author is also a form of plagiarism. In addition, plagiarism is the acquisition of term papers or other assignments from another source and the subsequent presentation of these materials as the student's own work. In addition, students may not use papers in more than one course without the permission of both instructors.

Student-athletes who are guilty of any form of academic dishonesty will be subject to disciplinary action set forth by the instructor, the University, and/or the Division of Athletics.

ACADEMIC FORGIVENESS POLICY – It is the policy of the University of South Carolina that every currently enrolled fully-admitted, degree-seeking undergraduate student earning a "D+", "D", "F", or "WF" in a USC course may take up to two (2) undergraduate courses for a second time for the purpose of grade forgiveness. Both the first and second grades shall appear on the USC permanent record, but only the second grade will be used in computing the University of South Carolina cumulative grade point average. An explanatory notice will appear on the record.

Please see the University Bulletin for a more detailed explanation of this policy.

Academic Honor Code - ***"On my honor as a University of South Carolina Aiken student, I have completed my work according to the principle of academic integrity. I have neither given nor received any unauthorized aid on this assignment/examination."***

ACADEMIC PROBATION & SUSPENSION – The USCA Division of Athletics takes the phrase "student-athlete" seriously and is proud of the overall academic performance of our student-athletes. The poor academic performance that leads to a student-athlete being placed on academic probation or suspension reflects negatively on the student-athlete, their team, and the Division of Athletics.

Student-athletes on academic probation or suspension are not allowed to participate in practice or competition with their team unless they receive written permission to continue participation from the Executive Vice-Chancellor for Academic Affairs. If the student-athlete receives this permission, there are several stipulations regarding academic performance the Division of Athletics will place on the student-athlete for them to continue participation with their team. Additionally, the student-athlete's coach may implement additional stipulations regarding academic performance that the student-athlete must also follow. These stipulations are not punitive, but rather an effort to assist the student-athlete in improving their academic performance.

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The Division of Athletics encourages all student-athletes to take advantage of campus resources, to ensure that you continue to make progress toward your degree, and do not fall into the probation and suspension level. For the university policy on academic probation and suspension, refer to the USCA Undergraduate or Graduate program.

USCA Probation and Suspension Levels

The following chart shows the various levels of institutional grade point hours attempted and IGPA's for both probation and suspension:

IGPA Hours	Probation	Suspension
1-35	Below 2.00 IGPA	Below 1.50 IGPA
36-71	Below 2.00 IGPA	Below 1.80 IGPA
72 and up	N/A	Below 2.00 IGPA

The Registrar's Office sends probation and suspension notices to the student's permanent address and to the student's USCA email. These notices include all the information students need concerning the petitioning procedure and their ability to continue at the University.

<https://usca.edu/registrar/current-students/probation-suspension-policy>

ATHLETIC STUDY HALL – Each head coach may organize a supervised study hall for his or her team each year.

Class Schedule Changes – ***Student-athletes are permitted to make class changes after the registration process has been completed. However, athletes may NOT drop below full-time status (12 credits) and remain eligible. Student-athletes should discuss ANY changes with the NCAA Compliance Coordinator BEFORE dropping, adding, and making any schedule changes to be sure they will not affect their continuing eligibility. Student-athletes must see their Coach before making any schedule changes and meet with the Compliance Coordinator regarding eligibility.***

DECLARING AND CHANGING MAJOR/AREA OF CONCENTRATION/MINOR – If you wish to declare or change your major or area of concentration, you must complete the following form:

<https://www.usca.edu/registrar/forms/declare-or-change-a-major-or-concentration-form> To add, drop, or change a minor, you must complete the following form: <https://www.usca.edu/registrar/forms/request-a-minor>.

By the beginning of your **fifth semester** of collegiate enrollment you **must** officially declare a major which leads to a baccalaureate degree at USCA. Beginning with your fifth semester of collegiate enrollment, the NCAA Progress-Toward Degree requirements are based on classes that apply toward your officially declared major.

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If your major has several areas of concentration, you must also officially declare your area of concentration. Your progress toward your degree and NCAA Eligibility will be based on this area of concentration.

Students who want assistance in determining which major and/or career suits their interests and abilities should make an appointment with a member of the Career Services staff. The Career Services Office is dedicated to assisting USCA students with career related issues -- choosing a university major, choosing a career, career planning, experiential learning, and job search. It is never too late to start planning for your future; however, early planning will enhance the level of satisfaction with personal career goals.

DROPPING A COURSE – In order to prevent student-athletes from dropping below full-time enrollment, thus becoming ineligible, a hold has been placed on your schedule to prevent you from being below 12 hours. To drop a course, you should discuss this action with your academic advisor to make sure it does not impact your progress toward graduation, and with the NCAA Compliance Coordinator to discuss any issues it may present with to meeting NCAA Progress-Toward-Degree requirements.

If you plan to drop below 12 hours, the NCAA Compliance Coordinator will have to request the Records Office remove the hold from your schedule. You would then not be eligible to participate in any countable athletically related activities with your team.

If you drop a course, you need to remember that it is your responsibility to make sure you are enrolled in courses that will allow you to remain in good academic standing at USCA and meet NCAA Progress-Toward-Degree requirements.

FULL-TIME ENROLLMENT – You must be enrolled full-time (at least 12 hours) each semester to be eligible for practice and competition. Continuing education classes and concurrent enrollment at other Universities are not considered in determining full-time enrollment.

If you are in your final semester before graduation, you may be eligible while enrolled in less than 12 hours if your Academic Advisor certifies in writing to the Division of Athletics that the courses you are enrolled in are the only courses necessary for graduation.

If you have a certified learning disability, you may be eligible while enrolled in less than 12 hours if you receive the appropriate certification. Please see the NCAA Compliance Coordinator if you wish to explore this possibility.

GRADE POINT AVERAGE – USCA has a 4-point grading system that is used to compute the Grade-Point-Average (GPA). The GPA is computed by dividing the total number of grade points earned by the number of grade hours attempted. Total Grade Points for a course are determined by multiplying the grade earned in the course by the grade hours for the course.

A = 4 points
B+ = 3.5 points
B = 3 points
C+ = 2.5 points
C = 2 points
D+ = 1.5 points
D = 1 point

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F/WF = 0 points

(Grades of "I" will become an "F" if not completed within 12 months.)

(Grades of S/U do not affect the GPA or the evaluation of suspension conditions.)

(Grades of W do not affect the GPA.)

(Grades of the GPA WF are treated as an F in the evaluation of suspension conditions and in computing.)

<u>Example</u>	<u>Grade Hours</u>	<u>Grade</u>	<u>Total Grade Points</u>
Course #1	3	B (3)	9
Course #2	4	B (3)	12
Course #3	3	C (2)	6
Course #4	1	A (4)	4
Course #5	3	B+ (3.5)	10.5

Total: $41.5 / 14 = 2.964$ GPA

Hours needed to raise your GPA to a Certain level_– Earning a satisfactory GPA early in your collegiate career is important as you plan for admission to professional programs in several majors, and/or meeting University graduation requirements. Several majors have a GPA stipulation for you to be admitted to their professional program. Below is a sample chart of grades you would need to earn to raise your GPA to necessary levels, based on a current GPA and number of Grade Hours.

Grade Hours	Current GPA	Hours Needed at 2.50 To Reach 2.00 GPA	Hours Needed at 3.00 To Reach 2.50 GPA	Hours Needed at 3.00 To Reach 2.75 GPA
14	0.50	42	56	126
	1.00	28	42	98
	1.50	14	28	70
	1.75	7	21	56
	2.00		14	42
	2.25		7	28
	2.50			14
30	0.50	90	120	270
	1.00	60	90	210
	1.50	30	60	150
	1.75	15	45	120
	2.00		30	90
	2.25		15	60

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	2.50			30
45	1.50	45	90	225
	1.75			180
	2.00			135
	2.25			90
	2.50			45
60	1.50	60	120	300
	1.75			240
	2.00			180
	2.25			120
	2.50			60
75	1.75	38	113	300
	2.00			225
	2.25			150
	2.50			75
90	1.75	45	135	360
	2.00			270
	2.25			180
	2.50			90
105	1.75	53	158	420
	2.00			315
	2.25			210
	2.50			105

MEDICAL ABSENCE – While injury and illness are a normal part of daily life, the Sports Medicine staff must be informed of a student-athlete’s class schedule to avoid missed class time for appointments, surgery, and rehabilitation, when possible. When situations arise that result in missed class time (e.g., concussion during practice or game):

- It is the responsibility of Sports Medicine to email the student-athlete’s professor, Faculty Athletic Representative, Compliance Coordinator, and Sport Administrator regarding the student-athlete’s absence.
- The Sports Medicine staff should include date of incident, medical note from physician regarding state of student-athlete and/or limitations, and date to resume class attendance.
- It is the responsibility of the student-athlete to communicate with their professor, if able to do so, regarding any missed classwork.
- It is the responsibility of the Sports Medicine Staff to communicate with the institution’s Center for Disability Services if accommodations (e.g., note taker due to broken hand) are needed.
- Any issues regarding missed class time should be brought to the attention of the Faculty Athletic Representative and Sport Administrator.

MISSED CLASS TIME – The student-athlete-faculty-coach relationship is important. Coaches are expected to communicate this fact to the student-athlete and do their best to cooperate with faculty.

- Coaches will be expected to communicate and enforce class attendance.
- All student-athletes are expected to attend every class. If a student-athlete needs to miss a class for any reason, they should notify their instructor and coach in advance.
- If an approved intercollegiate athletic contest (home or away) conflicts with the class attendance of any student-athlete, the student-athletes must provide a Travel Roster to their professor.

- Missed class time due to scheduled athletic events, travel related to athletic events or as determined by each course professor are excused absences.
- Non-athletically related absences are unexcused.
- It is the responsibility of the Head Coach to inform their student-athletes of departure dates and report the time to limit missed class time.
- If a student-athlete can attend class on the date of an intercollegiate athletic contest or due to travel an intercollegiate athletic contest, then the student-athlete is expected to attend until their designated report time (e.g., student has class at 8:00am, 10:40am, and 3:35pm, the report time is 12:00pm, the student is expected to attend the 8:00am and 10:40pm class).
- If a student-athlete must leave a class early on the date of an intercollegiate athletic contest or due to travel to an intercollegiate athletic contest, the student should communicate with their professor as to whether the professor will require their attendance.

PRIORITY REGISTRATION –Student-athletes are afforded the opportunity for priority registration during the fall and spring semesters.

SUMMER SCHOOL POLICIES

Financial Aid– Summer financial aid is extremely limited if at all available. Student-athletes interested in summer money need to contact the head coach before the summer sessions begin to find out if there are any summer funds available. A student-athlete must be academically eligible to compete through the spring semester prior to the summer term to qualify for USCA Athletics summer aid (assuming aid is available).

Summer School at Another Institution– All student-athletes must complete and process a Certificate of Good Standing prior to attending summer school at another institution. The Certificate of Good Standing form is available in the USCA Student-Athlete Handbook and at the Records Office. The student-athlete’s advisor and the USCA registrar must sign the certificate. A copy of the signed certificate must be submitted to the Compliance Officer prior to the beginning of the summer semester.

Student-athletes must meet with an academic advisor prior to the beginning of summer school to discuss course work at another institution. The advisor must verify that courses are transferable and meet the student-athlete’s degree requirements. USCA athletics financial aid or athletics scholarships are not transferable to any other institutions.

Summer School Transcripts and Eligibility– Student-Athletes must request their summer school institutions send their official summer school transcripts to USCA. The transcript is to be sent to the Admissions Office and a copy to the Compliance Officer.

Student-Athlete Midterm Grades – At the request of the coach, the Compliance Coordinator can access their students’ reported midterm grades. Faculty members are not required to give midterm grades. If a student-athlete is concerned with their standing in the class, it is the student-athlete’s responsibility to communicate with their professor.

SECTION 5: NCAA COMPLIANCE

ANNUAL NCAA FORMS – To ensure compliance with NCAA rules, the student-athlete Statement and NCAA Drug Testing Consent form will be administered on a team-by-team basis at the beginning of each academic year prior to the start of practice by the NCAA Compliance Coordinator via ARMS. Student-athletes who join teams during the semester or at the beginning of the spring semester must complete all applicable NCAA forms prior to practicing or playing.

BOOSTERS/REPRESENTATIVES OF ATHLETIC INTERESTS – According to the NCAA Manual, "In Division II, representatives of an institution's athletics interests are prohibited from making in-person, off-campus recruiting contacts with a prospect or the prospects relatives or legal guardians. On-campus contact is permitted, as are written and telephonic communications." They may also not provide extra benefits to currently enrolled student-athletes.

A representative of the institution's athletic interests is a person who: has participated in an organization or agency to promote athletics; has made financial contributions to the Division of Athletics or booster organization; has assisted or has been asked to assist with recruiting; has assisted in providing benefits to enrolled student-athletes or their families; or has otherwise been involved with promoting the USCA Athletics.

CHANCELLOR'S AUTHORITY – The Chancellor oversees the entire University, including the Division of Athletics. The Chancellor has ultimate responsibility and final authority for the conduct of the athletic program and the actions of any board in control of the athletic program and annually attends an athletic staff meeting to reinforce the overall authority of the Chancellor within the University, which includes athletics.

The Chancellor oversees ensuring institutional control. As such, it is expected that all coaches and staff know and abide by USCA, Peach Belt Conference, and NCAA rules and regulations. When a coach violates a NCAA rule, he/she is expected to report the rule violation to the appropriate person, and the Chancellor will be notified.

COMMITMENT TO RULES COMPLIANCE – USCA's Division of Athletics has a steadfast and enduring commitment to the observance of all regulations of the National Collegiate Athletic Association, the Peach Belt Conference and USCA.

- a.) Knowledge of all NCAA, PBC, and USCA policies and regulations including, but not limited to, recruiting, eligibility, amateur status and conduct of sports. This includes rules interpretations.
- b.) Observance of all rules cited in (a) above.
- c.) Self-reporting of all known violations to appropriate administrators.
- d.) Full cooperation with the NCAA, PBC, and USCA in all investigations and furnishing any of these entities with truthful and complete information concerning involvement in or knowledge of any violation of NCAA Rules and Regulations.

COUNTABLE ATHLETICALLY RELATED ACTIVITIES (CARA)

- Includes team and individual instruction.
- Competition
- Required weight-training and conditioning activities held under the direction of or supervised by an institutional staff member.

- Individual skill-related activities requested by a student-athlete or workouts required by or supervised by the member of the institution's coaching staff.
- On-site activities called by a member(s) of a team that is considered as a requisite for participation in that sport (e.g., captain's practice)
- Film or videotape reviews of athletic practices or contests
- Required participation in camps, clinics, or workshops.
- Meetings initiated by coaches or other institutional staff members on athletically related matters.
- Visiting the competition site in the sports of cross country and golf.
- Student-athletes are expected to verify the accuracy of the countable athletically related activities reported by their coaches via ARMS.
- No class time shall be missed for practice activities.

Countable Athletically Related Activities (Championship Segment)

- Student-athletes' participation in countable athletically related activities shall be limited to four hours per day and 20 hours per week during championship season.
- During the Championship Segment of the playing season, all countable athletically related activities shall be prohibited during one calendar day per week.
 - Basketball has a limit of 25 days of countable athletically related activities in the 35 days prior to the first game.
 - Travel day may serve as an off day if no CARA occurs on that day.
- After the championship season is completed (last game of the season), no countable athletically related activities may take place for 14 days.
- See Bylaw 17.1.6.5 for additional information.

Countable Athletically Related Activities (Non-Championship Segment)

- For all sports, except basketball, the non-championship segment of the season will be a 45-day period (60-day period for golf)
- During the non-championship segment, student-athletes' participation in countable athletically related activities shall be limited to a maximum of four hours per day and 15 hours per week during non-championship season (exception- golf has 20 hours per week), with at least two days off per week.
- See Bylaw 17.1.6.3 for additional information.

Countable Athletically Related Activities (Outside of Playing Seasons)

- Out-of-season limits: 8 hours per week
- Maximum of 2 hours per week for team activities and/or skill instruction. It is permissible for more than one group of student-athletes from the same team to participate in skill instruction in different facilities at the same time.
- Required weight training and conditioning activities held at the direction of or supervised by an institutional staff member.
- Any other countable athletically related activity.
- Student-Athletes are required to have two off days per week.
- See Bylaw 17.1.6.3 for additional information.

Other Countable Athletically Related Information

- All countable athletically related activities outside the playing season are prohibited one week prior to the beginning of the institution's final examination period through the conclusion of the institution's final examinations.

- Hourly and weekly limitations are not in effect during the academic year between terms when classes are not in session (e.g., Christmas Break, Spring Break, etc.)
- Student-athletes must approve or deny CARA Logs via ARMS when requested.

ELIGIBILITY INFORMATION

Agents– If you ever agreed, orally or in writing, to be represented by an agent, to market your athletic ability or reputation in a sport, now or in the future, you will lose your eligibility for intercollegiate sports. If you, your relatives, or your friends receive any benefit from an agent, you will lose your eligibility for intercollegiate sports.

Amateurism –You will lose your amateur status, and be declared ineligible if after full-time enrollment at a collegiate institution you:

- used your athletic skills (directly or indirectly) for pay, in any form,
- accepts or the promise of pay, in any form, even if such pay is to be received after the completion of your intercollegiate athletic eligibility,
- sign a contract or commitment of any kind to participate on a professional athletic team,
- received any form of financial assistance or reimbursement of expenses from a professional sports team/organization.
- competed on any professional athletics team,
- enter a professional draft.
- entered into an agreement with an agent.

Forms of pay include but are not limited to salary, educational expenses, payment based on performance, awards, reimbursement of expenses, prizes, split of receipts, etc.

You may also lose your amateur status if you receive compensation above the going rate for such employment or are compensated for work you did not perform. The use of your name, picture, or likeness in promotional activities may cause you to lose your amateur status.

There are some exceptions to these amateurism regulations. It is important you discuss any amateurism issues with the NCAA Compliance Coordinator prior to any action, which could lead you to losing your amateur status.

Gambling– *Gambling on athletics is a crime in South Carolina. In addition, it is a federal offense to influence or attempt to influence in any way a sporting contest by bribery. The NCAA has strict rules about gambling. Student-athletes shall not knowingly:*

- ***provide information concerning intercollegiate athletic competitions to individuals involved in organized gambling activities.***
- ***solicit a bet on any intercollegiate team.***
- ***accept a bet on any team representing USCA.***
- ***solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or***
- ***participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, parlay card, or any other method employed by "organized gambling" (this includes any type of pools).***

If you are found to have gambled in any form on university or professional athletics (e.g., betting on games or "shaving points"), you will lose your eligibility and be subject to legal action.

Initial Eligibility (freshman eligibility).–

NCAA Division II Initial Eligibility: <http://www.ncaa.org/division-ii-initial-eligibility>

Your initial eligibility, including amateurism and participation in organized competition, must be certified by the NCAA Eligibility Center. To be a qualifier, and eligible for athletic financial aid practice and competition as a freshman you must have graduated from high school and have a minimum cumulative grade-point- average of 2.000 in 16 core courses. These 16 core courses include: 3 years of English, 2 years of Mathematics (algebra, geometry or a higher math), 2 years of Social Science, 2 years of Natural or Physical Science (with at least one lab science if offered by the high school), 3 years of additional courses in English, Mathematics, or Natural or Physical Science, and 4 years of additional courses (which may be any of the above areas, foreign language, philosophy, or comparative religion).

Progress toward degree (Continuing eligibility) –

1. You must be in good academic standing at USCA (see the USCA Bulletin for the definition of good academic standing).
2. You must have satisfactorily completed nine hours of academic credit, which count toward NCAA Progress-Toward-Degree requirements, during the preceding regular academic term in which you have been enrolled full time at any collegiate institution.
3. You must satisfactorily complete a minimum of 24 hours of degree credit each academic year (fall, spring, and summer), 24 hours of degree credit, your previous two full-time semesters, or 48 hours of satisfactorily completed degree credit beginning your fifth semester at USCA (if you entered USCA as a full-time student directly from high school).
4. You must satisfactorily complete at least 18 (75%) of the required 24 hours during the fall and spring semesters. You may take as many hours as you and your academic advisor agree upon during the summer but may count only 6 hours taken during the summer toward NCAA Progress-Toward-Degree requirements.
5. During your first four semesters of collegiate enrollment, you may use any credits acceptable toward any of USCA's degree programs for NCAA Progress-Toward-Degree requirements.
 - a.) If you earn a "D" or "D+" in a course that is not acceptable toward any degree program (i.e., ENGL 101), the credits for this course will not be applicable to the NCAA Progress-Toward-Degree requirements. When you repeat this course, and earn a satisfactory grade, the credits will be applicable for meeting NCAA Progress- Toward-Degree requirements when the course has been satisfactorily completed.
6. You must officially declare a major by the beginning of your fifth semester of university enrollment. The major must be a four-year program that leads to a baccalaureate degree.
7. Beginning with your fifth semester of collegiate enrollment only those satisfactorily completed hours which apply as degree credit toward your officially declared major, as verified by an appropriate academic official, will count toward NCAA Progress-Toward- Degree requirements. These credits must be degree applicable toward your officially declared major on the first day of classes for that semester.
 - a) If you are required to make a grade of "C" or better for a course to apply toward your degree, you must make a grade of "C" or better for that course to count for NCAA Progress-Toward-Degree requirements.

- b) Hours earned for a course that has been repeated due to an unsatisfactory grade may be counted toward NCAA Progress-Toward-Degree requirements only once, and only after the course has been satisfactorily completed.
 - c) Courses that are prerequisites for a degree applicable course (i.e., MATH 108 is a prerequisite for higher level math courses) count toward NCAA Progress-Toward-Degree requirements if it also counts as degree applicable hours required in your general education requirements, major requirements (including required minors or cognates), or is being used as one of your allowable electives in your degree program.
 - d) Courses that are graduation requirements (nonwestern requirement, and writing intensive requirements,) will only meet NCAA Progress-Toward Degree requirements if it also counts as degree applicable hours required in your general education requirements, major requirements (including required minors or cognates), or is being used as one of your allowable electives in your degree program.
 - e) A maximum of six satisfactorily completed hours that apply toward an officially declared optional minor may be used each semester to meet NCAA Progress- Toward Degree requirements.
8. Credits earned prior to initial full-time enrolment at USCA may not be used to meet NCAA Progress-Toward-Degree requirements.
 9. Credits earned through Advanced-Placement and Credit by examination may be used to meet the NCAA Progress-Toward Degree Requirements if the credits are received in a course offered by USCA, and the credits are applicable as degree credit.
 10. Correspondence, Extension, and Distance Learning courses from another institution may be used to meet NCAA Progress-Toward Degree Requirements if the credits are accepted as transferable degree credit and are applicable as degree credit. You must complete a USCA Special Enrollment Request form before taking one of these courses.
 11. You must also have a cumulative USC System GPA of 2.000
 - a) This cumulative GPA requirement is based only on grades earned in the University of South Carolina System.

NCAA Progress-Toward Degree requirements are in place to help ensure that you are making progress toward your academic degree. It is important that you keep track of your progress toward your degree. Your degree program is outlined in your USCA Undergraduate Academic Bulletin (<https://www.usca.edu/registrar/academic-bulletins>) and should serve a guideline in assisting you in charting your academic progress.

You should refer to this program of study to ensure you are staying on track to graduate from USCA, and to meet the NCAA Progress- Toward-Degree requirements. During academic advisement sessions, you should check with your advisor to make sure that the courses you are taking apply toward your officially declared degree.

It is your responsibility to ensure the courses you are taking apply toward your degree and apply toward NCAA Progress-Toward-Degree requirements. USCA has a grade forgiveness policy (<https://www.usca.edu/registrar/current-students/grade-forgiveness>) which may be beneficial for those student-athletes with low GPAs.

NCAA Path to Graduation: <http://www.ncaa.org/division-ii-path-graduation>

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Type of Course	Examples	Will Count Toward Graduation Credit?	Will Count Toward Athletic Eligibility (PTD requirements)?	Comments
English as a Second Language	ENGL 111	■ Only as elective credit	■ Only if it also applies as elective credit	
Non-Western World Studies Requirement	Various	Yes	Only if it also applies as elective, general education, major. or required minor/cognate credit	
Writing Intensive Requirement	Various	Yes	Only if it also applies as elective, general education, major. or required minor/cognate credit	
General Education Courses	Various	Yes	Yes	
Major Requirements	Various	Yes	Yes	Must declare major by start of fifth semester
Required Minor or Cognate Requirements	Various	Yes	Yes, if minor is required in the degree program	Must declare major by start of fifth
Optional Minor	Various	Yes	Yes, if minor is officially declared. Maximum of six hours per semester.	
Electives	Various	Yes, only up to maximum in major	Yes, only up to maximum in major	Extra electives will not count toward eligibility
Grade of "I"	Various	No	No	"I" must be completed to earn hours

Transfer eligibility –

NCAA Guide for Two-Year University transfers:

http://fs.ncaa.org/Docs/eligibility_center/Transfer/TwoYearGuide.pdf

NCAA Guide for Four-Year University transfers:

http://fs.ncaa.org/Docs/eligibility_center/Transfer/FourYearGuide.pdf

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Missing Class for Competition – You should inform your instructors as early as possible in the semester which days you will be absent due to athletic contests. It is recommended that at the beginning of the semester you provide each professor with a schedule of when you will be missing class for contests.

If you miss a test or other assignment, it is your responsibility to arrange with your professor prior to the class period when the test or assignment is due. Professors are not required to make special arrangements for you to take tests or complete assignments; however, most professors are willing to collaborate with you if you give them prior notice.

Financial Aid and Scholarship Requirements – All USCA athletics financial aid is offered on a one-year basis. The aid must be renewed annually to continue year to year; it is not automatically renewed. The Director of Financial Aid is responsible for sending athletic aid agreements out to student athletes by the July 1 deadline each year.

Any type of outside grant or scholarship received **MUST** be reported to the Office of Financial Aid and the NCAA Compliance Coordinator.

A student-athlete must be eligible for practice and competition, and be in good standing with their respective team, to receive the financial aid that has been offered to them. (“Good standing” is following all USCA Athletics and team rules as determined by the standards set forth in the USCA Student Athlete handbook.)

- a) The amount of athletics financial aid may be immediately reduced or canceled during the term of the award if:
- b) The student-athlete becomes ineligible for intercollegiate competition (e.g., dropping below full-time enrollment minimum number of credits).
- c) The student-athlete gives false information on the application for admission or financial aid, National Letter of Intent (NLI), or institutional financial aid agreement.
- d) The student-athlete engages in serious misconduct (for example, sexual violence) that brings disciplinary action from this institution.
- e) The student-athlete voluntarily withdraws from the sport for personal reasons at any time.

The amount of athletics financial aid will be immediately reduced or canceled during the term of the award if:

- a) The student-athlete signs a professional sports contract or retains the services of a sports agent.
- b) The student-athlete accepts money or other compensation prohibited by NCAA or PBC rules.
- c) The student-athlete receives other financial aid that causes him/her to exceed the NCAA or USCA limit.

The Financial Aid Office will notify returning student-athletes who have received aid previously before July 1 if their aid will not be renewed for the following year. Aid non-renewal may be appealed through the USCA Director of Financial Aid.

USCA Procedures on Financial Aid Appeals– Any student-athlete who has his/her athletic aid reduced, canceled, or not renewed is permitted a hearing opportunity per NCAA Bylaw 15.5.2.4. Any student-athlete who wishes to appeal his/her reduction, cancellation, or nonrenewal in athletic aid should send their written appeal to the Financial Aid Office.

Procedure –

- 1.) The Head Coach submits either a Cancellation, Nonrenewal, or Reduction of Aid Form to the Compliance Coordinator with detailed information on why the aid is being reduced, canceled, or not renewed. The Compliance Coordinator then forwards that form to the Director of Financial Aid.
- 2.) The Director of Financial Aid notifies the student-athlete of the cancellation, reduction, or nonrenewal of aid, and informs the student-athlete that he/she is entitled to an appeal hearing.
- 3.) The student-athlete requests an appeal hearing in writing within 10 days after receiving the notification of cancellation, reduction, or nonrenewal along with the reasons he/she believes the reduction, cancellation, or nonrenewal was unjustified.
- 4.) The Financial Aid Director notifies the student-athlete of the date of his/her appeals hearing. (This date should be as soon as possible after the student-athlete requests the hearing. The hearing must occur within 30 days of the hearing being requested).
- 5.) The student-athlete can appear before the committee to discuss why he/she thinks the reduction, cancellation, or nonrenewal was unjustified and to submit any relevant information.
- 6.) The student-athlete's parents, legal guardians, other relatives, teammates, or friends may not appear before the committee, unless they are requested to do so by the committee.
- 7.) The head coach, or a representative from the Division of Athletics, also can appear before the committee to present his/her reasons for the cancellation, reduction, or nonrenewal. The committee may request that the coach or Division of Athletics Representative present his/her reasons for the cancellation, reduction, or nonrenewal at a different time to prevent any confrontation between the student-athlete and coach.
- 8.) After the hearing is complete, the committee discusses the case, asking for additional information if needed. After all relevant information has been reviewed, those members present at the hearing vote to deny or approve the appeal. A simple majority of those members present is necessary to deny or approve the appeal.
- 9.) If the committee finds the cancellation, reduction, or nonrenewal does not violate USCA and/or NCAA rules, regulations, and no extenuating circumstances exist, the appeal is denied immediately.
- 10.) If the committee finds that the cancellation, reduction, or nonrenewal violates USCA and/or NCAA rules and regulations, or if extenuating circumstances exist which make the reduction or cancellation unjustified the appeal is approved, and the student-athlete has his/her aid restored as soon as possible.
- 11.) The chair of the committee notifies the head coach and the student-athlete of the decision in writing as soon as possible after the decision is reached. The Director of Financial Aid and Director of Athletics will also receive notice of the final decision.

The decision of the committee is final.

Scholarships– Athletic scholarships may be awarded for no longer than one academic year. On or before July 1 of each year, all student-athletes who received institutional athletics aid during the previous academic year will receive a notification from the Office of Financial Aid stating the status of their scholarship, i.e., renewal, non-renewal, or revision to the original grant-in-aid. Upon receipt of this award letter, the student-athlete must sign and return it to the Office of Financial Aid.

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Books– If you are receiving athletic aid for books, you may only purchase required course related books with this aid. You may not purchase study guides, notebooks, pens, or other items not specifically required for the course. It is your coach’s decision on whether you may keep the books after the completion of the semester or if you must return the books to the coach.

Endowed Athletic Scholarships– The Division of Athletics has several endowed athletic scholarships, which are awarded each year by the Honors Awards and Scholarship Committee. With the limited number of endowed athletic scholarships, you should consider it an honor to receive one of these scholarships. To receive an endowed athletic scholarship, you must be recommended by your coach and the Director of Athletics to the HAAS Committee.

Please note that these endowed athletic scholarships are considered countable athletic aid and will take the place of the athletic scholarship you were receiving from the sport budget. The endowed athletic scholarship will not be reflected in the athletic aid award agreement you receive during the summer, and if the endowed scholarship completely takes the place of the athletic scholarship coming from the sport budget, you will not receive an athletic aid award agreement during the summer.

Merit based scholarships–The University of South Carolina Aiken, through the generosity of individuals, organizations, and the University Community, has established scholarships to recognize qualities of leadership, merit, and academic performance and to assist students in achieving their educational goals. Annually funded and endowed scholarships are awarded to qualified students. Students enrolled in all academic disciplines are considered for these scholarships. All students that are enrolled or fully admitted to the University will automatically be considered for these scholarships. No additional application is required.

Name Image and Likeness (NIL)

The NCAA’s interim name, image and likeness policy allows student-athletes and prospective student-athletes across all three divisions to engage in activities that involve the use of their NIL for commercial or promotional purposes. The interim policy will remain in effect until either federal legislation or new NCAA rules are adopted.

The national office is providing opportunities for ongoing collaboration between student-athletes, school and conference leaders, athletics administrators, coaches, and other key stakeholders on issues related to NIL. Additional educational materials, including written and visual guides and an optional reporting form, can be found on ncaa.org/nil.

Definitions

NCAA: the National Collegiate Athletic Association or its successor.

Name, Image, and Likeness (NIL): A personal right of publicity involving situations where permission is required of a person to use their name, image or likeness; the requirement of permission also means that the person whose NIL is being used may demand compensation by a third party in return for use of one’s NIL.

NIL Activity: An NIL Activity is any activity in which a prospective student-athlete or student-

athlete's NIL or personal appearance is used for promotional purposes by a noninstitutional entity, including for use by the individual prospective student-athlete or student-athlete, a commercial entity, or a noninstitutional nonprofit or charitable entity, regardless of whether such use is compensated or uncompensated.

Endorsement: An act, either expressed or implied, that indicates one's public approval or support of a product or service.

Compensation: Receipt, whether directly or indirectly, of remuneration or payment in any form of any cryptocurrency, cash, credit, product, goods, services, in kind contributions, or other items of value or benefit, for work or services performed.

Pay for Play: Compensation provided to a student-athlete in any form for performance in a sport in which the student-athlete participates at an NCAA institution.

Professional Service Provider: Individuals who provide any of the following professional services to student-athletes: (a) advice regarding NIL activities, (b) representation in contract negotiations related to NIL activities, and (c) marketing of the student-athletes NIL.

Agent: Any individual who, directly or indirectly: (a) represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain as a professional athlete; or (b) seeks to obtain any type of financial gain or benefit from securing a prospective student-athlete's enrollment at an educational institution or from a student-athlete's potential earnings as a professional athlete.

Athletics Booster: a person who directly contributes to a University of South Carolina Aiken athletic program.

Official team activities: All games, practices, exhibitions, scrimmages, team appearances, team photograph sessions, sports camps sponsored by the University of South Carolina Aiken and other team-organized activities, including, but not limited to, photograph sessions, news media interviews, and other related activities as specified by the University of South Carolina Aiken.

Procedure Statement

The state of South Carolina currently has a suspended state law regarding NIL. Below are University of South Carolina Aiken procedures related to Name, Image, and Likeness ("NIL") activities. The University of South Carolina Aiken fully supports the law changes. recommended in South Carolina State Law S. 685 as participation in intercollegiate athletics. should not infringe upon the intercollegiate athlete's rights to earn compensation for their NIL.

1. Academically eligible student-athletes at the University of South Carolina Aiken may earn compensation for their name, image, or likeness.
2. University of South Carolina Aiken institutional staff members shall not be involved in

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arranging NIL agreements, contracts, appearances, gift-in-kinds and/or compensation for an intercollegiate athlete or providing compensation themselves.

3. Athletic boosters may create or facilitate NIL compensation opportunities to current and Prospective student-athletes provided those deals are not used as a recruiting inducement or inducement to remain enrolled for current student-athletes at University of South Carolina Aiken.
4. NIL activities must occur outside of participation in academic, athletic, or University of South Carolina Aiken sponsored activities.
5. A student-athlete's scholarship awarded by the University of South Carolina Aiken is not considered compensation and may not be revoked or reduced because of a permissible NIL agreement.
6. A student-athlete's compensation earned may be used in the calculation for federal financial aid available to the general student population based on federal guidelines, and therefore, could impact the amount of need-based aid student-athletes are awarded.
7. Student-athletes may not use University of South Carolina Aiken intellectual property (Logos, designs, photos, etc.) without the prior written approval of the University of South Carolina Aiken Athletics Division. Student-athletes may autograph and sell officially licensed memorabilia that include University marks that are purchased by the student-athletes.
8. South Carolina State Law prohibits the use of University of South Carolina Aiken facilities and uniforms for NIL activities.
9. All NIL activities must be disclosed through the NIL Disclosure Form 48 hours prior to the activity. All in-kind deals should be submitted as soon as the deal is agreed upon.
10. The University of South Carolina Aiken retains all rights to content produced or published by the University or associated entities.
11. The University of South Carolina Aiken will provide student-athletes with both required and optional education opportunities regarding NIL including, life skills, career development, and financial literacy to best prepare student-athletes for the new landscape.
12. Due to federal guidelines, student-athletes attending the University of South Carolina Aiken on an F-1 visa are encouraged to contact International Student Services prior to participating in any name, image, likeness activities.
13. Student-athletes may secure representation such as an agent or marketing representative for NIL activities. The prior guidelines on professional representation stay in place and student-athletes may not secure representation for future professional athletic contract negotiations.
14. All athlete agents representing student-athletes from the University of South Carolina Aiken must comply with federal and state regulations surrounding athlete agents and their activities.
15. If an athlete agent is an attorney, then he or she must also be a member in good standing of in all state bar associations the athlete agent is a member of.
16. Any University of South Carolina Aiken agreement or contract (i.e., apparel agreement with Under Armour, etc.) supersedes any NIL agreement a student-athlete signed or agreed to.
17. An intercollegiate athlete may not earn compensation for the use of his name, image, or likeness for the endorsement of:
 - Tobacco
 - Alcohol
 - illegal substances or activities
 - banned athletic substances.
 - gambling, including, but not limited to, sports betting.

Enforcement

Violations of these procedures may result in appropriate disciplinary measures in accordance with state law, federal law, University of South Carolina Aiken policies, procedures and/or codes of conduct and may
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result in NCAA sanctions up to and including permanent ineligibility to participate in college athletics. In addition, violations of this policy may result in cancellation of athletics financial aid if a student athlete is deemed ineligible to participate in competition.

Frequently Asked Questions

Boosters

Q: Can boosters provide student-athletes with compensation for name, image, likeness activities?

A: Yes, businesses associated with or owned by boosters of the University of South Carolina Aiken may compensate student-athletes for use of their NIL provided the booster(s) was not directed to do so by the institution and the payment is not a recruiting inducement or inducement to remain enrolled at the University of South Carolina Aiken.

Disclosure

Q: When do student-athletes need to tell the institution about my NIL activity?

A: Student-athletes are required to disclose all NIL activities to the University of South Carolina Aiken 48 hours prior to the event occurring.

Q: How do student-athletes disclose NIL deals?

A: All NIL deals should be reported on the NIL Disclosure form found on pacersports.com [NIL Disclosure - University of South Carolina Aiken Athletics \(pacersports.com\)](#)

Agents

Q: Can student-athletes hire a marketing agent to represent them in NIL deals?

A: Yes. However, the rules remain in place that prevent student-athletes from hiring an athlete agent for professional representation.

Deals

Q: Will the University of South Carolina Aiken help student-athletes secure a NIL deal?

A: No, to create an environment free of conflict of interest, the University and its staff members or representatives are prohibited from assisting a student-athlete in securing a NIL deal.

Scholarship/Pell Grant

Q: Will a student-athlete's scholarship be affected if the student-athlete signs a NIL deal?

A: No, scholarships cannot be canceled or nonrenewed if a student-athlete participates in NIL activities.

Q: Will any compensation I earn from NIL activities be used to calculate my Pell grant?

A: Yes, your compensation earned may impact your eligibility to receive the Pell grant.

NCAA COMPLIANCE AND SUMMER CAMPS/CLINICS – All USCA summer sports camps and clinics follow NCAA rules and regulations. They must be coordinated with the Associate Athletic Director for Administration, who will be the lead communicator with the Compliance Coordinator regarding assurance that all camps follow these rules. All coaches, however, are responsible for adhering to all NCAA rules and regulations. USCA's sports camps or instructional clinics shall be any camp or clinic that is owned or operated by USCA or an employee of USCA's athletics Division, whether on or off its campus.

Basketball camps or clinics may be conducted only during USCA's summer vacation period unless such activities meet the provisions regarding developmental clinics.

Employment at camp or clinic – A student-athlete who is employed in any sports camp or clinic must meet the following requirements:

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- 1.) The student-athlete must perform duties that are of a general supervisory character and any coaching or officiating assignments shall represent not more than one-half of the student-athlete's work time.
- 2.) Compensation provided to the student-athlete shall be commensurate with the going rate for camp or clinic counselors of like teaching ability and camp or clinic experience and may not be paid based on the value that the student-athlete may have for the employer because of the athletic reputation or fame the student-athlete has achieved. It is not permissible to establish varying levels of compensation for a student-athlete employed in a sports camp or clinic based on the level of athletics skills of the student-athlete. A student-athlete who only lectures or demonstrates at a camp/clinic may not receive compensation for his or her appearance at the camp/clinic.

Employment in own institutions camp or clinic – USCA (or employees of its athletics Division) may employ its student-athletes as counselors in camps or clinics, subject to the following conditions:

- a.) The student-athlete shall not participate in organized practice activities other than during the institution's playing season in the sport.
- b.) The member institution's Director of Athletics must give prior approval to the student-athlete's employment arrangement.

RECRUITING - As a student-athlete at USCA, you play a key role in the recruitment of prospective student-athletes, whether you are meeting with or serving as a student host for prospective student-athletes. Your actions will give prospective student-athletes the most accurate view of the role of a student-athlete at USCA. It is important that you represent USCA, your teammates and coaches in the best possible manner when interacting with prospective student-athletes.

Telephone Calls to Prospective Student-Athletes

Enrolled student-athletes are not allowed to make or participate in telephone calls to prospective student-athletes at the direction of a coaching staff member or financed through USCA or a representative of our athletics interests. However, you may receive calls from a prospective student-athlete after July 1 following the completion of their junior year in high school.

Transportation

An enrolled student-athlete may not be provided with an automobile by USCA, or representatives of our athletics interests for the purposes of recruitment.

Recruiting Expenses

An enrolled student-athlete is not allowed to receive transportation or reimbursement for expenses used to recruit a prospective student-athlete, except those expenses specified as permissible when an enrolled student-athlete serves as a student host during a prospective student-athlete's official visit.

Student Host

USCA may provide the following if you are serving as a student host on a prospective student-athlete's official visit:

- A maximum of \$30 per day of the official visit to cover all actual costs of entertaining the prospective student-athlete (and his/her parents, legal guardians, or spouse), excluding the cost of meals and November 21, 2023

admission to campus athletic events. These funds may not be used for the purchase of souvenirs such as T-shirts or other institutional mementos. It is permissible to provide a student host with an additional \$15 per day for each additional prospective student-athlete the host entertains; and

- A complimentary meal provided by the student host when accompanying the prospective student-athlete.

During an official visit, a student host may provide entertainment for the prospective student-athlete (and his/her parents, legal guardians, or spouse), which may not be excessive, only within a 30-mile radius of campus. It is not permissible to provide entertainment to other relatives or friends accompanying the prospective student-athlete. Also, entertainment and contact by a representative of our athletics interests is allowed only on campus.

If you serve as a student-host, you will be asked to keep copies of your receipts and complete a Student Host Expense Report at the completion of the visit.

NCAA Transfer Portal

You may not have direct or indirect contact with another four-year institution about the possibility of a transfer without first being entered into the NCAA Transfer Portal. If you wish to be added to the NCAA Transfer Portal to speak to another four-year institution about the possibility of a transfer, you must meet with the NCAA Compliance Coordinator to complete a Transfer Notification Form and provide the NCAA Compliance Coordinator confirmation of complete the NCAA Division II Transfer Education Module ([NCAA Division II Student-Athlete Transfers \(d2transfer.s3-site-us-east-1.amazonaws.com\)](https://www.ncaa.org/s3-site-us-east-1.amazonaws.com)). It is also the responsibility of the student-athlete to provide the Compliance Coordinator with an email and phone number they would like to use to be contacted by other institutions.

After meeting these requirements, the NCAA Compliance Coordinator will enter your information into the NCAA Transfer Portal within seven days.

The legislated deadline for all Division II Student-Athletes, regardless of sport, to request for their information to be placed in the NCAA Transfer Portal is June 15 of each academic year.

The benefits and services student-athletes receive following notification of transfer requests may be dependent on their status with the respective team and may be reviewed on an individual case-by-case basis. The Head Coach of each team reserves the right to remove a student-athlete from the active roster should that student-athlete submit a completed Transfer Notification Form. The following may serve as guidelines, but each case may be reviewed individually based on circumstances.

Benefit	Student-Athlete Remains on Team	Student-Athlete Quits Team	Student-Athlete Cut/Dismissed From Team
Athletic Scholarship	Continues through the period of the award. Subject to all USCA, PBC, and NCAA rules and regulations.	Cancelled as allowed by USCA and NCAA rules and regulations.	Continues through the period of the award. Subject to all USCA, PBC, and NCAA rules and regulations.
Sports Medicine Services	Continues until student-athlete withdraws or is otherwise removed from the active roster.	To be reviewed by the sport administrator on a case-by-case basis.	To be reviewed by the sport administrator on a case-by-case basis.

Facility Use (i.e., locker room weight room. practice and/or competition facility, etc.)	Continues until student-athlete withdraws or is otherwise removed from the active roster.	No access.	No access.
Team Activities (i.e., practice, competition, occasional meals, entertainment, community service, recruiting activities, etc.)	Continues until student-athlete withdraws or is otherwise removed from the active roster.	No access.	No access.
Apparel/Equipment	Continues until student-athlete withdraws or is otherwise removed from the active roster.	Assigned equipment and apparel must be returned unless otherwise noted by the head coach.	Assigned equipment and apparel must be returned unless otherwise noted by the head coach.
Awards/Events	Continues until student-athlete withdraws or is otherwise removed from the active roster.	No access.	No access.

SECTION 6: HEALTH, SAFETY AND WELFARE

ATHLETIC TRAINING ROOM – Located in the Convocation Center, the training room facilities are primarily for use by the student-athletes participating in the intercollegiate athletics programs and by USCA for the evaluation and treatment of injuries to student-athletes. The medical facilities are also available to visiting teams on a reciprocal courtesy basis.

- **Hours of Operation**–The training room will normally be open until the last athletic event is completed in the evening. The training room will be open at least one half-hour before practice begins, or as early as needed, and will remain open at least one half-hour after practice. The current week’s schedule of practices and events will be posted outside the training room. Also listed on the current schedule are contact numbers for staff trainers. Treatments and other medical care outside practice or game times can be scheduled with the training staff on a case-by-case basis. When the training room is not in use, the facility will ALWAYS be locked. These facilities are under the direct supervision of the head athletic trainer and staff, and no one else is to be allowed to use this facility without the knowledge and approval of the head athletic trainer.

No athlete or patient will be allowed in the training room without supervision while being treated. All therapeutic modalities must be operated by the athletic training staff due to their potential danger. A list of training room policies is posted in the training room.

Emergency Action/ Care Plan–The Athletic Training department at USCA cannot provide a Certified Athletic Trainer for all practices and conditioning sessions associated with each sport. In the event of an emergency during an athletic practice/game or conditioning session, the following protocol should be used:

The Athletic Trainers will be responsible for calling or directing someone to call USCA Public Safety. If an Athletic Trainer is not present at the time of the emergency, a member of the coaching staff should be designated to make the call. USCA Public Safety can be contacted by dialing 6111 from any campus phone or by calling 648-4011.

When calling USCA Public Safety, you should be prepared to relay the information about the type of emergency, injury suspected, what has been done as far as treatment and location of the emergency. The USCA Public Safety officer will contact EMS and direct them to the site of the emergency.

Emergency Access Phone (Location of Phones)

Convocation Center:	Athletic Training Room Director of Athletics Office Coaches Offices Emergency Access Phone in lobby
Baseball Field:	Coaches' Offices Emergency Access Phones
Softball:	Coach's Office Emergency Assess Phone on Trailer #1

It is the procedure of the NCAA that all coaches (full-time, part-time, and volunteer) are certified in CPR/ First Aid and AED use, and all are familiar with the Emergency Care Plan.

General Training Room Rules – The Athletic Training Room is a medical facility and should be treated as such.

1. Report every injury, no matter how small.
2. If you have a good reason for being in the Athletic Training Room, be there. Otherwise, the locker room is where you should be.
3. No cleats or dirty gear will be permitted in the Athletic Training Room.
4. No shoes on the table.
5. With the exceptions of the evaluation or treatment of an acute injury (an injury that requires immediate attention), all student-athletes seeking evaluation or treatment must shower and present themselves in a hygienic manner when they enter the Athletic Training Room. The Athletic Training Room is a medical facility, and proper hygiene is important in preventing the spread of illnesses. Student-athletes not demonstrating proper hygiene when they enter the Athletic Training Room may be asked to return to the Athletic Training Room when they display proper hygiene. Treatment tables and equipment will be cleaned following all treatment and at the opening and closing of the Athletic Training Room.
6. The use of tobacco products in the Athletic Training Room is prohibited. In fact, tobacco use is prohibited at all practices, games, and in all USCA buildings.
7. The use of profanity is not a compliment to you and will not be tolerated in the Athletic Training Room.
8. Since our athletic training room is gender inclusive, do not dress or undress in the Athletic Training Room. This is out of respect for yourself and others.
9. Anti-inflammatories are kept under lock and key and will only be dispensed from the Athletic Training Room for those individuals recovering from athletic injuries and who are actively involved in a rehabilitation program as set forth by the training staff. Disbursement of anti-inflammatories is at the discretion of the athletic trainers. If you are prone to minor aches and pains due to daily athletic participation, you are advised to purchase your own pain relief medication.
10. No athlete is to operate Athletic Training Room equipment unless specifically instructed to do so by a member of the training staff. Do not even touch!
11. Do not, under any circumstances, remove anything from the Athletic Training Room without the consent of the Head Athletic Trainer. To do so may result in dismissal from the Athletic Training Room. Our purpose is to aid in the prevention, treatment, and rehabilitation of athletic injuries to our athletes. We cannot accomplish this if our equipment is scattered, and our supplies are lost.
12. The Athletic Training Room telephone is for use by the training staff only: you may not use it for your personal calls.
13. Remember, we try to operate the Athletic Training Room in an efficient, professional manner. We respectfully request that you assist us by adhering to these rules and otherwise conduct yourself in a mature, respectful manner.

CATASTROPHIC INCIDENT MANAGEMENT

Away Contest Responsibilities for Catastrophic Incident

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Immediately notify the Director of Athletics. The AD will notify the University Chancellor and the Head Athletic Trainer. Work with local hospitals, AT staff, Athletic Division, or Police to assist in the process of gathering information to update the Director of Athletics.

The Head Coach and or Administrator remains on site after team departs (if necessary) to coordinate communication and arrangements with University of South Carolina Aiken Administration until relieved by a University of South Carolina Aiken Representative.

Phone list:

Director of Athletics: 803-641-3406 (O)

Head Athletic Trainer: 803-641-3367 (O)

Associate Director of Athletics: 803-641-3331 (O)

Senior Woman Administrator: 803-641-3462 (O)

Assistant Athletic Director/ SID: 803-641-3252 (O)

University Police (Chief Jason Zikes) 803-641-3581 (O)

NCAA catastrophic injury service line- 800-245-2744

Incident Reporting – Students and employees of the University are expected to cooperate fully with Senior Administration, University Police, representatives of the Emergency Action Team, Aiken County Sheriff’s Division, Aiken Public Safety, Hazardous Materials Teams, and other personnel directly involved in emergency response, by providing accurate information that is relevant to managing the incident and protecting the life and safety of people involved.

However, to assure the accuracy and consistency of information released, and to protect the privacy of individuals concerned, unauthorized personnel shall refrain from relating sensitive information about an emergency and the people involved to any other person or organization not solely responsible for managing the emergency.

Notification of Family Members – Information regarding the severe injury or death of a USCA employee or student shall be communicated to officially designated next-of-kin prior to the release of such information to the public or media. For incidents involving students, initial contact of next-of-kin shall be made by the Director of Athletics, or others specifically granted such authority by the Chancellor. For incidents involving employees, initial contact shall be made by the senior administrator in the employee’s chain-of-command.

Release of Information to the Public – Official comments and release of information about any campus emergency, including statements made to the media and local, state, federal authorities will be released to the public through the Office of University Advancement, the Chancellor, or others specifically granted the authority. To support this effort, the Director of Marketing and Community Relations (641-3569 or 617-9348) shall be notified as soon as practical in the event of any emergency.

Concussion Management – Click Here for [Concussion Management Protocol](#)
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Heat Safety – With the elevated temperatures and high humidity in the summer and fall, heat related illness is a central concern. This sheet will offer guidelines to help prevent your athletes from succumbing to a heat illness.

The following chart should be referenced when practicing outside.

RH = Relative Humidity

AIR TEMPERATURE	DANGER ZONE	CRITICAL ZONE
73 F	80% RH	100% RH
75 F	70% RH	100% RH
80 F	50% RH	80% RH
85 F	40% RH	68% RH
90 F	30% RH	55% RH
95 F	20% RH	40% RH
100 F	10% RH	30% RH

- Wear light loose fitting clothing
- Drink at least 17oz of water 1-2 hours prior to practice.
- Modify activities according to heat index.
- Water breaks every 15-20 minutes.
- Acclimatization (physiological adjustment to the heat)
- Practice early in the day or later in the evening.

FYI

- The highest heat indexes are usually between 1 pm and 7 pm.
- Acclimatization takes about 7-10 days and is a slow progression increasing in intensity and duration (see ATC).
- We are equipped with a digital Heat Index Monitor that enables us to measure the humidity and ambient air temperature. This is another tool used to determine athlete safety.
- Practice intensity should be modified using the Heat Index recommendations (see figure 1).
- Most adverse heat reactions occur in the first few days of practice.

WORK TO REST RATIO USING WBT

<u>Under 60F:</u>	no limit for moderate	40/20 for high intensity.
<u>61-65F:</u>	50/10min for moderate	30/30 for high intensity.
<u>66-70F:</u>	40/20min for moderate	30/30 for high intensity.
<u>71-75F:</u>	30/30min for moderate	20/40 for high intensity.
<u>75 + F:</u>	20/40min for moderate	10/50 for high intensity.

Warning Signs

- Headache, Visual disturbance, Unsteadiness, Diarrhea, Weak rapid pulse, Faintness, Nausea, Collapse, Cramps, Chill, Mental slowness, Fatigue, Seizures, Pale color, bluish appearance, Incoherence, Weakness, Vomiting, Rigidity, Flush

If any of these signs are present stop activity immediately. Place the athlete in a cool environment and give cold fluids. Call the ATC or Public Safety.

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If an athlete becomes unconscious, call Public Safety, and attempt to cool body with Ice, full body emersion, and fanning. Get to hospital ASAP.

INCLEMENT WEATHER PROCEDURE – While no single procedure will cover every situation, the following will be used to deal with inclement weather situations for USCA outdoor sports. For the purposes of this procedure, the weekend is considered Friday and Saturday, with the weekday considered Monday – Thursday, while Sunday games are treated separately.

- When a starting game time must be changed for inclement weather, the change in starting time must be approved by the AD or his/her designate. After receiving approval, the head coach must then call the SID, Athletic Trainer, USCA switchboard, USCA Public Safety, any other game staff (ticket takers, concessions, clock/scoreboard operators, PA announcer, and any other support personnel), and Community Focus Person to notify them of the change.
- When games/matches must be stopped because of lightning, the athletic trainer is charged with making sure players leave the field and in determining when it is safe for players to return to the field, as outlined in the USCA Division of Athletics Lightening Procedure.

In making decisions regarding games, student athlete safety is of paramount concern. Proper time for warm-up and stretching must be factored into starting or resuming play. USCA will make every reasonable attempt to play all scheduled contests. The Director of Athletics can only make exceptions. If the Director of Athletics is unavailable, the Deputy Director of Athletics or an associate or assistant AD may make an exception.

Institutional Substance Abuse Testing Guidelines – The use of controlled substances and "performance enhancing" drugs constitute a threat to the integrity of intercollegiate athletics, represents a danger to the health and careers of student-athletes, and unduly exposes student-athletes to exploitation. The Division of Athletics has adopted a program which seeks to protect student-athletes at USCA from the risks and dangers of drug and alcohol abuse through measures of testing, education and, where appropriate, sanctions.

The use of anabolic steroids, cocaine, amphetamines, and any other controlled substance prescribed by federal or state law, by any member of an intercollegiate athletic team of the University is expressly prohibited, whether such use occurs before, during or after the team's season. The only exceptions are for licensed physician prescribed medication for the student-athlete. Such prescriptions will be reported to the Athletic Training Staff. Unauthorized use of such drugs constitutes an abuse of the privilege of practicing and representing the college in intercollegiate athletic competition. Such unauthorized use may result in dismissal from the intercollegiate athletic program and may lead to further sanctions including the loss of the grant-in-aid.

The NCAA Sport Science Institute promotes the fair and safe competition of college athletes. The NCAA drug-testing program, along with clear policies and effective educational programs, contributes to a campus environment that supports healthy choices, fair competition, and a positive environment for student-athletes.

The University of South Carolina Aiken supports the NCAA II statement regarding substance abuse. We are committed and dedicated to promoting and preserving the integrity of athletics for the benefit and welfare of our student-athletes.

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Recognizing that drug and alcohol abuse among college athletes is of national concern and could endanger the health, development, and well-being of some of the University's student-athletes, USCA's Division of Athletics has developed this procedure of drug education, testing, and counseling.

Drug Education Program– USCA is committed to providing educational programs and services for all students that increase awareness of the long-term effects and dangers of certain substances. Various programs are conducted throughout the year on campus and in the community that address drug abuse. In addition, USCA provides an on-campus counseling service, which has educational programs as well as individual counseling for students.

The NCAA provides educational resources for member schools to promote and support the health and well-being of student-athletes. The following link shows these resources to help student-athletes understand the effects of substances:

<http://www.ncaa.org/sport-science-institute/topics/doping-and-substance-abuse-educational-resources>

Individualized Reasonable Suspicion Screening– Any student-athlete may be subject to testing at any time when, in the judgment of the Director of Athletics, there is reasonable cause to suspect that the student-athlete is engaged in the use of any of the drugs prohibited by these testing guidelines. Such individualized reasonable suspicion may be based on information from any source deemed dependable by the Director of Athletics. The content of the information may include, but is not limited to: (1) observed possession or use of substances that reasonably appear to be drugs of the type prohibited, (2) arrest or conviction for a criminal offense related to the possession, use, or trafficking of drugs of the type prohibited, and/or (3) observed abnormal appearance, conduct or behavior, including absence from academic duties, training or competition; reasonably interpretable as being caused by the use of drugs of the type prohibited.

Upon receipt of such information, the Director of Athletics shall confer with university legal and medical representatives in determining whether there is reasonable cause to suspect that the student-athlete is engaged in prohibited drug use. Individualized reasonable suspicion means that if the available facts were conveyed to a reasonable person unfamiliar with the student-athlete or the athletic program, that person would conclude that there is a factual basis for determining that the student-athlete is using a prohibited drug.

If individualized reasonable suspicion is found to exist, the Director of Athletics or Assistant AD for Sports Medicine will meet with the student-athlete. At the meeting, the student-athlete will have the opportunity to provide an explanation for his/her behavior. However, if the explanation is not satisfactory to the Director of Athletics, the Director of Athletics will provide written notice specifying the date, time, and place at which the test will be conducted. The consequences for failure to cooperate and participate in the drug screening or a positive test for a banned substance will result in sanctions consistent with those outlined for random testing.

Procedures For Any Confirmed Positive Test

The following are the minimum penalties to be enforced by the Division of Athletics.

1. First confirmed positive test:

- a.) The student-athlete will be required to meet with the Director of Athletics within forty-eight (48) hours of notice of the positive test. Unless there are extenuating circumstances, as determined by the Director of Athletics, in the event the student-athlete fails to meet with the Director of Athletics

in a timely manner, he/she will be prohibited from working-out, practicing, or participating in competition until a meeting is held.

- b.) The student-athlete will, in the presence of the Director of Athletics or the Director of Sports Medicine or his/her designee, and the head coach or supervisor, notify his/her parents or legal guardians of the incident by telephone call or in person. The parents or legal guardians will also be informed of the corrective actions being taken via certified letter.
- c.) The student-athlete may be scheduled for testing each time drug testing is performed for a period of not less than twelve (12) months, and for non-random drug testing thereafter as deemed necessary by the Director of Sports Medicine.
- d.) The student-athlete will be referred for mandatory assessment, counseling and treatment as determined by the Director of Sports Medicine. If the student-athlete fails to cooperate, he/she may be suspended or dismissed from the team.

2. Second confirmed positive test:

- a.) The student-athlete will be required to meet with the Director of Athletics within forty-eight (48) hours of notice of the positive test. Unless there are extenuating circumstances, as determined by the Director of Athletics, in the event the student-athlete fails to meet with the Director of Athletics in a timely manner, he/she will be prohibited from working-out, practicing, or participating in competition until a meeting is held.
- b.) The student-athlete will, in the presence of the Director of Athletics or the Director of Sports Medicine or his/her designee, and the head coach or supervisor, notify his/her parents or legal guardians of the incident by telephone call or in person. The parents or legal guardians will also be informed of the corrective actions being taken via certified letter.
- c.) The student-athlete may be scheduled for testing each time drug testing is performed for a period of not less than eighteen (18) months, and for non-random drug testing thereafter as deemed necessary by the Director of Sports Medicine.
- d.) The student-athlete will be referred for mandatory assessment, counseling and treatment as determined by the Director of Sports Medicine. If the student-athlete fails to cooperate, he/she may be suspended or dismissed from the team.
- e.) The student-athlete will be withheld from twenty-five (25%) percent of the team's season competition schedule, including post-season events (e.g., PBC Championships, NCAA Championships), beginning with the next consecutive events in the schedule. When calculating the withholding from competition, fractional numbers are always rounded up to the next whole number and student athletes must be eligible and cleared for participation. The student-athlete may practice but will be prohibited from dressing in uniform for a competition, traveling with the team, or being present in the team area on the day of competition. However, at the request of the Head Coach, the Director of Athletics will have the discretion to permit the student-athlete to travel with the team, dress and be on the sidelines for the competition.

3. Third confirmed positive test:

- a.) The student-athlete will be required to meet with the Director of Athletics within forty-eight (48) hours of notice of the positive test.
- b.) The student-athlete will, in the presence of the Director of Athletics or the Director of Sports Medicine or his/her designee, and the head coach or supervisor, notify his/her parents or legal guardians of the incident by telephone call or in person. The parents or legal guardians will also be informed of the corrective actions being taken via certified letter.
- c.) The student-athlete will be referred for assessment, counseling, and treatment at his/her own expense.
- d.) The student-athlete will be dismissed from intercollegiate athletics at the University of South Carolina Aiken.
- e.) The student-athlete will forfeit further financial aid from the Athletics Division.

4. Refusal of testing is considered a confirmed positive test.
 5. Confirmed positives accumulate throughout the student-athlete's career at USCA.
 6. Any student-athlete may seek independent confirmation of his/her test results at his/her own expense.
7. **FALSIFICATION OF TEST RESULTS:** Any attempt to falsify test results by providing false information, altering a urine sample, manipulating test results, or any other conscientious effort to circumvent the process will result in an automatic suspension from participation in USCA's athletic program for a period of not less than six (6) months.

Purpose of Drug Education/Screening

- To function as a deterrent to prevent drug usage by giving the student-athlete another reason to say "NO" to drugs.
- To improve the quality of life of our student-athletes, as well as providing the best possible legitimate athletic representation for USCA (i.e., mental, physical, and emotional health).
- To improve class attendance and academic performance.
- To increase the retention rate of our student-athletes.
- To provide an intervention process to identify drug users and help.

Refusal/Failure to Be Tested- If a student-athlete fails to show up for the test at the specified time or otherwise fails to provide the urine sample when requested, he/she will be required to meet with the Head Coach and Director of Athletics. At this meeting, the student-athlete will be given the opportunity to explain his/her actions. If, because of that meeting, the Director of Athletics determines that the reason(s) given are not satisfactory, the student-athlete will be suspended immediately for a period of one year from date of refusal and will not be allowed to participate in any practice, conditioning, or weight training with the team during suspension. The student-athlete will also be considered to have two strikes (second positive) against him/her regarding these Substance Abuse Testing Guidelines.

Any other refusal or failure to be tested and/or positive drug test will result in immediate and permanent suspension from further practices and competition without opportunity for further competition at USCA. In addition, your parents/legal guardians will be notified. Loss of eligibility due to the above reasons may result in the inability to renew any athletic scholarships, and existing scholarships may be subject to cancellation as determined by the Director of Athletics and or his/her designee.

Screening/Identification Process- The selection of student-athletes for testing will be done as follows:

- In keeping with the purposes outlined previously, all student-athletes will be subject to testing.
- Tests will be conducted on an unannounced basis.
- For testing purposes, the following teams/groups will be used: Baseball, Men's Basketball, Women's Basketball, Men's Cross Country, Women's Cross Country, Golf, Men's Soccer, Women's Soccer, Softball, Volleyball and Spirit. At least one person from each team/group will be randomly selected for testing immediately prior to each of the test sessions. Approximately 20% of all student-athletes/ teams will be tested each testing session. In addition, anyone with a confirmed positive on a previous test, or anyone referred to us for testing will be required to be tested.
- In addition to the groups identified above, any student-athlete who demonstrates behavior indicative of substance abuse (probable cause) or having previously tested positive will be subject to unannounced testing at any time.

Self Help/Safe Harbor- As a one-time opportunity, a student-athlete who has not tested positive prior to this occurrence yet has knowingly ingested a banned substance may seek confidential help from his or her

coach or the sports medicine staff prior to notification of a pending drug screening. At that time, the student-athlete will immediately be tested and if positive be deemed medically ineligible to participate until such time as the athlete is able to provide a negative sample. The medical staff will determine when a second drug test is to be performed as well as the need for a health assessment to be completed with a drug education or substance abuse professional. The student-athlete will be removed from random selections while in Safe Harbor. While this occurrence will be considered as the student-athlete's first positive test, no other sanctions will be applied.

Substances to Be Tested For

- Amphetamines
- Barbiturates
- Benzodiazepines (Valium and similar tranquilizers)
- Cannabis (marijuana)
- Cocaine
- Methaqualone (Quaalude's)
- Opiates (heroin and other opium derivatives)
- Phencyclidine (PCP or "Angel Dust")

Student-athletes are also subject to be tested for other substances or supplements banned by the NCAA, or substances or supplements that may be harmful to the student-athlete's welfare. ***Any student-athlete convicted of driving under the influence of alcohol or drugs (DUI) as defined by the South Carolina state law, drunk and disorderly conduct, or possession of drugs will be considered to have tested positive for substance abuse and will be subject to the consequences outlined in Procedures for Any Confirmed Positive Test.***

Summary of Testing Procedures

1. Student-athletes are requested to read and sign Consent to Perform Urinalysis for Drug Testing at USCA. Feel free to ask questions about anything you do not understand.
2. On test day, the student-athlete will report to the training room at the specified time.
3. The trainers will provide the student-athlete with a specimen collection bottle.
4. The student-athlete will provide a urine specimen under observation.
5. Screening results will normally be reported within 72 hours of lab receiving specimens.
6. Student-athletes with positive results (positive indicates substance in the urine) will be contacted and requested to meet immediately with the Head Coach and Director of Athletics.

Test Procedures

- Each student-athlete (and parent if the student-athlete is a minor) will sign a consent form prior to becoming an active member of the athletic program. This form will indicate the student-athlete's consent to be tested according to the procedures outlined in this procedure as a prerequisite of participation in the athletic program.
- The Head Athletic Trainer and/or Athletic Director shall be responsible for selecting the testing dates, selecting the participants of the testing and notification of participants.
- Prior to testing, the student-athlete will complete a questionnaire, identifying any drugs he/she is currently taking or has taken within the past three (3) months.
- The giving of the urine sample will be directly observed. The observer shall be an appropriate member of an independently contracted drug testing professional.

- The sample collection bottle will be sealed with security tape and will be placed into a plastic collection bag and sealed with security tape.
- The student-athlete will witness the preparation of the sample and sign the appropriate paperwork acknowledging the sample is his/hers.
- The sample will be provided to the testing lab according to chain of custody guidelines set forth by the lab.
- Upon receipt of the sample by the testing lab, initial testing will be conducted (including confirmation testing when appropriate), and the remainder of the sample will be frozen and retained according to the chain of custody procedures.
- In the case of a positive test, the student-athlete will be given the opportunity to have the remaining portion of his/her sample retested.
- Test results will be reported directly to the Director of Sports Medicine/Director of Athletics.

Who Will Be Treated- All athletes who are listed on the official eligibility lists will be eligible to be screened and will participate in the drug education program.

Alcohol or Other Drug Related Bad Behavior– Alcoholism is a progressive disorder that often leads to serious physical and psychological illnesses as well as unacceptable social behavior. Any student-athlete who chooses to consume alcohol will be held accountable for any alcohol related incident in which he/she is involved, whether there are legal implications or not. ***If a student-athlete participates in an alcohol related incident with legal implications under campus, state, or federal laws, he or she will be subjected to the same or similar sanctions as those for a positive drug test.*** If a student-athlete engages in an obvious alcohol related incident that is without legal implications, the head coach, Director of Athletics, and Head Athletic Trainer will determine if the circumstances warrant counseling intervention and/or any additional sanctions. The University will not be required to test the student-athlete to enforce this provision.

Appeal Process – If an athlete believes the facts on which the sanctions were based are erroneous, or that the sanction(s) should not be imposed, the athlete may file a written appeal with the Director of Athletics within 15 days after receipt of the sanction(s). The appeal must include any information that might change the factual findings or the imposed sanction(s). The Director of Athletics will review the information submitted by the student with the Deputy Director of Athletics and Senior Woman Administrator and may reconsider his/her factual findings and sanction(s). The Director of Athletics shall make a final decision regarding the appeal and will notify the athlete in writing of the decision.

The student-athlete may appeal the Director of Athletics decision through the grievance procedures within the University judicial affairs as described within the following link, <https://www.usca.edu/judicial-affairs/grievance-procedures>

NCAA Substance Testing Guidelines – The prevention of performance-enhancing drug use by college athletes is of critical importance to support fair, healthy play, and the NCAA differentiates performance-enhancing drugs from alcohol and other recreational drugs. The SSI partners with The National Center for Drug Free Sport to administer year-round championship drug-testing programs and funds more than \$5 million annually in both testing for performance-enhancing drugs and providing educational efforts to help each member school address the risks involved with the misuse of alcohol and recreational drugs.

Appeal Process- If requested to do so, an institution is required to bring an appeal on behalf of a student-athlete who has a positive drug test or who violates an NCAA drug-testing protocol. The procedures for appeal are contained in [Section 8.0 of the NCAA Drug-Testing Program Protocol](#). The following link is provided to NCAA institutions that may be considering filing an appeal on behalf of a student-athlete: <http://www.ncaa.org/sport-science-institute/drug-testing-appeals-process>

Drug Testing Program- The NCAA drug-testing program, along with clear policies and effective education, protects student-athletes who play by the rules by playing clean. The purpose of the drug-testing program is to deter student-athletes from using performance-enhancing drugs, and it affects the eligibility of student-athletes who try to cheat by using banned substances. The NCAA tests for steroids, peptide hormones and masking agents year-round and tests for stimulants and recreational drugs during championships. Member schools also may test for these substances as part of their athletics Division drug-deterrence programs. More information can be found in the following link about drug-testing program protocol: <https://www.ncaa.org/ncaa-drug-testing-program>

NCAA Banned Drug Classes (NCAA Bylaw 31.2.3.1) – The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or visit the following link for a current list. <https://www.ncaa.org/2015-16-ncaa-banned-drugs>

NCAA Year-Round Drug Testing Program – During the academic year, student-athletes will be subjected to random drug screening. The student-athlete may or may not be given advanced notice of the drug testing. Drug screening will be provided by an outside independent agency contracted by the University to provide such a service. Drug testing will be conducted on selective (Individualized Reasonable Suspicion Screening) and random basis, usually with unannounced tests. Notification of the student-athlete and head coach by phone or through direct personal contact will take place no more than 24 hours prior to the scheduled test. Upon notification, the student-athlete should do nothing out of the ordinary from a dietary standpoint (over hydrate) and present at the test site at the predetermined time with a picture ID. Student-athletes may be subjected to testing during the entrance physical examination, or at any time throughout the academic year. A student-athlete who refuses to participate in a drug screening or fails to report for a scheduled screening within the allotted time, will be considered medically ineligible.

Every Division II sport is now subject to out-of-competition (year-round) drug testing. For institutions not sponsoring DII football, Drug Free Sport randomly will select institutions to be tested. Institutions not sponsoring football will be selected at least once every two years. If your institution does not sponsor football, four student-athletes from one sport will be tested. Student-athletes are subject to drug testing before, during or after their competitive season.

Insurance (Primary) – All student-athletes are encouraged to have primary insurance coverage that will cover athletic related injuries. Failure to have or maintain primary insurance will result in that student-athlete not being able to practice or participate.

At the beginning of each school year the student-athlete, and his or her guardian, will be required to provide the Assistant Athletic Director for Sports Medicine with information regarding personal and/or family medical insurance coverage. This is done through the student athletic portal (<https://blueocean.edh.com>). This information shall include the name of the insurance company, address, relevant policy numbers, and front and back copies of the policy card. No student-athlete will be allowed to

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participate in any practice or competition until the Parent's Insurance information has been submitted in full along with front and back or insurance card.

Any changes in insurance and/or coverage must be reported to the athletic training staff immediately. New insurance forms must be completed and signed. Copies of the new insurance cards are also required. Failure to comply will cause a delay in processing the claim and the possibility of the account being turned over to collection thus making it the responsibility of the student-athlete.

Injury/Insurance Guidelines

- The USCA Division of Athletics encourages that all student-athletes have personal primary insurance coverage that will cover intercollegiate athletic injuries.
- All injuries must be reported to and evaluated by the USCA Sports Medicine-Athletic Training Staff within 24 hours of occurrence. (Exception—EMS transport or hospitalization) Failure to report injuries to the Athletic Trainer voids university responsibility. In addition, failure to meet scheduled physician's appointments or to provide accurate insurance information may void any University responsibility for athletically related injuries or illnesses.
- If medical referral is deemed necessary, the student-athlete will be given an appointment with a USCA team physician and will take all insurance information with them.
- The student-athlete's personal insurance will be primary and the USCA accidental medical policy will be secondary. There are no exceptions.
- If there are any co-pays or deductibles for the student-athlete's personal insurance, the USCA accidental medical policy will cover providing the claim meets policy terms and conditions. These charges should be billed directly to the Division's insurance company or if paid can be reimbursed by the Division's insurance company with proper documentation.
- The USCA accidental insurance policy will only cover injuries sustained during intercollegiate activities, which are supervised by a member of the USCA coaching staff. (Open gyms, intramurals, individual conditioning, training, skill sessions without supervision are not covered).
- All injuries that meet policy terms and conditions shall have a medical injury "Proof of Loss" form completed and forwarded to the Division's insurance company along with a copy of the student-athlete's insurance information (signed parent's insurance form) and a HIPAA release form signed by the student-athlete.
- The USCA accidental medical insurance company will coordinate payment with the student-athlete's primary insurance.
- The university assumes no fiscal responsibility whatsoever for any uninsured medical expenses or significant out-of-pocket expenses in the event of injury.
- Insurance claims will not be filed to the Division's insurance company for any injury/condition deemed pre-existing to enrollment at USCA.
- Falsification of any documentation with the intent to deceive an insurance company is considered fraud. Documentation will not be changed for the purpose of filing a claim on a pre-existing condition or injury that was not disclosed on their medical history form or reported during their pre-participation physical exam.

Insurance (Secondary) – The Division provides secondary insurance coverage for each student-athlete eligible to participate in practice and/or competition. The secondary insurance will not cover injuries sustained in non-intercollegiate activities, unsupervised intercollegiate related activities, or for general medical conditions.

The secondary insurance policy is designed to supplement the student-athlete's personal primary insurance policy. Any portion of a claim that is left outstanding by personal insurance will be filed with the secondary insurance and paid based on reasonable and customary charges. This policy will not necessarily cover all out-of-pocket expenses and those are the responsibility of the student-athlete. Student-athletes are encouraged to not allow primary insurance plans to expire or terminate. The secondary insurance will not cover if there is no primary insurance claim. Any amount will be the responsibility of the student-athlete and/or their parents.

Secondary Insurance Claims– Only injuries that occur during a supervised athletic related activity are covered by the USCA Division of Athletics secondary insurance policy. A supervised activity is an activity that has a member of that team's coaching staff in attendance. Some examples of activities that are not supervised are open gyms, intramurals, batting cages outside of designated practice times, and any activity taking place without the direct supervision of a member of the student-athlete's team coaching staff. All injuries must be reported at the time of occurrence. If the team's Athletic Trainer is unavailable, the injury should be reported to a member of that team's coaching staff to ensure proper follow-up. Once the injury is evaluated, the necessary referral will be made, and an insurance claim report will be filed. No secondary insurance claim reports will be filed on injuries that are not reported within 72 hours of occurrence. The only exception is for EMS transport and/or hospital admission for athletically related injury.

Insurance (Letter to Parents/Guardians)-

Dear Parents,

We are pleased to have your son/daughter as a student-athlete and hope that the opportunities presented here at the University of South Carolina Aiken are successful and enjoyable.

The University of South Carolina Aiken strives to provide the absolute best conditions for competition, while maintaining a reasonable cost of operation. Therefore, the University of South Carolina Aiken carries a "secondary" insurance policy on our athletes that is common in many university and college athletic settings. This insurance policy contains a clause, which requires the athlete to use a "primary" personal insurance policy first. The school's insurance works in conjunction with your family insurance. The athletic accident insurance at the University of South Carolina Aiken provides coverage for your son/daughter for accidents while participating in collegiate athletics; however, benefits will first be applied for through your "primary" personal insurance policy. Any unpaid liability will be submitted to the university's "secondary" insurance provider.

Remember that every bill must first be submitted to your insurance company. Your insurance company will review the claim and then send you an "explanation of benefits" (EOB). When you receive this (EOB) send it along with an itemized bill for services rendered to us for submission of the remainder of cost to our insurance company. ***The Division of Athletics at USCA requires all student-athletes to provide primary insurance coverage that allows benefits in South Carolina. Student-athletes that do not have a primary insurance policy that covers athletic injuries in the state of South Carolina will not be eligible for athletic participation. In addition, failure to notify the athletic training staff of any changes in the status of coverage will result in the forfeiture of our secondary policy benefits. Consequently, the student-athlete will become responsible for all medical expenses incurred in the event of an athletic injury. Please take note that Campus Tricare and Medicaid do not qualify as***

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primary insurance. Please include a copy of the student-athlete's insurance card and verification of coverage from your insurance company.

If the primary family coverage is through an HMO (Health Maintenance Organization) or PPO (Preferred Provider Organization) you must follow the proper sequence required by your plan for the university's insurance to satisfactorily complete its portion of the claim. This is especially important if your plan requires pre-authorization to have your son/daughter treated if out of your plan's service area. Please contact and make the necessary arrangements with your insurance company so that we may expedite the referral and treatment of your son/daughter.

Please keep in mind that the university's insurance policy only covers athletic injuries that occur because of participation in official school sponsored and authorized activities. Pre-existing injuries, non-athletic injuries, overuse injuries, and illnesses are not covered by the university's insurance policy. Because of this stipulation, we strongly recommend that your son/daughter be covered by personal or family medical insurance.

If an athlete sustains an injury, he/she should report to the athletic training staff as soon as possible for evaluation. If the trainer's evaluation reveals a need for physician referral, that athlete will promptly be referred to the team physician for further evaluation. The trainer or the team physician will notify parents if the injury is severe in nature. The athletic training staff under the supervision of the team physician will oversee follow-up treatment and rehabilitation.

IMPORTANT- If an athlete reports to a physician for an injury without the training room's referral, the university's insurance may not cover the visit and/or treatment. Therefore, all athletes must receive a referral before seeing a physician.

All athletes are encouraged to obtain a physical prior to reporting to the university. The physical form from your family physician should be turned in to the athletic trainer. If the athlete has had a physical within the last calendar year, please send a copy of that physical for the athletic training medical files.

The enclosed forms must be completed and returned to the University of South Carolina Aiken by August 10th. Student-athletes will not be allowed to participate in any physical activity with their team until all forms have been received. Please return the completed forms to:

Brandon T. Aiken, Assistant Athletic Director Head Athletic Trainer
University of South Carolina Aiken
471 University Parkway
Aiken, South Carolina 29801

Thank you for your cooperation and we look forward to your son/daughter participating in athletics at USCA. Should you have any questions about this letter or athletic insurance coverage please, feel free to contact me at (803)641-3367.

Sincerely,
Brandon T. Aiken, ATC, CSCS
Assistant Athletic Director/Head Athletic Trainer

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LIGHTNING / SAFETY PROCEDURE – The Division of Athletics has purchased Earth Networks.com to detect and track electrical storms moving into the area. These devices detect cloud-to-ground lightning strokes up to thirty miles away.

1. During inclement weather, DTN Weather Sentry Mobile will be made available to the Athletic Trainer or Coach.
 - In most cases the Head Athletic Trainer will ask the game official to remove individuals from the field. In the absence of the Head Athletic Trainer, the game administrator with a lightning detection device will inform the Coach that a lightning stroke has been detected or that one has been spotted. It is then the duty of the Coach to ask the game Officials to remove the athletes from the field to a safe shelter. In both instances above, if the Officials fail to clear the field, USCA coaches and staff, for safety reasons, will remove their team and personnel.
 - Athletic training and coaching staff should monitor local weather and prepare for an alternate practice site or rescheduling if there is an indication that severe weather is imminent.
2. If it is determined that removal of athletes from the field is necessary, the athletes should report to a safe shelter.
 - A primary safe location is any substantial, frequently inhabited building. Ideally, the building should have electric wiring, plumbing, and telephone service.
 - A secondary choice is a fully enclosed vehicle with a metal roof and windows closed, making sure not to touch any part of the metal framework.
 - Shower rooms, swimming pools, athletic storage sheds, and rain shelters are considered unsafe areas during an electrical storm. The use of land-line telephones and electrical appliances is also regarded as unsafe.
3. Suspension and resumption of activities will be determined using real-time lightning detection from DNT Weather Sentry Mobile.
 - When a lightning stroke has been detected at a range of ten miles' individuals should be in the process of seeking shelter or already inside a safe shelter.
 - By the time the flash-to-bang count approaches 30 seconds, all individuals should already be inside a safe shelter.
 - Wait at least a period of 30 minutes for the last sound of thunder or observation of lightning before leaving the safe shelter.
 - Remember, "If you see it flee it, if you hear it fear it".
 - It is the recommendation of the NATA that athletic events be postponed or suspended before their onset if thunderstorm activity is imminent.
4. Obligation to inform.
 - If conditions are such that thunderstorm activity is looming in the immediate area, a public announcement will be made to warn spectators, invited guests, and participants.
 - Safety instructions will be posted in visible, high-traffic areas or placed in event programs.

Lightning facts

- The average lightning stroke is six miles long.
- The average thunderstorm is 6-10 miles wide.
- On average, thunder can only be heard over ten miles.
- Thunder is created when lightning quickly heats the air around it to temperatures five times greater than the sun (50,000°F).
- 92% of lightning casualties occur between May and September.

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- On an average lightning causes 100 deaths and 500 injuries in the United States alone each year.
- The most common sites for fatalities are open fields (27%).

Medical History and Physical Exam – All student athletes must complete a comprehensive medical history questionnaire accurately and truthfully, and pass a pre-participation physical exam provided by the USCA Athletic Training Staff prior to participation in any team activity. This also includes a cardiovascular screen, sickle cell testing waiver and concussion reporting form. If any further diagnostic testing is deemed necessary by the USCA team physical to clear the student-athlete for participation, any/all costs will be the responsibility of the parents and or student-athlete.

As a part of our requirements for medical eligibility, all student-athletes must complete the comprehensive medical history questionnaire truthfully and accurately. Any information that is omitted, false, or found to be intentionally withheld will result in the student-athlete / parents being financially responsible for any/all cost of that pre-existing injury. The University of South Carolina Aiken will not cover any injury occurring outside of the student-athlete's participation in official intercollegiate athletic activities.

Mental Health – Mental health illness is a prevalent occurrence amongst our society affecting one in five adults annually but often goes overlooked. Many sufferings from a mental illness tend to be younger adults, college aged. An athlete's mental health is key for the athlete to function at optimal levels during sport. While mental health illnesses can range from mild to severe, all cases should be addressed on an individual basis and treated with the utmost discretion.

The Sports Medicine Division respects and treats all mental health illnesses seriously. In accordance with the NCAA's "Mental Health Best Practices" and in cooperation with USCA Accessibility Services, the USCA Sports Medicine Division has implemented a new procedure to address mental illnesses. This procedure outlines warning signs, the process of referral to a qualified healthcare professional, and crisis intervention. It is our hope as a division that these illnesses will no longer go unnoticed and our student-athletes will have access to the best care possible.

Should an athlete suffer from or develop a mental health issue, the Sports Medicine staff will assist in referring the athlete to Counseling Services on campus or finding the appropriate healthcare professional. A member of the Sports Medicine staff will continue to check-in with the athlete throughout the process but will only intervene if he/she feels that the athlete poses potential harm to himself/herself or others.

Resources

USCA Counseling center: (803) 641-3609

USCA Counseling center <https://www.usca.edu/counseling-center>

Online Depression screening tool: <http://screening.mentalhealthamerica.net/screening-tools>

Ulifeline.com: <http://www.ulifeline.org/>

Practice Coverage – Practice/game coverage/assignments will be determined by the Head Athletic Trainer based on the nature of the sport and its risk of injury. Championship season practice/playing take precedent over non-championship season practice/play. All attempts should be made by coaches conducting practices during the non-championship season to plan them during the Sports Medicine-Athletic Training hours of daily operation. Any non-championship season competitions must be pre-approved by the Head Athletic Trainer to ensure Sports Medicine-Athletic Training Staff availability.

Pre-Existing Injury/Condition – All student-athletes are required, as part of their medical eligibility, to complete a comprehensive medical history questionnaire accurately and truthfully. Any information that is omitted, false, or intentionally withheld will result in the student-athlete and/or parents being financially responsible for any/all expenses incurred and for any/all medical treatment for the injury/condition determined.

The Division's secondary insurance policy will not cover any injury/condition that occurred outside of the student-athlete's participation and/or eligibility in Intercollegiate Athletics at USCA. Student-athletes will be given the opportunity to sign a Pre-Existing Condition Waiver if deemed appropriate by the USCA Team physician that they may participate with their pre-existing condition. By signing the waiver, they agree to all contents of the waiver without exception.

Pregnancy Procedure And/or Parenting Student-Athletes – The USCA Division of Athletics is committed to the personal health and development of all USCA's members and to the educational mission of USCA. We strive to provide an environment that respects all pregnancy and parenting decisions and urge all participants to work cooperatively toward degree completion. This procedure sets forth the protections that should be provided for pregnant and parenting students, including those with pregnancy related conditions. It also prohibits retaliation against any student-athlete or employee who complains about issues related to the enforcement of this Procedure on Pregnant and/or Parenting Student-Athletes. We want to protect every student-athlete's physical and psychological health, and their ability to complete their education.

Federal Laws – Title IX of the Education Amendments of 1972 bars discrimination based on sex, which includes the guarantee of equal educational opportunity to pregnant and parenting students. This means that USCA's student-athletes cannot be discriminated against because of parental or marital status, pregnancy, childbirth, false pregnancy, termination of pregnancy or subsequent recovery. In addition, other federal laws may protect a student-athlete's medical information. Some actions that may be permissible under NCAA rules are impermissible under federal law, and USCA's institution adheres to federal law.

To comply with federal law:

- USCA Division of Athletics will only require a pregnant or parenting student-athlete's physician to certify physical and emotional fitness as a condition for participating in athletics when such certification is required of student-athletes who experience other temporary disabilities.
- Once notified by the student-athlete of a pregnancy, the Division of Athletics will allow a pregnant student-athlete to fully participate on the team, including team related activities, upon written notification from the student-athlete's physician or other medical caregiver certifies that participation in medically safe, as required by any student-athletes who experience a temporary disability.
- A parenting student-athlete is permitted to fully participate in team activities, including all team-related activities, unless the student-athlete's physician or other medical caregiver certifies that participation is not medically safe.
- A pregnant student-athlete may continue to participate in a limited manner on the team, including all team-related activities, unless the student-athlete's physician or other medical caregiver certifies that partial participation is not medically safe.
- Medically necessary absences from team activities due to pregnancy should be considered excused absences.

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- No coach or other Division of Athletics personnel shall suggest to any student-athlete that his or her continued participation, once medically cleared by their physician or other medical caregiver, on a team will be affected in any way by pregnancy or parental or marital status.
- USCA will not allow a hostile or intimidating environment based on pregnancy or parental status to exist. Acts or statements that are hostile toward pregnancy or parenting, or that shun or shame the student-athlete because she/he is pregnant, or parenting will not be tolerated. Such conduct prevents an individual from effectively participating in, or denies a person the benefits of, the educational opportunities provided by this institution.
- USCA's Division of Athletics will not terminate or reduce a student-athlete's athletics aid because of the student-athlete's pregnancy, marital or parental status during the term of the award.
- Student-athletes may take medical pregnancy leave, and at the end of that leave, they will be reinstated to the same status they had before the leave.
- USCA's Division of Athletics will renew a pregnant, formerly pregnant, or parenting student-athlete's award, so long as the student-athlete is in good standing academically, remains engaged with USCA's Division of Athletics, and meets NCAA eligibility standards. Returning student-athletes may be evaluated in the same manner as any other team member to determine their specific position on the team, such as a starter or as a forward.
- USCA's Division of Athletics will not permit the use of any written or verbal contract that requires a student-athlete to not get pregnant or become a parent as a condition of receiving an athletics award.
- USCA does not provide this type of medical coverage for any student-athlete with a temporary disability and therefore we feel we should remove this statement.
- USCA's pregnant and formerly pregnant student-athletes who wish to continue to participate in athletics are entitled to assistance and rehabilitation on the same basis as such assistance is provided to student-athletes with other temporary disabilities.

To assist USCA's student-athletes –

- USCA's Division of Athletics will help the pregnant or parenting student-athlete plan for his or her continued academic progress, in accord with the University's educational mission.
- USCA's Division of Athletics will help the student-athlete return to sport after pregnancy and during parenting if the student-athlete so desires.
- USCA's Division of Athletics will assist the student-athlete to access the pregnancy and parenting support resources that are available to all University students.
- USCA's Division of Athletics will publish this Procedure in a publicly available Student-Athlete Handbook, make this Procedure available to student-athletes and their families on-line, and provide specific education on this Procedure for all student-athletes and their families.
- USCA's Division of Athletics, in conjunction with the team physician, the Faculty Athletic Representative, the Senior Woman Administrator, Team Certified Athletic Trainers and others designated by the University Chancellor, will regularly review student-athlete pregnancy and parenting cases as they occur to monitor compliance with this Procedure.

Enforcement and Non-Retaliation

- Any Member of the Division of Athletics found to have violated this procedure by threatening to withhold or withholding athletics participation or an athletics award, by harassing a student-athlete based on pregnancy or parenting status, or by breaching medical confidentiality, will be subject to disciplinary action, up to and including discharge or expulsion from the University. The Division of Athletics will also take appropriate remedial action to correct the situation.

- Any member of the Division of Athletics who becomes aware of conduct that violates this procedure should report the conduct to an appropriate official, such as the Senior Woman Administrator and Human Resources.
- The Division of Athletics and University will make every effort to prevent public disclosure of the names of all parties involved, except to the extent necessary to investigate.
- Retaliation is specifically prohibited against anyone who complains about pregnancy or parental status discrimination, even if the person was in error about the lawfulness of the conduct complained about. The USCA Division of Athletics will take steps to prevent any retaliation against the individual who made the complaint. Any member of the Division of Athletics found to have violated this procedure by threatening to withhold or withholding athletics participation or an athletics award, by harassing a student-athlete based on pregnancy or parenting status, or by breaching medical confidentiality, will be subject to disciplinary action, up to and including discharge or expulsion from the University. The Division of Athletics will also take appropriate remedial action to correct the situation.
- Any member of the Division of Athletics who becomes aware of conduct that violates this procedure should report the conduct to an appropriate official, such as the Senior Woman Administrator and Human Resources.
- The Division of Athletics and University will make every effort to prevent public disclosure of the names of all parties involved, except to the extent necessary to investigate.

Retaliation is specifically prohibited against anyone who complains about pregnancy or parental status discrimination, even if the person was in error about the lawfulness of the conduct complained about. The USCA Division of Athletics will take steps to prevent any retaliation against the individual who made the complaint.

Reporting –

- USCA's Division of Athletics requires all student-athletes to reveal any injury or change in medical condition and therefore upon discovering pregnancy the student-athlete should notify the Head Athletic Trainer. The Head Athletic Trainer will follow the procedure dictated for all injuries or change in medical condition.
- USCA's Division of Athletics does not require any student-athlete to reveal their parenting status.
- No Division of Athletics personnel will officially release personally identifiable health information about pregnancy without written, timely authorization from the student-athlete.
- When a student-athlete reveals her/his pregnancy or parenting status to athletics personnel, they should direct the student-athlete to this Procedure. They should reiterate the Division's protection of the student-athlete's team membership status and financial aid. Athletics personnel should refer the student-athlete to the team physician, to the student-athlete's personal physician, or to a university-designated representative trained in providing information about pregnancy and parenting support options.
- Athletics personnel who suspect that a student-athlete is pregnant may report their concerns to the team physician or to a university-designated representative trained in pregnancy and parenting support options.
- Teammates of pregnant student-athletes may report their concerns to the team physician or to a university-designated representative trained in pregnancy and parenting support options.

Required Forms – A considerable amount of information will be required of all athletes (including walk-ons) before they are permitted to practice (including tryout periods). The importance of gathering and completing this information before the athlete practices cannot be overemphasized. All coaches are

encouraged to set up squad meeting(s) before starting practice to enable the gathering of this information. The Director of Athletics or his designated representative shall be present at these meetings.

The following information must be submitted before a student-athlete may participate in practice:

1. Medical History Form
2. Physical Form
3. Parent Information/Primary Insurance Form
4. Liability Waiver
5. USCA Drug Testing Consent Form
6. NCAA Student-Athlete Statement
7. NCAA Drug Testing Consent Form
8. Sickle Cell Form
9. Concussion Form

RETURN TO PLAY – The decision as to whether the athlete can practice or participate due to an injury or medical problem is that of the certified athletic trainer or team physician.

SICKLE CELL – The NCAA requires that all student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletics event including strength and conditioning sessions, practices, competitions, etc.

The NCAA offers two options, submission of results from a previous screening, sickle cell trait screening in the form of a blood test. Testing will be conducted through Aiken County Health Center. Results will be kept on file with the USCA Athletic Training Staff.

About Sickle Cell Trait

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.
- Sickle cell trait is a common condition (> three million Americans)
- Although Sickle cell trait is most predominant in African Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to crescent or "sickle" shape), which can accumulate in the bloodstream and "logjam" blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood.

Sports Performance – It is required that all strength and conditioning activities be reviewed, approved, and kept on file by the Director of Sports Performance, as requested by the NCAA bylaws. This helps to prevent any negligent and/or abusive practices that could be detrimental to the student-athlete.

HOURS OF OPERATION

- Hours of operation will be determined by the Director of Sports Performance based on specific team needs and schedule.
- Teams in their championship season will be given priority consideration in scheduling.
- Open hours (free lift) will be at the discretion of the Director of Sports Performance or Assistant AD for Sports Medicine.
- No one will be permitted to use the weightroom without the consent of the Director of Sports Performance or Assistant AD for Sports Medicine.

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Weight room Rules

Proper Attire required.

No food

No profanity

No spitting

Spotter/collars required for all rack lifts.

Rack all dumbbells and plates after use.

Return all vests, belts, handles, etc. to hangers.

Do not drop weights or let cables slam into pulleys.

Clean benches after use

Keep the weight room clean.

No Meatheads!

Any misuse or abuse of equipment will result in suspension of weight room privileges.

Student-Athlete Medical Records and Files – The Sports Medicine Office is responsible for management of all medical records for student-athletes while they are participating in intercollegiate athletics. The files containing all medical records are maintained in a secure environment and remain the property of the Division of Athletics until they are destroyed.

A student-athlete can, at any time, request to view his/her file. If a student-athlete would like copies of any information contained within the file, they must request this in writing from the Head Athletic Trainer. No records will be released for any reason to anyone without written permission from the student-athlete. Upon completion of the student-athlete's eligibility, his/her file will be moved to inactive status and stored accordingly for seven years. At the conclusion of seven years, following the completion of athletic eligibility, the file and all its contents will be destroyed.

STUDENT PORTAL – All student-athletes must create a username/password for the *Next* student portal. This account must be regularly maintained by the student-athlete and updated as needed. Instructions will be provided, and the student portal must be updated / completed prior to the first practice.

SUPPLEMENTS – Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore, purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information or access AXIS at <https://dfsaxis.com/users/login> using log in ncaa2.

SECTION 7: TEAM INFORMATION

EXTRACURRICULAR ACTIVITIES FOR STUDENT-ATHLETES – Participating in clubs and activities on campus is an excellent way to be involved and create connections. However, extracurricular activities should not interfere with official team activities.

EQUIPMENT (Distribution) – Equipment owned by the Division will be issued to team members only, and only after successfully completing a physical examination and eligibility forms. The coaching staff will

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distribute all equipment. Equipment (i.e., bags, balls, bats, catcher equipment, gloves, helmets, knee pads, shin guards, shoes, etc.) will be handed out to each student-athlete at his/her coach's request. Student-athletes will sign for all equipment upon distribution. If a student-athlete needs to check out equipment for summer use, he/she will need to make sure the equipment is returned promptly upon his/her return to school. If a student-athlete fails to return the equipment, the equipment will be treated as if missing (see below).

EQUIPMENT (Missing) – If a student-athlete is missing a piece of equipment or uniform piece, student-athlete's head coach and Compliance Officer should be notified. Simultaneously the student-athlete will also have an account receivable hold placed on his/her record. The student-athlete will not be permitted to register for the following semester until the hold is released. To release the hold, the student-athlete must either return the missing item(s) or pay the replacement cost. NCAA Bylaw 16.11.1.5 prohibits a student-athlete from retaining equipment. Used equipment may be purchased by the student-athlete on the same cost basis as by any other individual interested in purchasing such equipment.

EQUIPMENT (Return) – All equipment will be returned to the same place it was distributed. If your sport receives a bag, all equipment will be placed inside the bag. The coaching staff will go through the bag with the student-athlete to check in all equipment. If your sport does not hand out bags, the student-athlete will bring clothing and all the equipment unattached. After the student-athlete coach has checked all equipment in, the student-athlete will sign that everything has been returned and is in reusable condition.

Excused Competition for Religious Reasons – Students and coaches will be granted reasonable accommodation for all religious conflicts upon clear and timely notification. Students should notify their coach as soon as possible but no later than one week prior to the scheduled competition, practice and/or another team event. Coaches will notify the Director of Athletics as soon as possible but no later than one week prior to the scheduled event that conflicts with the religious holiday or practice.

GUIDELINES FOR SUMMER WORKOUTS – Incoming student-athletes may work out in our facilities, provided the following guidelines have been met:

- The student has been admitted.
- The student is enrolled during the official institutional summer session.
- The student has provided proof of insurance to the head trainer. Primary insurance should cover the student year-round and not just during the academic year to ensure that the student is covered over the summer.
- The student has proof of physical arrangement through the head trainer.

Continuing student-athletes may work out in our facilities, regardless of summer enrollment, based on normal operating hours. **NOTE:** All summer workouts must be voluntary.

STUDENT-ATHLETE CONDUCT – The Division of Athletics totally supports the mission and standards of the University and is committed to being represented by student-athletes who comply with the behavior expected of all enrolled students. Being a student-athlete and representing the institution in a public manner is a privilege that requires responsibility beyond the normal institutional standards. The Division has additional Divisional and individual sport conduct and participation policies as stated in the student-athlete Handbook.

- *The head coach of each individual sport has the right to set conduct and participation standards for that team.*

- *The Division will not tolerate public or private behavior that might publicly discredit the University, or its athletics program and such behavior may be subject to disciplinary action based upon the circumstances surrounding the behavior.*
- *Violations may result in suspension from competition and/or loss of athletics aid.*
- *The Director of Athletics will be the final arbitrator in all issues involving violations of Division conduct policies.*

Sanctions/Disciplinary Procedures- Student-athletes are expected to follow the coaches' policies regarding training, practice, discipline, and all team matters. Student-athletes not adhering to the rules and regulations of the University (Student Conduct Code), Division and/or the coach will be subject to suspension from practice, competition and/or reduction/cancellation of athletically related financial aid by the University. Disciplinary actions taken by the head coach are independent of sanctions that may be imposed by other authorities (e.g., Judicial Board). All student-athletes have the right to appeal any unfavorable disciplinary decision by a coach to the Director of Athletics.

Student-Athlete Suspension/Dismissal – The Director of Athletics must approve any student-athlete suspension or dismissal in writing. Approval must be granted before any verbal or written conversational exchange occurs with the student-athlete.

Student-Athlete Travel Waiver – Student-athletes are required to travel to and from competitions through official team travel unless otherwise approved by the head coach and Director of Athletics. For those approved, a waiver form is available through the Compliance Office.

USCA Division of Athletics Staff Directory

<https://pacersports.com/staff-directory>

Helpful Websites

University of South Carolina Aiken
471 University Parkway
Aiken, SC 29801
(803) 648-6851

USCA Homepage..... <http://www.usca.edu/>
USCA Directory..... <https://www.usca.edu/about/directories>
Division of Athletics Homepage..... <http://www.pacersports.com>
USCA Division of Athletics Directory <http://pacersports.com/staff.aspx>
My.USCA (Registration/Student Information) <http://my.usca.edu/>
USCA Student Handbook [file \(usca.edu\)](file(usca.edu))
Peach Belt Conference <http://www.peachbelt.com>
NCAA <http://www.ncaa.org>
NCAA Championships..... <https://www.ncaa.com/championships>
NCAA Eligibility Center <http://www.eligibilitycenter.org>
Drug Free Sport Resource Exchange Center..... <http://www.drugfreesport.com/rec>
Password: ncaa2
Free Application for Federal Student Aid (FAFSA)..... <https://studentaid.gov/>

Summary of NCAA Regulations – Division II

[Summary of NCAA Regulations – Division I \(ncaaorg.s3.amazonaws.com\)](https://ncaaorg.s3.amazonaws.com)

NCAA Student-Athlete Statement

[Form 20-3b \(ncaaorg.s3.amazonaws.com\)](https://ncaaorg.s3.amazonaws.com)

NCAA Drug Testing Consent/ Waiver Form

[2023-24D2Comp_Form22-3e_DrugTestingConsentForm.pdf \(ncaaorg.s3.amazonaws.com\)](https://ncaaorg.s3.amazonaws.com)

NCAA Banned Drug Classes

[NCAA Banned Substances - NCAA.org](https://ncaa.org)

2023-2024 Undergraduate Academic Calendar

[2023-2024 Academic Calendar 2023.04.indd \(usca.edu\)](#)

Future Academic Calendars

<https://www.usca.edu/registrar/calendars/academic-calendars/upcoming-academic-calendars/file>

Information contained in this publication is based on current federal and University regulations and policies, which are subject to change.

The University of South Carolina Aiken provides affirmative action and adheres to the principle of equal educational and employment opportunity without regard to race, color, disability, age, sex, creed, religion, veteran status, or national origin. This policy extends to all programs and activities supported by the University. **Any person who feels they qualify for special accommodation due to a physical, learning, or psychological disability should contact the Office of Disability Services at (803) 641-3609 for a free, confidential interview.**

The University of South Carolina Aiken is accredited by the Commission on Universities of the Southern Association of Universities and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097: Telephone number 404-679-4501) to award degrees at level III (Master's Level).

The University of South Carolina has hereby designated as the Section 504 coordinator the University Affirmative Action Officer located in the Human Resources Division, The University of South Carolina, Columbia, SC 29208.