

2023-24 Ashland University Student-Athlete Handbook





Mission Statement

Ashland University educates and challenges students to develop intellectually and ethically, to seek wisdom and justice, and to prepare for the rigors of living and working as citizens engaged in their local, national and global responsibilities.

Identity Statement

Ashland University is a nationally recognized comprehensive university founded in 1878 by the Brethren Church. The University promotes the innovative liberal arts and professional programs for undergraduate and graduate students. Rooted in faith and an unwavering commitment toward accent on the individual, the University provides students an environment that promotes values and respect toward each person.

Core Values

Accent on the Individual

Pledges the best individual and collective efforts to challenge and encourage each member of the university within a supportive community.

Spirituality and Faith

Affirms Christian values as a core element of the University's institutional identity, emphasizing faith in God, moral integrity, and respect for the diversity of values and faith of each person in a community of learning.

Character Development

Promotes integrity, self-discipline, responsibility, compassion, leadership, service, and good citizenship.

Academic Freedom

Supports free, open and critical inquiry for both students and faculty necessary for intellectual and professional development.

Excellence in Teaching

Emphasizes teaching supported by research and scholarship as the University's central responsibility.

Adopted by the Board of Trustees on May 10, 2013

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**RIGHTS
&
RESPONSIBILITIES**



Ashland University
Department of Athletics

401 College Avenue - Ashland, Ohio 44805

Phone: 419-289-5441 - Web Site: goashland eagles.com

NCAA Division II - Member of Great Midwest Athletic Conference

Fall 2023

Dear AU Student-Athlete,

Welcome to Ashland University. We're delighted that you are here and as an Athletic Department staff, we're committed to do all we can to ensure that you have a rewarding experience in every aspect of your college experience.

You are part of an athletic program that has experienced success on the field and in the classroom. Our standards are lofty and we have coaches and staff that will work tirelessly to push you to be the best you can be. Take advantage of as many opportunities as possible, both in Athletics and elsewhere on campus.

Please take a moment to familiarize yourself with the policies and procedures that can be found in this student-athlete handbook. If something is unclear, don't hesitate to ask your coach, any staff member, or me, for a clarification. Also, as part of this department, know that your voice is important to us. If you see an area where you think we can improve, come see me, or another administrator or coach.

Best of luck in all you do in 2023-24. We're coming off a year that saw us capture our first GMAC Presidents' Cup and win a NCAA Division II national championship. I'm excited to see what this year brings. I'm confident you will represent us as you always do, with pride and the utmost character.

Sincerely,

Al King
Director of Athletics



Ashland University
Department of Athletics

401 College Avenue - Ashland, Ohio 44805

Phone: 419-289-5441 - Web Site: goashlandeagles.com

NCAA Division II - Member of Great Midwest Athletic Conference

Fall 2023

Dear Fellow AU Student-Athlete

My name is Trent Maddox, your Student Athletic-Advisory Committee (SAAC) president. This is my second year as president and my third year in SAAC. I am an Intervention Specialist major here and I am also a part of the football team. I am excited for this school year as we are planning on some big ideas for SAAC this year. Our goal is to increase membership and focus on community service and mental health initiatives.

SAAC serves as the voice of our student-athletes to our administration, conference, and the NCAA. Each sport is represented by at least two athletes, but we encourage all to get involved whether as a member or attending our events. Last year we had a car smash, dodgeball tournament, ASHPY award ceremony, and other events. We raised over \$1,000 for Make-A-Wish which supports the NCAA SAAC initiative.

SAAC is a great way for student-athletes to engage in their community by meeting other athletes and serving alongside them to benefit campus and the Ashland community. SAAC is a great way to learn leadership skills and expand your resume. Working as part of a team SAAC can make a difference in your student athlete experience and we encourage everyone to come out and learn more.

If you are interested in joining SAAC please reach out to me, my number is 740-417-5337. Also make sure to check your email as information will come out about getting involved.

Sincerely,

Trent Maddox

President: Student Athlete Advisory Committee (23-24)

ATHLETIC DEPARTMENT VISION STATEMENT

The athletic department seeks to reflect Ashland University's mission, creed and core values and be committed to helping each student-athlete reach his or her potential academically and athletically.

Tenets of Ashland University Athletics

- The educational values and practices of Ashland University determine the standards of the intercollegiate athletic program.
- At no time will integrity in any area be sacrificed. This includes recruiting, sportsmanship, eligibility and compliance, ethical behavior, academic standards and finances.
- The athletic department will follow Ashland University, Great Midwest Athletic Conference (GMAC) and NCAA rules and regulations at all times.

**“There is never a wrong time to do the right thing
and never a right time to do the wrong thing.”**

- The health, welfare and well-being of student-athletes will be the highest priority. The athletic department is committed to making each student-athlete's experience as rewarding as possible.

“Our deeds follow us, and what we have been makes us what we are.”
Shakespeare

- Student-athletes should expect to receive the best care and advice in the areas of physical health, mental health, nutrition and injury prevention and rehabilitation.
- The athletic department places a high priority on the academic progress of every student-athlete. Every attempt will be made to see that each student-athlete graduates. The academic welfare of student-athletes will be factored into areas such as scheduling, practices and time spent away from campus. The athletic department will ensure that student-athletes get sufficient academic counseling and advisement throughout their career.
- An environment that values cultural diversity and gender equity must be emphasized and encouraged at all times. This includes compliance with federal and state legislation (Title IX).

“It is not the honor you take with you, but the heritage you leave behind.”
Branch Rickey

- The athletic department looks to be recognized within the conference, the region and the nation as a leader in NCAA Division II athletics. Every effort will be made to give student-athletes the opportunity to play the best competition, in the best venues and compete for the highest honors possible.

“You miss 100 percent of the shots you don't take.”
Michael Jordan

- Each student-athlete should expect to receive exceptional coaching, have an opportunity to use excellent facilities and be part of a program that teaches lessons that will serve them throughout their lives.

“The bold don’t live forever, but the timid don’t live at all.”

- The athletic department will work to be a role model for the community and surrounding area, supporting area schools, churches and agencies and using all its resources and personnel to better the standard of living.

“If serving is below you, leadership is beyond you.”

- Being a student-athlete, a coach or administrator carries with it great accountability and responsibility. The athletic department must always remember this and all decisions must be based on this.
- Ashland University’s athletic tradition and legacy will be honored and remembered at all times.

“The past is never dead. It’s not even past.”

William Faulkner

BUILDING A COMMUNITY OF R E S P E C T

To encourage Ashland University students to organize and unify their experience into a workable and satisfying philosophy of life, we, as a community:

Respect new ideas.

Emphasize personal development by encouraging the examination and discussion of differing opinions.

Support the worth and dignity of each individual.

Promote justice and compassion on our campus and in our world.

Enjoy Ashland University's rich cultural, ethnic and racial diversity.

Celebrate the heritage of the institution, affirming both tradition and innovative change.

Teach the spirit of excellence and integrity through scholarship, research and service.

Ashland University's Human Diversity Statement:

Ashland University affirms the value and dignity of all human beings and strives to provide opportunities for students, faculty, administrators and staff within the mission, identity and core values of the institution.

The campus community supports and encourages programming, student organizations, academic scholarship and services that support awareness of our global responsibilities, affirming justice and compassion for all people.

DIVISION II PHILOSOPHY STATEMENT

In addition to the purposes and fundamental policy of the National Collegiate Athletic Association, as set forth in Constitution 1, 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 or college 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. A member of Division II:

- A. Believes in promoting the academic success of its student-athletes, measured in part by an institution's student-athletes graduating at least at the same rate as the institution's student body;
- B. Believes that participation in intercollegiate athletics benefits the educational experience of its student-athletes and the entire campus community;
- C. Believes in offering opportunities for intercollegiate athletics participation consistent with the institution's mission and philosophy;
- D. Believes championships are intended to provide national-level competition among eligible student-athletes and teams of members institutions;
- E. Believes in preparing student-athletes to be good citizens, leaders and contributors in their communities;
- F. Believes in striving for equitable participation and competitive excellence, encouraging sportsmanship and ethical conduct, enhancing diversity and developing positive societal attitudes in all of its athletics endeavors;
- G. Believes in scheduling the majority of its athletics competition with other members of Division II, insofar as regional qualification, geographical location and traditional or conference scheduling patterns permit;
- H. Recognizes the need to balance: the role of the athletics program to serve both the campus (participants, student body, faculty-staff) and the general public (community, area, state);
- I. Believes in offering opportunity for participation in intercollegiate athletics by awarding athletically related financial aid to its student-athletes;
- J. Believes that institutional control is a fundamental principle that supports the educational mission of a Division II institution and assumes presidential involvement and commitment. All funds supporting athletics should be controlled by the institution. The emphasis for an athletics department should be to operate within an institutionally approved budget and compliance with and self enforcement of NCAA regulations is an expectation of memberships; and
- K. Believes that all members of Division II should commit themselves to this philosophy and to the regulations and programs of Division II.

Division II Positioning Statement - Life in the Balance

Higher education has lasting importance on an individual's future success. For this reason, the emphasis for the student-athlete experience in Division II is a comprehensive program of learning and development in a personal setting. The Division II approach provides growth opportunities through academic achievement, learning in high-level athletic competition and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide Division II student-athletes a path to graduation while cultivating a variety of skills and knowledge for life ahead.

Great Midwest Athletic Conference Sportsmanship Statement

The Great Midwest Athletic Conference is committed to embracing the NCAA Division II commitment to a positive environment for competition. The Great Midwest encourages and promotes sportsmanship by student-athletes, coaches and spectators. Profanity, racial or ethnic comments, or other intimidating actions directed at officials, student-athletes or team representatives will not be tolerated and are grounds for removal from the site of competition.

Great Midwest administration includes:

Tom Daeger - Commissioner

Leslie Schuemann - Deputy Commissioner / Senior Woman Administrator

Rick Tice - Associate Commissioner

Katie Gilhooly - Director of Digital Media and Communications

Jamie Halloran - Assistant Director of Communications

Erin Butler - Operations Coordinator

GOVERNING BODIES

Ashland University is a member of the National Collegiate Athletic Association (NCAA) and operates and competes under the rules and regulations of the NCAA and Great Midwest Athletic Conference.

Schools included in the Great Midwest are:

- Ashland University
- Cedarville University (Cedarville, Ohio)
- University of Findlay (Findlay, Ohio)
- Hillsdale College (Hillsdale, Mich.)
- Kentucky Wesleyan College (Owensboro, Ky.)
- Lake Erie College (Painesville, Ohio)
- Malone University (Canton, Ohio)
- Northwood University (Midland, Mich.)
- Ohio Dominican University (Columbus, Ohio)
- Thomas More University (Crestview Hills, Ky.)
- Tiffin University (Tiffin, Ohio)
- Trevecca Nazarene University (Nashville, Tenn.)
- Ursuline College (Pepper Pike, Ohio)
- Walsh University (North Canton, Ohio)

The President of Ashland University has the ultimate control and responsibility for determining intercollegiate athletic policy. The President reports to the Board of Trustees which establishes policies that govern the University.

Authority is delegated from the President of the University to the Athletic Director.

The Faculty Athletic Representative is the liaison person between the faculty, the President, the NCAA, and the Great Midwest. This person's responsibility is to disseminate and interpret information, rules, and regulations to the Athletic Department and the President of Ashland University. Any legislation, infractions, or general information is submitted by the Faculty Representative to the NCAA, or Great Midwest. He/she is the voting member to the Annual Convention of the NCAA. Our athletic department's Faculty Athletic Representative is Dr. Mitch Metzger, and may be reached at mmetzger@ashland.edu or by phone at 419-289-5008.

ASHLAND UNIVERSITY

STUDENT-ATHLETE CODE OF CONDUCT

Philosophy

Ashland University student-athletes are expected to conduct themselves with honesty, pride, sportsmanship, and integrity on the playing field as well as off the playing field.

Code of Conduct

Your behavior as a student-athlete is subject to the Ashland University Student Conduct Code while you are on University premises or when you are involved with off-campus University activities. Because of the high visibility of student-athletes, this expectation is further extended to the public arena.

In addition, student-athletes are subject to all rules and regulations that are required for individual participation on the specific team. While those rules may be specific to each team, they are presented to the student-athlete by the coaching staff with the full support of athletic administration. Failure to adhere to these rules may result in verbal and/or written reprimand, suspension, or dismissal from the team.

Representing Ashland University

Participation on an athletic team representing Ashland University is a privilege, not a right. Student-athletes have the following responsibilities and expectations:

- A. Student-athletes and coaches must conduct themselves in a manner consistent with the notion of that privilege.
- B. Fair play and good sportsmanship are basic expectations in the pursuit of athletic excellence. Anything less will not be tolerated and will be grounds for dismissal from athletics.
- C. Respect for the intrinsic dignity and worth of all persons, regardless of race, ethnic origins, religious preference, or gender, is to be evidenced in the athlete's actions. Any discriminatory or harassing behavior will be immediately disciplined.
- D. Physical abuse (including team members, opposing coaches, players, fans and officials), on or off the field of play, will result in disciplinary action.
- E. The illegal use or sale of controlled substances is prohibited. Disciplinary action will result from any involvement with illegal drugs.

Academic Responsibilities

Academic responsibilities are considered the highest priority for student-athletes attending Ashland University. The Department of Athletics supports the academic mission of the University; therefore, student-athletes are required to do the following:

- A. Adhere to all class attendance requirements. Attend appropriate tutorial sessions and meetings with the academic advisor. (NCAA rules stipulate that no classes be missed to attend practices or off-season athletic events).
- B. Complete all class assignments and take all course examinations as required for successful completion of academic work.

- C. Understand and apply the academic regulations of the University as described in the University Catalog and Student Handbook.
- D. Communicate to the appropriate parties in a timely manner when an academic and athletic conflict occurs.
- E. Take full responsibility for monitoring one's own satisfactory progress. This may include seeking assistance from the academic advisor, professor, coach or Office of Disability Services when necessary.

Athletically Related Financial Aid

Athletic grant-in-aids are awarded for a one-year period. Renewal of athletic aid is at the prerogative of the Department of Athletics. Aid can be removed based on a recommendation of the Head Coach and Director of Athletics. Student-athletes in such circumstances have the right of appeal. For more information, contact the Director of Financial Aid.

Medical Responsibilities

Participation in athletics at Ashland University is contingent on medical approval by the Athletic Team Physician, the Student Health Services staff, and the Athletic Training staff. In addition, the following obligations are conditions for participation:

- A. An updated history is required annually after the initial sports physical exam.
- B. Student-athletes are required to show evidence of proper medical insurance.
- C. Student-athletes are required to communicate all information pertinent to their health and well-being to the team physician.
- D. Student-athletes are required (within a reasonable realm) to take personal responsibility for their physical and mental health.

NCAA and Conference Responsibilities

All student-athletes are required to adhere to applicable NCAA rules as addressed in the NCAA Student-Athlete Statement which is administered annually. This includes those activities relative to the student-athletes role as a prospective student-athlete (PSA), recruited student-athlete, and amateur.

In addition, the student-athlete must adhere to all conference (Great Midwest) regulations.

ASHLAND UNIVERSITY INTERCOLLEGIATE ATHLETICS

PERSONAL INFORMATION CONSENT FORM

The release and or use of certain (otherwise protected) information contained in the educational, financial, or medical records of student-athletes is often necessary for the conduct of day-to-day athletic business for the pursuit of the mission and goals of the Ashland University intercollegiate athletic program.

I agree to allow Ashland University athletic training staff to disclose and discuss medical records with my parents (legal guardian).

I agree to allow members of the Ashland University faculty to disclose my academic progress for the purposes of monitoring my academic progress in regards to NCAA eligibility regulations.

I agree to allow the AU athletic department designee to monitor my full or part-time status. (12 credits).

I agree to allow a member of the AU athletic staff to submit my name, photograph, academic GPA, etc.; in regards to academic awards or athletic achievements - Academic All-American, Scholar athlete.

I agree to allow AU Athletics Communications to release basic information to media outlets concerning participation status in areas such as: medical, eligibility, and disciplinary (University/Team rules).

I am accountable for all University, NCAA, Conference, and athletic department policies as stated in the AU Student-Athlete Handbook distributed at all compliance meetings and available in the athletic office.

Student-Athlete's Signature

Date

Participating on the Team(s)

Academic Year

ACADEMICS

ACADEMIC REQUIREMENTS

1. You must be enrolled as a full-time student **(at least 12 hours) at all times** to be eligible for practice and competition.
2. The student-athlete must pass 18 hours during the academic year, and 24 hours during the calendar year.
3. You must declare a major by the beginning of the fifth semester of collegiate enrollment.
4. Students must maintain a cumulative GPA of 2.0 to be eligible for practice and competition.
5. To remain eligible, a student-athlete must pass a minimum of 9 hours in the previous full-time semester.
6. Every student-athlete must be certified for eligibility prior to the date of their first competition of each year by the provisions of S.2. Further certification during that school year is not required.
7. Any student-athlete not meeting the Great Midwest minimum eligibility limits set forth in Section S.2 shall be declared ineligible for further intercollegiate athletic competition until such time as the minimum grade point average for the appropriate hour/season of competition category has been met.
8. Compliance with all eligibility rules shall apply to non-conference as well as conference contests.
9. The Commissioner can grant hardship waivers, but not waivers of eligibility.
10. Individual athlete(s) must adhere to all NCAA and Great Midwest eligibility rules.
11. Conference transfer. If a student-athlete participating in a conference sport (see Article III, 5.3) transfers from one Great Midwest institution to another Great Midwest institution he/she would have to establish one calendar year (full-time enrollment for two semesters or three quarters) of academic residency, excluding summer school, at the new institution before being eligible to compete.
12. Transfer students may utilize the provisions of NCAA Bylaw 14.5 for an exception to the intra-conference transfer rule if one of the following situations exist:
 - i. The student-athlete's original institution drops the sport in which he/she is participating.
 - ii. The student-athlete's athletic-related financial aid was not renewed by the original institution.
 - iii. Student-athletes NOT receiving athletically-related financial aid would be exempt from this policy.
13. To be eligible for competition a student-athlete must be in good academic standing with the University. Good academic standing is defined as being admitted and enrolled at a full-time minimum number of credit hours.

Any appeal of this process, which would be to request immediate eligibility at the new institution, must be in writing and made to the Commissioner of the Great Midwest Conference, who in turn, will refer it to a vote of the Conference Faculty Representatives, excluding the FAR of the involved institutions. The decision on the appeal will be made within one month of its receipt, and that decision will be final.

Academic Integrity

The Athletic Department views the athlete as a student and an athlete. The student-athlete's major purpose at Ashland University is to continue his/her education and obtain a degree. Athletes are responsible for attending class on a regular basis, completing all classroom assignments and conducting themselves in ways that are acceptable to classroom performance. Student-athletes are required to meet all University Academic Requirements and be eligible to compete under the rules of the University, the Great Midwest Athletic Conference and the NCAA. Coaches have the responsibility of monitoring the academic performance of their student-athletes on a regular basis to insure that classes are being attended, class assignments completed and that appropriate academic support is being utilized through the AU Academic Support Services Department.

CENTER FOR ACADEMIC SUPPORT

7TH FLOOR OF THE LIBRARY

Ashland University offers the Center for Academic Support as a key point of contact for academic support services, academic advising, tutoring services, first year programs, retention initiatives and disability services.

Kristina Cunningham, 419.289.5627 | kcunnin3@ashland.edu

Assistant Director of Academic Advising- Student Support

Professional Academic Advisor- College of Education

Alayna Ross, 419.289.5242 | aross17@ashland.edu

Professional Academic Advisor- College of Business & Economics

Kristen Herrick, 419.289.5945 | kherrick@ashland.edu

Professional Academic Advisor- Transfer and Deciding Students

Kelly Kossick, 419.289.5679 | kkossick@ashland.edu

Assistant Director of Academic Advising- Student Academic Initiatives

Professional Academic Advisor- College of Nursing & Health Sciences

Victoria O'Brien, 419.289.5783 | vobrien@ashland.edu

College of Arts & Sciences

The professional academic advisors serve as the primary advising resource for all freshmen during the fall semester of their first year. Additionally, any undergraduate student seeking professional guidance in reaching his/her academic goals should contact one of the full time professional academic advisors located within the Center for Academic Support. Professional academic advisors can help you with everything from course selection, degree planning, major or minor exploration, understanding the Core curriculum to navigating university life.

Tutoring and Learning Services

Denisia Stoops, Director of Tutoring Programs | 419.207.6779 | dstoops@ashland.edu
[AU Tutoring Web Site](#)

The Tutoring Programs Department provides academic support for the undergraduate students with free peer tutoring in any of the undergraduate courses and the Academic Skills (time management, study skills, note taking, and test-taking strategies). Also, AU partnered with TutorMe, an online 24/7 subject tutoring and a writing lab free for all students as a pilot project during fall 2023. Please follow the link - [How to access and use TutorMe](#)

Student Accessibility Center

Silva Henriss, Director - Student Accessibility | 419.289.5904 | shenriss@ashland.edu or

Taylor Greer, Testing Coordinator | 419.207.6336 | tgreer3@ashland.edu

The Student Accessibility Center at Ashland University collaborates with students who have disabilities to enable equal access to education and university life. Disabilities can include, but are not limited to, hearing or visual impairments, learning disabilities, mobility impairments, ADD/ADHD, and mental health or medical disabilities.

Students requesting accommodations, will be asked to provide the Student Accessibility Center with documentation that verifies the existence of a disability as necessary. Student documentation will be reviewed, and eligibility for reasonable accommodations will be determined on an individual basis. Accommodations may include extended time for exams, alternative versions of textbooks and classroom materials, sign-language interpreters, assistive technology, etc. The confidential handling of student documentation is our policy.

Students who believe they may be eligible for accommodations due to barriers they face as a

result of a disability should contact the Director of the Student Accessibility Center for additional information at: shenriss@ashland.edu, or call 419.289.5904.

Information is also available on the Student Accessibility Center webpage at: <https://www.ashland.edu/administration/campus-life/student-accessibility-center>

Career Services: www.ashland.edu/career or 419.289.5064

The Career Services staff facilitates career exploration for undecided students and for those individuals who would like to explore other majors in which they could be more successful. We provide an online interactive career and education tool that combines self-assessment, career exploration and decision making to help students map out career paths and select the right major areas of study offered at Ashland University to support their career goals.

Multicultural Student Services:

www.ashland.edu/students/campus-life/multicultural-student-services or 419.207.5504

Minority Student Services enhances student learning and personal development for under-represented students while advocating their needs. Through collaborative efforts, a campus environment is promoted which affirms our common humanity, values each individual and respects the expression of other's points of view.

International Student Services:

www.ashland.edu/students/international-student-services or 419.289.5935

International Student Services provides admissions, orientation and immigration services to international students. International students should work through regular university channels for academic assistance whenever possible. Our office can act as a liaison or resource when needed for academic, cultural and personal concerns. Please contact Scott Parillo (ACCESS Instructor and Advisor) at sparillo@ashland.edu.

Athletic Department: athletics.ashland.edu or 419.289.5441

Refer to the student Athlete Handbook for guidelines and policies.

The Athletic Department views the athlete as a student and an athlete. The student-athlete's major purpose at Ashland University is to continue his/her education and obtain a degree. Athletes are responsible for attending class on a regular basis, completing all classroom assignments and conducting themselves in ways that are acceptable to classroom performance. Student-athletes are required to meet all University Academic Requirements and be eligible to compete under the rules of the University, the Great Midwest conference and the NCAA. Coaches have the responsibility of monitoring the academic performance of their student athletes on a regular basis to insure that classes are being attended, class assignments completed and that appropriate academic support is being utilized through the various AU Academic Support Services.

Office of Residence Life: www.ashland.edu/reslife or 419.289.5303

Residence Life Coordinators and Resident Assistants are available in each residence hall and serve as a resource to all residential students. Residence Life Coordinators are professional staff members who can assist students with a variety of questions while guiding them to the appropriate offices/resources on campus. Resident Assistants are upper-class students who have been trained to assist students in a variety of areas and as students themselves can serve as a strong campus resource. A student can find a Resident Assistant on each floor of the residence halls and the Residence Life Coordinators can be found in the Residence Life Office on the 2nd floor of the Student Center during business hours (8am-4pm Monday-Friday).

Writing and Communication Center

Mohsine Bensaid, Director | 419.289.5156 | mbensaid@ashland.edu

Located in Bixler 104, the Writing and Communication Center (WCC) is a free service available to all Ashland University students in any major and discipline. Students can receive one-on-one feedback from a trained communication coach or a graduate consultant on any project that involves communication—essays, presentations, research projects, lab reports, digital productions, and much more. When working with students, coaches and consultants approach communication as a complex and individualized process. The WCC's primary objective is to help undergraduate and graduate students become more aware, autonomous, and confident communicators.

All undergraduate appointments are offered synchronously (live). Students can choose between in-person or Zoom appointments. To book an appointment, visit <https://ashland.mywconline.com> (you will need to create an account the first time you use the scheduler).

For graduate students, our default type of appointment is conducted asynchronously. In other words, appointments are made through our online scheduler (WOnline) where students can attach a draft to the appointment. Then, within 24-48 hours of the scheduled appointment, one of our consultants reviews their draft and returns feedback via email. We also offer synchronous (live) graduate appointments in person or via Zoom upon request. To schedule an asynchronous appointment, go to

<https://ashland.mywconline.com> (be sure to create an account the first time you use WCOOnline). To schedule a synchronous (live) in-person or Zoom appointment, please email us at wcc@ashland.edu.

If you have any questions or concerns, please email wcc@ashland.edu or call 419-289-5145.

ACADEMIC RECOGNITION

There are several ways to earn academic recognition:

1. *Dean's List*

At the close of each regular semester, those students who have earned a 3.5 GPA based on at least 12 hours of completed course work are named to the Dean's List.

2. *CoSIDA Academic All-American/All-District*

Submitted and voted on by Directors of Athletic Communications/Sports Information Directors, a student-athlete must be a starter or important reserve with at least a 3.30 cumulative grade point average (on a 4.0 scale) at his/her current institution. No student-athlete is eligible until he/she has completed one full calendar year at his/her current institution and has reached sophomore athletic eligibility. In the cases of transfers, graduate students, and two-year college graduates, the student-athlete must have completed one full calendar year at the nominating institution to be eligible. Nominees in graduate school must have a cumulative GPA of 3.30 or above both as an undergrad and in grad school.

3. Great Midwest Athletic Conference awards

A. Collegiate Athletic Achievement - one male and one female selected each scholastic year, based on academic excellence, athletic achievement, character, leadership and community/conference engagement.

B. Scholar-Athlete of the Year - one male and one female selected each scholastic year, based on the most outstanding record in athletics, scholarship and leadership.

C. Academic All-Conference - the student-athlete's grade point average must be a minimum of 3.30 based on the 4.0 system, the GPA shall be cumulative for the student-athlete's entire collegiate career and the student-athlete must have completed at least one full academic year at the nominating institution. Student-athlete GPA's reported by each institution were reflected through the spring semester.

Every NCAA institution has a mandated presidentially appointed Faculty Athletics Representative (FAR) who works closely with the athletic department and coaches, but is not officially a member of the department. This faculty member knows the academic nature of the university and provides a faculty perspective to the athletic endeavors. This person often interprets NCAA rules and reports NCAA violations. The Faculty Athletics Representative is also available to meet with students who have academic or personal issues they would like to discuss, including questions about NCAA post-graduate scholarships, athletic eligibility or transferring to or from another institution. Ashland University's FAR is Dr. Mitch Metzger, Professor of Psychology. He can be reached at mmetzger@ashland.edu or at his campus office in the Schar College of Education (ph. ext. 5008), or his cell number can be attained from the athletic office. Dr. Metzger can also be seen at numerous practices and games.

ADD/DROP PROCEDURES

Under no circumstances should any student-athlete fall below 12 hours of course work during any fall or spring semester. Student-athletes who are in violation of this regulation jeopardize their athletics scholarship and cannot practice or compete. **Permission** for dropping classes must be given by your head coach.

To add/drop a class:

1. Obtain an add/drop slip from the Registrar's Office.
2. Obtain the signatures of your instructors.
3. Review with your respective head coach to obtain athletic department approval.
4. See your faculty academic advisor for his/her signature.
5. Return slip to Registrar. Slips not returned will not be processed.

***These steps must be completed within the ADD/DROP dates. See Registrar's Calendar for dates. Those with questions should see Director of Academic Support Services for Athletics Elizabeth Hoge (ehoge@ashland.edu) regarding changes to their schedule when dropping a class.**

COMPLIANCE INFORMATION

FRIENDS, BOOSTERS, AND ALUMNI OF ASHLAND UNIVERSITY ATHLETICS

For more information regarding compliance or what is permissible or impermissible in recruiting by alumni and others with athletic interests in Ashland University please contact the Assistant Athletic Director for Compliance/Business Operations who's office is located in Kates or NCAA Faculty Representative Dr. Mitch Metzger (Ext. 5008 or mmetzger@ashland.edu). Remember that when in doubt, communicate with us first. Always stay on the side of caution.

According to the NCAA, one is considered a "representative of the institution's athletics interests" if one:

- A. Is or has been a member of any organization promoting Ashland University athletics.
- B. Has ever made a donation to the Athletic Department or any booster organization.
- C. Has ever assisted in evaluation or recruiting prospective student-athletes.
- D. Has ever helped to arrange or have provided employment to enrolled student-athletes, prospects, or their parents or relatives.
- E. Has participated in the Ashland University Athletics program.
- F. Has ever become a Representative of Athletics interests; this becomes a permanent status.

Permissible Activities -

The representative of Ashland University athletics may:

- A. Provide an occasional meal for student-athletes providing the meal is at the home of the representative of athletics interests, though it may be catered. Reasonable transportation to and from the meal may be provided.
- B. Continue normal contact with prospects and their family members with whom you have pre-established relationships, as long as the contacts are not recruiting related.
- C. Attend games where prospective student-athletes are competing, as long as no contact is made with the prospect or prospect's parents.
- D. Accept a phone call from a prospect, as long as the prospect initiates the call. All questions regarding the Ashland University Athletics Department should be directed back to the athletic department.
- E. May make unavoidable incidental contact with a prospective student-athlete or their family provided the contact is not prearranged, does not take place on the grounds of the prospective student-athletes educational institution or site of competition and is not for the purpose of recruitment of the student-athlete, and involves normal civility.
- F. May meet with the prospective student-athlete when the athlete is visiting Ashland University while on the Ashland campus but not at any off-campus site.

Impermissible Activities –

The representative of Ashland University athletics interests may not:

- A. Provide a prospective student-athlete, his/her parents, relatives or coaches with any material benefit.
- B. Initiate any in-person on or off-campus recruiting contact, phone call, or written correspondence with prospective student-athletes.
- C. Make any recruiting presentations to groups of prospective student-athletes.
- D. Entertain or provide awards or gifts for any current student-athlete, his/her family and friends. For the student-athlete this also includes transportation to or from various Ashland University athletic events. Gifts include complimentary tickets to a professional sporting event, concert, movie, etc.
- E. Contact a high school coach, teacher, or principal in an attempt to promote the institution's athletics department as part of a program.

NAME, IMAGE AND LIKENESS POLICY

This Policy sets forth the rules that apply if an Ashland University student-athlete chooses to receive payments for use of their Name Image and Likeness (“NIL”). This Policy is effective July 1, 2021. Because of the changing regulatory landscape, Ashland University may need to amend or replace this Policy if NCAA, GMAC, or federal or state authorities adopt new or amended requirements. The Department of Athletics may publish additional materials, including, for example, procedures or guidelines, to further clarify or implement this Policy.

NIL Defined

NIL activity is any activity in which a prospective student-athlete or student-athlete’s name, image, likeness or personal appearance is used for promotional purposes by a noninstitutional entity, including the individual prospective student-athlete or student-athlete, a commercial entity, or a noninstitutional nonprofit or charitable entity. Such use may be compensated (e.g., cash, product or other benefit) or uncompensated.

Rules Applicable to Student-Athletes Use of NIL

Subject to the rules outlined below, an Ashland University student-athlete may receive NIL payments for the use of that student-athlete’s NIL. Ashland will not reduce or revoke a student-athlete’s athletic eligibility, grant-in-aid, scholarships, educational benefits, or otherwise impose an adverse consequence against a student-athlete as a result of the student-athlete receiving payment for the use of NIL or obtaining professional representation, unless in doing so the student-athlete violates applicable law, NCAA bylaws, institutional policies, team policies (including policies related to the timing and manner of NIL activity), or procedures or rules adopted under this Policy.

The following rules apply to Ashland University student-athletes who choose to use their NIL to earn compensation:

- Prospective student-athletes must comply with applicable state or federal NIL laws, and, upon becoming an Ashland University student-athlete, must conform their NIL activities to this Policy and any applicable NCAA and/or GMAC requirements.
- NIL compensation may not be related to pay-for-play, impermissible offers and inducements or extra benefits, including but not limited to:
 - payments for work not performed;
 - payments contingent on initial or continued enrollment at Ashland University;
 - payments contingent on specific athletic performance or achievement (e.g., financial incentives based on points scored).
- benefits (e.g., use of institutional facilities, use of department resources, etc.) inconsistent with institutional policies (e.g., benefits or arrangements not available to the general student body).
- An Ashland University student-athlete may not engage in any NIL activity in a manner that conflicts with a term of an Ashland University contract.
- An Ashland University student-athlete may not engage in any NIL activity that promotes products or services related to any controlled substances, adult entertainment, casino, alcoholic product, tobacco product, electronic smoking device, vapor product, products or devices that consists of or contains nicotine that can be ingested into the body, or any company/brand similar to any of the above or performance-enhancing supplements on the NCAA’s banned drug list. The institution has final say on all permissible ventures.

- An Ashland University student-athlete may not engage in any NIL activities during any department or team related activities (e.g, practice, competition, team meals, etc.).
- An Ashland University student-athlete may not use the name, symbols, logos, trademarks, facilities, and images associated with Ashland University unless specific approval is obtained in accordance with the Ashland Trademark Licensing policy available here: www.ashland.edu/administration/auxiliary-services/copyright-management
- An Ashland University student-athlete must disclose all NIL activities to the Ashland University Athletic Department's compliance office prior to participating and receiving compensation. Failure to provide notification of NIL activities before participation may result in an NCAA violation leading to loss of athletic eligibility.

Professional Representation

An Ashland University student-athlete may obtain professional representation by an athlete agent, attorney, or financial advisor who is engaged by the student-athlete for the purpose of securing payments for the use of the student-athlete's NIL, or otherwise advising the student-athlete concerning NIL. The use of an "athlete agent" for purposes of assisting with contracts for compensation for the student-athlete's name, image, and likeness shall conform to applicable State laws and comply with the Sports Agent Responsibility and Trust Act established in 15 U.S.C. Section 7801, et seq.. All representation must be disclosed to Ashland University in a manner prescribed by the Department of Athletics Compliance Office.

Changes to Policy

This Policy is subject to change in the sole discretion of Ashland University.

EXTRA BENEFITS

As a student-athlete, you are likely to come in contact with people who support Ashland University athletics. When that happens you need to protect your eligibility by knowing certain NCAA rules. The following definitions and rules pertain to extra benefits and relationships with boosters.

Definitions

Extra Benefit: An extra benefit is any special gift or arrangement provided to an enrolled student-athlete or to a student-athlete's relative or friend which is not available to the general student body at Ashland University. NCAA rules about extra benefits can also apply to gifts or arrangements (other than legitimate jobs) that are made while you attend Ashland University but will not actually come into being until after you graduate.

Enrolled Student-Athlete: An enrolled student-athlete is a student who presently is participating in athletics or who has completed his/her eligibility but is still enrolled at Ashland University.

Booster: A booster or representative of athletics interests is a person who fits any of these descriptions:

- Someone who participates in or has been a member of any of the Athletic Department's booster groups.
- Someone who has made a donation to any of the men's or women's athletic programs at Ashland University.
- Someone who has provided or helped to arrange summer employment for enrolled student-athletes.
- Someone who has been involved in promoting Ashland University athletics in any way.
- Someone who is the parent of an enrolled student-athlete.

(Note: Once a booster, always a booster. According to the NCAA, once someone has been identified as an athletics representative, he or she retains that identity forever, even if that person no longer contributes to athletic programs)

Extra Benefits & Eligibility

If you accept any benefit based on your athletic ability, you will lose all eligibility for intercollegiate athletic participation. If you have completed your eligibility, the institution is still responsible and penalties may be applied to your sport program.

Prohibited Benefits

As an enrolled student-athlete, you are NOT allowed to accept most extra benefits from boosters. That is, boosters are prohibited from the following activities:

- Arranging, providing, or co-signing a loan.
- Providing any type of transportation or the use of a car.
- Providing a ticket to any athletic, institutional, or community event.
- Providing your parents, family, or friends with free admission to an Ashland University or booster club recognition banquet.
- Providing typing services or covering the related expenses for course-related papers or projects.

- Arranging or providing any special discount, credits, or special payment arrangements on any purchase or service.
- Giving any type of gift, gift-in-kind, or money.
- No crowd source fundraising for any collegiate expenses, ie., [GoFundMe.com](https://www.gofundme.com)

Please ask your coach or athletic director if you have any questions or concerns.

OVERNIGHT VISIT POLICY

ASHLAND UNIVERSITY DEPARTMENT OF ATHLETICS RECRUITING POLICY FOR PROSPECTIVE AND CURRENT STUDENT-ATHLETES FOR OFFICIAL VISITS AND OVERNIGHT OFFICIAL VISITS

The recruiting process is an important time for both the prospective student-athlete and the department of athletics. NCAA rules and Ashland University policies regulate the responsibilities and actions of a student host and prospective student-athlete on an official visit. The student-athlete host and the prospective student-athlete act as official representatives of their respective institutions.

In addition to NCAA rules, Ashland University has designed this prospective student-athlete recruiting policy to ensure a quality, healthy and safe experience for all individuals involved in the recruiting process.

While a student-athlete host is not held directly responsible for the behavior of his or her prospective student-athlete, the behavior and actions of the student-athlete host can impact the prospective student-athlete's experience during his or her visit. It is the goal of the Ashland University athletic department to provide a positive, safe and informative experience for the prospective student-athlete.

Components of an Official Visit

An official visit may include the following:

- Attending classes
- Meetings with academic advisors and faculty members
- Meetings with members of the coaching staff
- Time with current team members
- A tour of campus and facilities
- Spending time in the campus residence halls and dining facilities
- Attending sporting events and practices

The following are prohibited:

- Drinking of alcoholic beverages and/or use of other illicit substances. Regardless of age, a student-athlete host and a prospective student-athlete are prohibited from the use of alcohol and/or other illicit substances for the duration of the prospective student-athlete's visit. In support of the University policy, the student host and prospective student are also not permitted in any campus residential unit (residence hall, fraternity house or apartment) when alcohol and/or illicit substances are present.
- Gambling and or gaming activities
- Use of sexual activity as a recruiting device
- Use of strippers or gentlemen's clubs
- Activity that violates state or federal law

Responsibilities of a student host:

- Must be a student-athlete and enrolled as a full-time student at Ashland University
- Will be provided a maximum of \$30 per day to cover the cost of meals, and entertainment expenses for the host, the prospective student-athlete and the prospect's parents or spouse
- Must handle the money personally and no cash may be given to the prospective student-athlete or his/her family
- May not use these funds to purchase or otherwise provide the prospective student-athlete or his family with gifts (hats, t-shirts, etc.)
- May not use an automobile for the prospective student-athlete or himself/herself that has been provided by the university or a university booster. Entertainment of prospective student-athletes is limited to campus activities or within a 30-miles radius of campus
- As a representative of Ashland University, the host must use appropriate judgement in entertaining a prospective student-athlete. It is the responsibility of the host to avoid situations and activities that involve alcohol. Specifically, the host and prospective student-athlete are not permitted to enter a bar or off-campus student house.
- Will contact the head coach (or designated assistant coach) immediately should any incident, question or concern arise with a prospective student-athlete
- May not arrange, attend or provide adult entertainment or gambling/wagering activities
- Is responsible for turning in any receipts and or remaining cash from the funds advanced. This should be done the Monday following the recruiting weekend.
- If, for any reason, a student host fails to adhere to any of the policies outlined above, they are subject to immediate suspension and/or release from the sport roster.

Student Host

I certify that I have read the above instructions and acknowledge the receipt of money for the purpose of hosting the prospective student-athlete. I will immediately contact the coach if there are any violations by myself, my teammates or the prospective student-athlete.

Signature:

Date:

Print Name:

Amount Received:

Prospective Student-Athlete

Parent/Guardian Name:

Cell Number:

I affirm that with respect to my official visit, I have read and understand the above instructions. I also agree to abide by these instructions and will notify the coach of any violation(s).

Signature:

Date:

Print Name:

Emergency Contact Information

Parent/Guardian Name:

Cell Number:

COMPLIMENTARY TICKETS

A student may receive up to four complimentary admissions per home contest. Complimentary admission will be provided only by a pass list for family members and relatives, and only for the sport(s) in which you participate.

Complimentary tickets will no longer be provided for away contests. Please inform your parents/guardians of this change.

Student-Athlete Ticket Requests

Student-athlete ticket requests must be submitted via Front Rush.

The student-athletes may not receive payment from any source for the complimentary admissions and may not exchange them for any item of value.

A student-athlete jeopardizes his or her eligibility status by not following the complimentary ticket policy.

FINANCIAL AID INFORMATION

Athletic grants in aid may be full or partial. Purchasing of books by the athletic department for the student-athlete is prohibited. Awards may be given for up to one year at a time, but not guaranteed beyond the period of award. You must be notified in writing no later than July 1 if your athletic scholarship is not being renewed for the next academic year. If it is not renewed or if it is reduced, you may appeal the decision by first talking with your coach and the Athletic Director. If this appeal does not resolve the matter, you may request a hearing with the College Financial Aid Committee. Each coaching staff decides which students get which type of athletic grant in aid. Some of these are made on a yearly basis while others may be given semester by semester.

Athletic grants in aid DO NOT cover all or various fees including the following:

1. Fees for dropping classes
2. Parking fines
3. Parking sticker fees
4. Residence hall deposits
5. Residence hall damage fines
6. Extra cost for single rooms
7. Activity fee
8. Recreation Center fee

If a student-athlete chooses to live off campus, a coach may opt to provide the student-athlete with a meal plan, but will not provide off campus housing costs (rent).

FINANCIAL AID PARAMETERS

Athletic-related financial aid is awarded by the institution's financial aid office at the recommendation of the Head Coach and the Director of Athletics. All financial aid agreements are for no more than one academic year, as legislated by the NCAA, and can only be increased or decreased, in that time frame, under the following conditions:

15.5.4.1 Reduction or Cancellation Permitted. Institutional financial aid based in any degree on athletics ability may be reduced or canceled during the period of the award if the recipient:

- A. Renders himself or herself ineligible for intercollegiate competition; or
- B. Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement; or
- C. Engages in serious misconduct warranting substantial disciplinary penalty; or
- D. Voluntarily withdraws from a sport at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the term in which the aid was reduced or canceled.

15.5.4.1.2 Fraudulent Misrepresentation. If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee's application, letter of intent or financial aid agreement and would permit the institution to cancel or reduce the financial aid.

15.5.4.1.3 Misconduct. An institution may cancel the financial aid of a student-athlete who is found to have engaged in misconduct by the university's regular student disciplinary authority, even if the loss- of-aid requirement does not apply to the student body in general.

15.5.2.4 Hearing Opportunity Required. Any reduction or cancellation of aid per 15.5.4.1 is permissible only if such action is taken for proper cause by the regular disciplinary or financial aid authorities of the institution and the student-athlete has been provided written notice of an opportunity for a hearing.

15.5.4.2 Increase Permitted. Institutional financial aid may be increased at any time at the coaches discretion.

15.5.4.3 Reduction or Cancellation Not Permitted. Institutional financial aid based in any degree on athletics ability may not be increased, decreased or canceled during the period of its award:

- A. On the basis of a student's athletic ability, performance or contribution to a team's success; or
- B. Because of an injury that prevents the recipient from participating in athletics; or
- C. For any other athletic reason.

15.5.4.3.2 Athletically Related Condition Prohibition. An institution may not set forth an athletically related condition (e.g., financial aid contingent upon specified performance or playing a specific position) that would permit the institution to reduce or cancel the student-athlete's financial aid during the period of the award if the conditions are not satisfied.

15.5.4.3.3 Decrease Not Permitted. An institution may not decrease a student-athlete's financial aid from the time the student-athlete signs the financial aid award letter until the conclusion of the period set forth in the financial aid agreement, except under the conditions set forth in 15.5.4.1.

Please pay particular attention to Bylaw 15.5.4.1D which warns the student-athlete that voluntarily quitting a team at any time for a personal reason could lead to immediate cancellation of athletically related financial aid. We strongly suggest that student-athletes schedule a face-to-face meeting with your Head Coach prior to actually leaving your team in order to discuss the financial aid consequences of quitting.

Student-athletes that are denied an NCAA release to transfer may appeal that decision. The appeal must be made in writing to the Faculty Athletics Representative.

Ashland University's Faculty Athletics Representative is Dr. Mitch Metzger. He can be reached at mmetzger@ashland.edu or at his campus office in the Schar College of Education (ext. 5008).

FINANCIAL AID - EXHAUSTED ELIGIBILITY

Ashland University is Dedicated to Graduating our Student-athletes

A student-athlete who has completed his/her eligibility and has remaining academic requirements to obtain an undergraduate degree may apply for athletic-related financial aid under the following conditions:

1. Be in good academic standing with Ashland University and the NCAA.
2. Be in good judicial standing with Ashland University and any other agency.
3. Be within two semester of graduation.
4. Be recommended by respective head coach.

Those meeting these requirements can receive up to 67% of their athletic-related financial aid for up to two semesters. This aid is determined based upon their final year of eligibility.

NOTE: A former student-athlete who qualifies for need may file a FAFSA form with Ashland University's Financial Aid office. If his/her need exceeds athletic-related financial aid, the student-athlete may receive the need-based aid rather than their athletic aid.

STUDENT-ATHLETE BEHAVIOR ISSUES

ASHLAND UNIVERSITY DRUG/ALCOHOL STATEMENT OF POLICY

In recognition of our leadership as an institution of higher education and in consideration of the present drinking age law, liability concerns, difficulties in supervision and the need for appropriate standards, Ashland University does not permit consumption or possession of alcohol or “non-alcohol” beer in or on most Ashland University property except under specific guidelines. The exceptions are for students over 21 in specified locations and conditions. Please see the Alcohol Policy for apartments in the Student Handbook for more information. Students are expected to be responsible and will be held accountable for violations of this policy.

To assist students, Ashland University provides an alcohol education and counseling program. The campus student conduct system, intended to be both educational and regulatory, is administered through Student Affairs. The present policy, created with the assistance of the Student Senate as directed by the Board of Trustees, shall be administered by Student Affairs with the help of Student Senate. The following is listed for further clarification:

- A. In the event of alcohol violations, staff have the right to request student(s) immediately dispose of the alcoholic beverage/container and/or it may be confiscated.
- B. For effective management and to avoid unnecessary confrontation, alcohol containers, including beer funnels, and other items typically used for consumption or drinking games are not permitted in buildings. Drinking games (or items used to facilitate such) are never permitted.
- C. Alcohol beverages are prohibited at Ashland University athletic events (NCAA regulations). This includes: intercollegiate, intramural sporting/athletic events, and tailgating.
- D. Ashland University does not condone or encourage off-campus student events where alcohol is served and is not responsible or liable for these events.
- E. No advertisements promoting the serving of alcohol beverages at off-campus activities or establishment shall be displayed or distributed on campus, including social media.
- F. Unless otherwise approved, students cannot attend an alumni event on campus where alcohol is present.
- G. Tobacco products, including chewing tobacco and e-cigarettes, are not permitted in any university buildings or athletic facility property.

Ashland University does not allow the use of synthetic marijuana on its property and also upholds the applicable drug laws which relate to controlled substances. Ashland University seeks to promote and maintain a drug-free campus. In addition, the federal law entitled “Drug-Free Schools and Campuses Law” requires all institutions to adopt and implement a program to prevent illicit use of drugs and the abuse of alcohol by students and employees.

OFFICIAL ASHLAND UNIVERSITY DRUG TESTING POLICY AND PROCEDURES

Overview

Ashland University Athletic Department believes that the use of illegal sports performance and street drugs, the abuse of prescription drugs, and the use of dietary supplements are detrimental to both the mental and physical well-being of student-athletes. Ashland University has a drug testing program consisting of testing, education, rehabilitation, and counseling intended to protect the health and welfare of all Ashland University intercollegiate student-athletes. Amendments to these procedures may be issued with notice as deemed appropriate by University personnel. Notification of policy and procedure changes will be communicated via the Ashland University athletic website as well as emails to all student-athletes and coaches. Nothing in these procedures shall be construed to create a contract between student-athletes and Ashland University. However, signed consent and notification forms shall be considered affirmation of the student-athlete's agreement to the terms and conditions contained therein and to this policy and these procedures, and shall be binding legal obligations of the student-athletes agreed to as a condition of their participation in Ashland University athletic activities. This is a year round drug testing program, and this policy is separate and distinct from the NCAA drug testing policy.

Purpose

The overall mission of the program at Ashland University is to help protect the integrity of the student-athlete and promote a year-round banned substance free environment in the Ashland University Intercollegiate Athletic Department.

With Ashland University mission in mind, the following goals have been established:

1. To protect the health, safety and welfare of our student-athletes
2. To further the goal of educating all individuals, especially the student-athletes and athletic department staff about issues surrounding the use, abuse and/or misuse of alcohol, illicit substances, prescribed medications, over-the-counter medications and performance enhancing substances including nutritional supplements.
3. To identify and facilitate the obtaining of treatment for individuals who may have concerns and/or concerning behavior surrounding the use, abuse and/or misuse of alcohol, illicit substances, prescribed medications, over-the-counter medications and performance enhancing substances including nutritional supplements.
4. To promote fair competition in intercollegiate athletics, by ensuring and encouraging compliance with applicable rules and regulations regarding drug and alcohol abuse.
5. To protect the integrity of the institution and the department.
6. To promote the positive role of Ashland University student-athletes as representatives of the university on campus and in the larger local and national communities.

It is a privilege to participate in athletic activities at the intercollegiate level. It is believed and hoped that the implementation of drug testing and education will serve to benefit all connected with intercollegiate athletics at Ashland University. Further, it is hoped that through this policy participants in intercollegiate athletics will be better student athletes and will be able to make better individual, informed, and intelligent decisions with reference to drug usage, both now and in the future.

Ashland University will conduct this drug-testing program in an effort to protect the health and safety of the student-athletes involved in the intercollegiate athletic program. No one participating in the athletic program should have an artificially induced advantage or be pressured to use chemical substances in order to remain competitive. The intent of these policies is to prevent substance use, abuse and dependence by student-athletes through the following objectives: prevention, education, testing to provide a timely diagnosis, and professional guidance, treatment and rehabilitation.

- Prevention and Education – providing student-athletes and athletics department staff (to include, but not be limited to administrators, coaches, graduate assistants, and athletic training students) with accurate information about the problems associated with substance use in sport, promoting health and safety in sport.
- Testing and Timely Diagnosis –includes analyzing biological specimens to detect prohibited substances student-athletes may introduce to their bodies and associated disciplinary consequences resulting from use as detailed in this policy.
- Professional Guidance, Treatment, and Rehabilitation – facilitating appropriate treatment and rehabilitation of student-athletes.

The objectives of the program focus on three major substance areas:

1. Performance enhancing drugs (including dietary supplements).
2. Socially used drugs (i.e.- street drugs, prescription medications);
3. Alcohol and Tobacco

While education and counseling regarding these three major substance areas will be the main focus of this program, it has been shown that education alone is not a sufficient deterrent to drug use. Therefore, the educational programming will be supplemented with a banned substance testing component. The protocol for testing is designed to be fair, to achieve reliable results and to ensure the privacy of the student-athlete. Head Coaches may have rules and sanctions that are more stringent than those outlined in this policy. These rules, when applied, shall be recognized and supported. However, at no time, shall a team policy, rule, or sanction minimize the requirements and sanctions of the Ashland University Drug and Alcohol Education Program. Confidential test results will become part of the student-athletes medical records and will not be released to anyone except in accordance with this policy or as required by law.

The Ashland University Athletic Department Drug and Alcohol Education program shall be directed by the Head Team Physician and is subject to review and modification by the Drug Education and Testing Advisory Committee. This policy and any amendments and/or modifications shall apply to all student- athletes (including Esports and cheer and dance squad members). All student-athletes will be notified of any changes or amendments to this policy.

All student-athletes must sign a consent form for this testing program prior to participation in any Ashland University Athletic Department sponsored activities, conditioning, practices or competitions. This program is independent of the NCAA Drug Testing Program. All student-athletes must sign the NCAA consent form as well prior to participation in any Ashland University Athletic Department sponsored activities, conditioning, practices or competition.

Banned Substance, Socially Used Drug, Alcohol and Tobacco Education

Participants who are educated about substance use in sport are more likely to make informed and intelligent decisions about usage. As part of the education component of this program, Ashland University will:

1. Provide an annual explanation of the Drug Testing and Education and Testing Program to student- athletes, prospective student-athletes and those associated with athletic teams (including but not limited to coaches, graduate assistants, and athletic training students).
2. Disseminate information regarding alcohol and other drugs, their use and abuse, and effects of such use and abuse to all student-athletes and those associated with athletic teams.
3. Utilize health education programs to educate student-athletes who are cited for an alcohol incident or who test positive for drugs; .
4. Provide student-athletes and potential student-athletes with resources that will include but not be limited to the following web-sites:
 - a. NCAA Website- www.ncaa.org/health-safety,
 - b. Dietary Supplement Resource Exchange Center Website www.drugfreesport.com.

Time will be allowed for questions from participants. In addition, special educational programs may be arranged to provide participants the opportunity to learn more about the dangers of specific substances. Appropriate educational materials will be made available to participants including a list of banned substances and how drug usage may affect athletic performance. All student-athletes are required to attend at least one educational session each year. Make-up sessions (one make-up session for each educational program) are available for participants who must miss a scheduled educational session for an approved reason (as approved by the Head Coach). At least one time per year, the coaching staff for each sport will receive an overview of the program that highlights the points of emphasis and any changes that have been made since the last revision.

Failure by a student-athlete to attend at least one of the sessions or a make-up session shall be considered as a decision not to participate in the Drug and Alcohol Education Program and will result in the immediate suspension from all Athletic Department activities, conditioning, practices, and competitions.

The student-athletes privileges will only be reinstated after they have:

1. Completed a Drug and Alcohol Education Program.
2. Received the approval for reinstatement by the Head Coach and Director of Athletics.

Tobacco Policy

The use of tobacco products is prohibited by all game personnel (e.g. coaches, student-athletes, athletic trainers, managers and game officials) in all sports during practice and competition. A student athlete who violates this policy will, at minimum, have a meeting with the athletic director or their designee, the head coach, and the Head Athletic Trainer. The Director of Athletics or his/her designee will sanction other game personnel who violate this tobacco policy on a case-by-case basis.

Dietary Supplement Policy

Ashland University does not distribute or recommend the use of dietary supplement or ergogenic aids in any form. Terms such as “healthy” or “all natural” do not mean dietary supplements do not contain a banned substance or are safe to take. The NCAA shares this view and has issued a position statement that reads as follows:

“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 certified athletic trainer for further information.”

Please check with a member of the Ashland University Sports Medicine staff before taking any type of dietary supplement.

Eligibility

All student-athletes who have signed the institutional drug-testing consent form and are listed on the institutional squad list are subject to testing. Students listed on the squad list that have exhausted their eligibility or who have had a career-ending injury will not be selected for testing.

Consent to Participate

Each student-athlete annually will be given a copy (either written or electronic) of the institutional policy and will be required to participate in an informative session describing alcohol, tobacco and other drug education and testing policies. Student-athletes will be given an opportunity to ask any questions regarding the information contained in the policy, the testing program, or other related issues prior to signing the drug-testing consent form. Student-athletes will be required to sign a form acknowledging notification of Ashland University Athletic Department Alcohol and Other Drug Testing Policy (See Appendix A). Failure to sign the notification form will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at Ashland University.

As a condition of participation in intercollegiate athletics at Ashland University, each student-athlete will be required to sign a consent form agreeing to undergo drug and alcohol testing and authorizing release of test results in accordance with this policy (See Appendix B).

Failure to consent to or, in the case of a consenting student athlete, to comply with all requirements of this policy will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at Ashland University and may result in the loss of his/her athletic scholarship, consistent with all University, conference, and NCAA rules regarding the reduction or cancellation of aid.

Student-Athletes that are under the age of 18, will be required to have parental or guardian consent to participate in the Ashland University Alcohol, Tobacco and Other Drug Education program.

Failure of the parent to sign the consent form will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at Ashland University and may result in the loss of his/her athletic scholarship, consistent with all University, conference, and NCAA rules regarding the reduction or cancellation of aid.

Types of Drug Testing

The Ashland University Alcohol and Drug Education Program testing component shall consist of seven (7) types of alcohol and other drug testing. Any attempt to circumvent or tamper with the drug testing collection process will result in the test being considered a positive test.

Announced Day Testing

Throughout the academic year, Ashland University coaches may select any day to be used for random selection of their student athletes. This day will be announced three days prior to the date of testing. Selection will be conducted as noted in the Drug Testing Procedures portion of this document. The costs incurred for this collection will be the responsibility of the athletic department. All costs associated with treatment and follow-up or re-entry testing, or any subsequent unannounced random testing that result from a positive screen may be the responsibility of the student-athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Unannounced Random Testing

Throughout the academic year, the student-athlete population will be randomly selected to produce a specimen for testing. The costs incurred for this collection will be the responsibility of the athletic department. All costs associated with treatment and follow-up or re-entry testing, or any subsequent unannounced random testing that result from a positive screen may be the responsibility of the student- athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

All individuals with prior positive drug test results may be subject to unannounced drug testing throughout their athletic eligibility, and/or throughout the duration of the prescribed treatment program.

The unannounced random drug testing will be conducted on a zero to 24 hour notification basis meaning that student-athletes may be provided with zero to no more than 24 hours notice of the pending drug screen. Once notified, they are required to report for drug testing at the assigned time and place. Failure to report at the assigned time and follow appropriate procedures will result in the sanctions outlined below for a positive test.

The use of illegal substances or alcohol may be determined by means other than urinalysis.

Pre-season Testing

Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee.

Drug testing will be conducted on a zero to 24 hour notification basis meaning that student-athletes may be provided with zero to no more than 24 hours notice of the pending drug screen. Once notified, they are required to report for drug testing at the assigned time and place. Failure to report at the assigned time and follow appropriate procedures will result in the sanctions outlined below for a positive test.

The use of illegal substances or alcohol may be determined by means other than urinalysis.

Reasonable Suspicion Testing

A student-athlete may be subject to unannounced testing at any time when the Director of Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a prohibited drug. The use of illegal substances or alcohol may be determined by means other than urinalysis. Any and all costs associated with the assessment and any subsequent treatment or counseling may be the responsibility of the student-athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student- athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Such reasonable suspicion may be based on objective information as determined by the Director of Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Head Athletic Trainer, Staff Athletic Trainer, or Team Physician, and deemed reliable by the Director of Athletics or his/her designee. Reasonable suspicion may be found, but not limited to 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest , conviction, or law enforcement report related to the possession or transfer of prohibited drugs or substances, 3) observed, and/or reported, and/or documented student conduct code, or university housing violations, or 4) observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances.

Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement.

The evidence supporting the suspicion must be reasonably reliable and clearly outlined by an athletic department official (including, but not limited to, coach, staff athletic trainer, academic counselor, administrator, or support staff). Suspicion must be documented in writing and submitted to the Head Athletic Trainer in writing utilizing this policy's Reasonable Suspicion Reporting Form (Appendix C), unless the individual submitting the information perceives there to be an immediate danger to the suspected student-athlete. Upon review, the Head Athletic Trainer will notify the Athletic Director and/or Team Physician. If there is sufficient evidence to support reasonable suspicion, and suggest that testing will produce evidence of such use, a meeting will be arranged between the Head Athletic Trainer, the student-athlete, and the Head Coach. At that time, the student-athlete will be instructed to report to the Ashland University Health Center and be required to provide a urine sample for testing and/or may be referred for an Alcohol and Other Drug Assessment at the direction of the Team Physician.

If the student-athlete wishes to appeal the Head Athletic Trainer decision relative to reasonable suspicion, he/she shall immediately notify the Athletic Director or Team Physician. A specimen will be collected, and stored untested until the Appeals Committee has rendered a decision on the prerequisite of reasonable suspicion. The appeals committee shall be made up of three members of the Drug Testing Advisory Committee. If the committee fails to find grounds for reasonable suspicion, the collected specimen will remain untested and destroyed. If the committee finds that there are grounds for reasonable suspicion, the collected specimen will be tested utilizing normal testing procedures.

Should a Head Coach or Administrator feel that there are grounds for reasonable suspicion for an entire team, arrangements can be made for the entire team to be tested. In this instance, the Head Coach or Administrator must submit evidence for reasonable suspicion in writing to the Head Athletic Trainer. Upon receipt, the Head Athletic Trainer will consult with the Team Physician and/or the Director of Athletics. If there is evidence to support reasonable suspicion, a team meeting will be called and the members of the team will be provided with no more than 24 hours notice of a random drug test based on reasonable suspicion. Arrangements will be made with the Head Athletic Trainer or the Student Health Center, and times will be assigned to each of the team members. Failure to comply with testing will be considered a positive test and the student-athlete will be subject to the sanctions associated with such findings. The cost(s) associated with this type of testing will be the responsibility of team being tested or other source (only if approved and/or directed by the Director of Athletics).

Note: The possession and/or use of illegal substances may be determined by means other than urinalysis (e.g., using on-site saliva testing products to determine alcohol consumption). If an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis.

Postseason/Championship Testing

Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members, a percentage of team members, or individual student-athletes at any time within thirty (30) days prior to or at any time during the post-season competition. If a student-athlete tests positive, he or she will not be allowed to compete at the post-season event unless he or she subsequently tests negative prior to departure for the event. The costs associated with testing will be the responsibility of the athletic department. All costs associated with treatment and follow-up or re-entry testing, or any subsequent unannounced random testing that result from a positive screen may be the responsibility of the student-athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student athlete to pay for such testing, treatment or counseling.

Drug testing will be conducted on a zero to 24 hour notification basis meaning that student athletes may be provided with zero to no more than 24 hours notice of the pending drug screen. Once notified, they are required to report for drug testing at the assigned time and place. Failure to report at the assigned time and follow appropriate procedures will result in the sanctions outlined below for a positive test.

The use of illegal substances or alcohol may be determined by means other than urinalysis.

Follow-up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Any and all costs associated with the assessment and any subsequent treatment or counseling resulting from a positive screen may be the responsibility of the student athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student athlete to pay for such testing, treatment or counseling.

Testing will be unannounced and will be required at a frequency determined by the Athletic Director, Team Physician or their designee in consultation with the counselor or specialist involved in the student- athlete's case. The use of illegal substances or alcohol may be determined by means other than urinalysis.

Drug Testing Procedures

- All athletes subject to testing (both male and female)
- Tests will occur randomly 1-3 times a semester
- Each sport will be sorted into separate groups
- Each athlete will be randomly assigned a number
- 5% of each team or one (1) student-athlete from each team, whichever is greater, will be randomly selected to be tested
- Athletic Director and Coaches will be informed of selected athletes
- Coach, an athletic staff member, or trainer will personally inform athlete of selection
- Student-athlete will be notified of their report time and testing location 0-24 hours prior to testing
- Student-athlete must bring valid photo ID (drivers license, student ID, etc.)
- Ohio Health will be performing the drug screenings at the test location
- Urine sample will be collected and screened for a minimum of five (5) panels
- Student-athlete will be given two (2) hours to produce a valid sample. Following this two-hour window, student-athlete will be transported to the Aims Clinic for testing. The student-athlete will remain at the Aims Clinic until a valid sample is produced.

Banned Substances

The drug testing process may include analysis of, but is not limited to, the NCAA list of banned drug classes. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example on the NCAA list of banned-drug classes. For an ongoing updated listing of the banned-drug list view the NCAA's web site at www.ncaa.org. Prohibited substances that Ashland University may screen include, but are not limited to, alcohol, marijuana, PCP, opiates, MDMA (Ecstasy), amphetamines, cocaine, flunitrazepam (Rohypnol) and anabolic steroids. Ashland University reserves the right to test for substances not listed on the NCAA Banned Drug Classes List and/or at different cut off levels than the NCAA. Ashland University requires that all student-athletes keep the athletic training staff and/or team physician aware of any prescribed drugs and dietary supplements that he or she may be taking.

Results of Drug Testing

Each sample will be tested to determine if banned drugs or substances are present. A test result confirmed as positive by the laboratory does not automatically identify the student-athlete as having engaged in prohibited drug or alcohol use. Results will be made available to the Head Athletic Trainer. The Head Athletic Trainer will notify the student-athlete, the Team Physician, the Director of Athletics, the Head Coach, and a substance abuse counselor of a positive result (see Appendix D). The student-athlete may present evidence of any mitigating circumstances that he/she feels may be important to the outcome of the drug test prior to imposition of any intervention or required treatment or counseling program consistent with the appeals process described within the document.

If the laboratory reports a specimen as substituted, manipulated or adulterated, the student athlete will be deemed to have refused to submit to testing and treated as if the test were positive for a banned substance. In this instance, an athletic staff member will immediately transport the student-athlete to the AIMS clinic for further testing. The cost of this additional testing at the AIMS clinic will be the responsibility of the student-athlete and serve as the appeal process for the previously altered test.

All student-athlete information and records associated with the Ashland University drug testing program will be confidential and only be released to the individuals identified below (or their designees): Director of Intercollegiate Athletics, Team Physician, Head Athletic Trainer, Substance Abuse Counselor, Head Coach of the respective sport, Athletic Trainer in charge of the sport, Parents, Guardian, Members of the Substance Abuse Panel. The release of these records will only be distributed to those outside of the above list upon receipt of a signed release of information by the student-athlete.

Appeal

A positive test result will be sent to the laboratory used by Ohio Health for drug screenings. This specimen will be retested at the facility. The result of this additional test will be considered the appeal for all positive testing results. No other appeal will be accepted.

Positive Test Results

A student-athlete's refusal to sign a consent form, or in the instance of a minor, their parents refusal to sign a consent form, prohibits a student-athlete from participating in any intercollegiate sport, conditioning, practices, or competitions at the Ashland University. Any student-athlete who tests positive for a banned substance or who refuses to submit to a required drug test as described in this policy shall be subject to the following sanctions, at a minimum. Head Coaches and individual teams may have rules and sanctions that are more stringent than those outlined in this policy. These rules, when applied, shall be recognized and supported. However, at no time, shall a team policy, rule, or sanction minimize the requirements and sanctions of the Ashland University Drug and Alcohol Education Program.

Positive testing results from NCAA and other outside agencies will be treated as positive tests obtained under this policy and will result in sanctions under this policy in addition to possible sanctions from the NCAA and other outside agencies. This includes transfer student-athletes that have had positive drug tests at institutions other than Ashland University.

Any attempt to circumvent or tamper with the drug testing collection process will result in the test being considered a positive test.

First Positive Test

- Head Athletic Trainer will report the positive findings to the Athletic Director and Team Physician.
- A meeting with Director of Athletics (or designee), his/her head coach, and Head Athletic Trainer will be required of the student athlete in the event of a positive test.
- The student-athlete will be required to notify and inform his/her parents of the positive test while in the presence of the Head Athletic Trainer, his/her Head coach, or the Director of Athletics.
- The student-athlete will be immediately suspended from participation in any intercollegiate sports, practices or competitions at Ashland University and will not be allowed to return to competition until they have completed at least 50% of their community service hours, attended their first drug and alcohol counseling session, and the head coach has approved return.
- The student-athlete will be suspended from 10% of all regularly scheduled competitions during the current championship segment, or the subsequent championship segment if the positive test occurs during the non-championship segment. If the positive test occurs at such a time that the 10% suspension is not completed by the end of the season in which the test occurred, the suspension will be carried over to the championship segment of the next sport season. If positive test occurs during a student-athlete red shirt year, suspension will occur during the championship segment that student-athlete is eligible to participate.
- The student-athlete will be referred to the Ashland University Counseling center for evaluation.
 - o Student-athlete will be required to sign a release of information form to enable the athletic department to check attendance at the counseling center for any counseling deemed necessary.
 - o Counseling center personnel will make the final determination on the number of counseling sessions necessary.
- 20 hours of community service within the athletic department with support staff personnel (Head Athletic Trainer, Equipment Manager, or Facilities) must be completed by the student- athlete within 30 days after notification of a positive test.
- Student-athlete will be subject to unlimited random drug testing for remainder of eligibility at Ashland University from the date of a positive test.
- The student-athlete must have consent from team physician prior to returning to the team. • The student-athlete's head coach with Athletic Director approval has the option to impose additional sanctions including, but not limited to, indefinite suspension, revoking team privileges, travel, dismissal from the team, and/or termination of some or all athletic grant in aid.
- An unexcused absence from or refusal to complete any part of the sanctions above will be treated as a second positive test.
- Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up testing may be the responsibility of the student athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Second Positive Test

- Head Athletic Trainer will report the positive findings to the Athletic Director and Team Physician.
- A meeting with Director of Athletics (or designee), his/her head coach and Head Athletic Trainer will be required of the student athlete in the event of a second positive test.
- The student-athlete will be required to notify and inform his/her parents of the positive test while in the presence of the Director of Athletics, Head Athletic Trainer, and his/her Head coach.
- The student-athlete will be immediately suspended from participation in any intercollegiate sports, practices or competitions at Ashland University and will not be allowed to return to competition until they have completed at least 50% of their community service hours, attended their first drug and alcohol counseling session, and the head coach has approved return.
- The student-athlete will be suspended from 20% of all regularly scheduled competitions during the current championship segment or the subsequent championship segment if the positive test occurs during the off-season, or non-championship segment of the season. If the positive test occurs at such a time that the 20% suspension is not completed by the end of the season in which the test occurred, the suspension will be carried over to the championship segment of the next sport season. If positive test occurs during a student-athlete red shirt year, suspension will occur during the championship segment that student-athlete is eligible to participate.
- The student-athlete will again be referred to the Ashland University Counseling center for evaluation.
 - o Student-athlete will be required to sign a release of information form to enable the athletic department to check attendance at the counseling center for any counseling deemed necessary.
 - o Counseling center personnel will make the final determination on the number of counseling sessions necessary.
- 40 hours of community service within the athletic department with support staff personnel (Head Athletic Trainer, Equipment Manager or facilities) must be completed by the student- athlete within 30 days after notification of a positive test.
- Student-athlete will be subject to unlimited random drug testing for the remainder of eligibility at Ashland University from the date of a positive test.
- The student-athlete must be re-tested, with a negative result, and the consent of team physician prior to returning to the team.
- The student-athlete's head coach with Athletic Director approval has the option to impose additional sanctions including, but not limited to, indefinite suspension, revoking team privileges, travel, dismissal from the team, and/or termination of some or all athletic grant in aid.
- An unexcused absence from or refusal to complete any part of the sanctions above will be treated as a Third positive test.
- Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Third Positive Test

- Head Athletic Trainer will report the positive findings to the Athletic Director and Team Physician.
- A meeting with Director of Athletics (or designee), his/her head coach and Head Athletic Trainer will be required of the student athlete in the event of a third positive test.
- The student-athlete will be required to notify and inform his/her parents of the positive test while in the presence of the Director of Athletics, Head Athletic Trainer, and his/her Head coach.
- Upon a third positive test result, the student-athlete will be dismissed permanently from the Ashland University Intercollegiate Athletics program.
- All athletic grant in aid will be terminated immediately.
- Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Missing A Counseling Session

Student-athletes are required to comply with the appointment policy developed by the Ashland University Counseling staff. It is the responsibility of the student athlete who makes an appointment with a counselor to keep that appointment. If the student athlete is not able to keep the appointment he or she is expected to cancel the appointment by telephone, preferably 24 hours in advance but at least by 8:30 a.m. on the day of the appointment. Prior to the appointment the student-athlete will read and sign an informed consent for evaluation and treatment, which includes an agreement to follow the appointment policies.

Failure to keep or cancel an appointment as stated above may result in a suspension from practice and/or competition as determined by the Director of Athletics or his/her designee.

Self-Reporting Drug Use - Safe Harbor

Any student-athlete may refer himself/herself for evaluation or counseling by contacting their head coach, a member of the athletic training staff, or an athletics department administrator. A student-athlete must complete the Drug Testing Safe Harbor Agreement (Appendix E) to begin the Safe Harbor process.

- A student-athlete may not initiate self-referral after he/she has been informed of their participation in an impending drug test.
- A student-athlete cannot enter the self-referral program at any time after a positive test. This includes the entire time of athletic eligibility for student-athlete.

- There will be no team or administrative sanctions imposed upon the student-athlete for seeking professional help through self-referral.
- A student-athlete will be permitted to remain in Safe Harbor for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. However, the student- athlete will not be permitted to return to participation in intercollegiate sports until the counselor has interviewed the student-athlete following the conclusion of the recommended treatment (or stage of treatment, as applicable) and has determined that re-entry into intercollegiate sports is appropriate. Additionally, a negative re-entry test will be required prior to returning to participation in any practice, competition or conditioning session.
- A student-athlete testing positive on the initial test after entering this program will not be subject to applicable sanctions. However, a positive test in a subsequent retest or failure to adhere to the treatment program will result in the appropriate administrative sanctions consistent with a 2nd positive test.
- While complying with the plan of Safe Harbor, the student-athlete would not be included in the list of student-athletes eligible for institutional drug testing. However, the student-athlete in the Safe Harbor will be eligible for selection for NCAA testing and for testing based upon reasonable suspicion.
- Failing to complete the treatment recommended by the counselor, having a positive test for any banned substance after entering the Safe Harbor (while in the safe harbor, a student-athlete is subject to testing throughout the 30 day period in 5 instances: 1) Upon entry into the safe harbor program, 2) upon exiting the safe harbor, 3) NCAA Drug Testing, 4) Reasonable Suspicion, and 5) if required as part of the treatment plan by the drug and alcohol education counselor), or having a positive result on a reentry drug or alcohol test will be deemed a second offense under this policy.
- Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the Ashland University Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.
- Each student-athlete will be allowed one admittance into Safe Harbor, without sanction, during his/her athletic eligibility period.
- Self-referral does not exempt an athlete from NCAA sanctions in the event of NCAA year round or championship testing.

Medical Exception Process

Ashland University recognizes that some banned substances are used for legitimate medical purposes. Ashland University will allow exceptions to be made for those student-athletes with a documented medical history demonstrating a need for regular use of such a substance. The student-athlete is required to inform the Head Athletic Trainer of all medications he/she is taking prior to being tested. Additionally, a note from the student-athlete's prescribing physician will be kept in the student-athlete's medical file. In the event a student-athlete tests positive, the Head Athletic Trainer in consultation with a team physician will review the student-athlete's medical record to determine whether a medical exception should be granted.

Drug Advisory Committee

The alcohol and other drug education and testing committee shall be composed of the following individuals:

- Al King (Athletic Director)
- Josh Wiemels (Head Athletic Trainer - Coordinator shall chair the committee)
- Lauren Simko and Colt Sponseller (Head Coach of one male and one female sport appointed by the Director of Athletics)
- Ashley Anderson (One member of the Athletic Training Staff appointed by the Head Athletic Trainer)
- Trent Maddox and Avery Rosso (Two Student-Athletes appointed by the Director of Intercollegiate Athletics)
- TBA (One member of the Ashland University Counseling Center staff)
- Mitch Metzger (One academic representative appointed by the Director of Athletics)
- Tim Johnson (Director of Compliance)
- Elizabeth Hoge (Senior Woman Administrator)
- Mario O Brunicardi, MD (Head University Physician)

Ashland University

Department of Athletics

Policy Statement on Alcohol and Other Drug Education and Testing

Appendix C

Drug Testing Reasonable Suspicion Notification Form

I, _____, under the reasonable suspicion clause that is outlined in the Ashland University Department of Athletics University Drug and Alcohol Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant.

_____ be referred to the Department of Athletics Drug and Alcohol Committee Chair on his/her referred to the Department of Athletics Drug and Alcohol Committee Chair or his/her designate for possible drug testing. The following sign(s), symptom(s), or behavior(s) were observed by me over the past ___ hours and/or _____ days.

The Student-Athlete has shown (please check all that apply):

- irritability
- loss of temper
- poor motivation
- failure to follow directions
- verbal outburst (e.g. to faculty, staff, teammates)
- physical outburst (e.g. throwing equipment)
- emotional outburst (e.g. crying)
- weight gain
- weight loss
- sloppy hygiene and/or appearance

The Student-Athlete has been (please check all that apply):

- late for practice
- late to class
- not attending class
- receiving poor grades
- staying up too late
- missing appointments
- missing/skipping meals

The Student-Athlete has demonstrated (please check all that apply):

- dilated pupils
- red eyes
- smell of alcohol on the breath
- smell of marijuana
- staggering of or difficulty walking
- constantly running and/or red nose
- recurrent bouts with a cold of the flu (give date _____)
- over stimulated or "hyper"
- excessive talking
- withdrawn and/or less communicative
- periods of memory loss
- slurred speech
- recurrent moto vehicle accidents and/or violations (give dates _____)
- recurrent violations of Student Code of Conduct

Other Specific Objective Findings Include:

Signed

Date

Head Athletic Trainer

Date Reviewed

Team Physician

Date Reviewed

Director of Athletics

Date Reviewed

Actions Taken:

Ashland University
Department of Athletics

Appendix D

Student-Athlete Notification of Positive Finding and Treatment Planning Sheet

Name: _____ Sport: _____

Date: _____ AU ID: _____

Positive Drug Test or Alcohol/ Tobacco Incident

Date of Drug Test/Alcohol or Tobacco Incident: _____ Positive: 1st 2nd 3rd

Nature of Positive Test or Incident (also see attached Laboratory testing form if applicable)

Guilty Plea to OVI Charge _____

Recommendations/Referral:

___ Placed on probation Starting Date: _____ Ending Date: _____

___ Mandatory Referral to Ashland University Health Services/Alcohol and Drug Counseling

Date of Evaluation Appointment 1: _____ Time: _____

___ Unannounced Drug Screening (cost of repeat screen may be the responsibility of the student-athlete)

___ Suspension Starting Date: _____ Ending Date: _____

___ Permanent Removal From Team Effective Date: _____

I, the undersigned student-athlete understand all conditions, sanctions, and mandatory referrals associated with my violation of the Ashland University Drug and Alcohol Education and Testing Program. I understand that a failure to comply with all parameters of treatment will constitute a positive test and that I will, at a minimum, be subject to the ramification of that subsequent offense and may be subject to indefinite suspension or permanent removal from participation in intercollegiate athletics at Ashland University.

Student-Athlete

Date

Head Athletic Trainer

Date

Ashland University

Department of Athletics

Policy Statement on Alcohol and Other Drug Education and Testing

Appendix E

Drug Testing Safe Harbor Agreement

I, _____, understand that by admitting myself to safe harbor as defined within the Alcohol and Other Drug Testing and Education policy of Ashland University, I will be expected to fulfill the requirements for the program as they are defined by a) the alcohol and drug testing and education policy; b) the Ashland University administration; c) the Ashland University Team Physicians and Drug and Alcohol Education Counselors; and d) the Ashland University Coaching staff.

I understand that failure to comply with each step of the treatment plan, as defined in paragraph one (1) will result in a written notification of non-compliance and that I will be subject to the penalties associated with an act of non-compliance, which, as defined within the Ashland University Drug Testing and Education Program, is equivalent to a positive test. I further understand that a positive test carries remedial actions associated with 2nd positive test as outlined in the Ashland University Alcohol and Other Drug Testing Policy:

Student-Athlete (Printed Name)

Date

Student-Athlete (Signature)

Date

Director of Athletics

Date

Head Coach

Date

Head Athletic Trainer

Date

ATHLETICS DISCIPLINARY POLICY

The Ashland University Athletic Department firmly believes that student-athletes should understand that they will be held to a high standard of behavior on campus, in the community and in their home areas. Student-athletes are often viewed as role models. Student-athletes should realize that “once they put on the uniform, it never comes off.” They are recognized as representatives of the Athletic Department and the university and with that come responsibilities and accountability that the regular student body may not have.

The Athletic Department identifies two types of off-campus level violations. Explanations of those two levels can be found below.

Level 1 Violation - Level 1 violations include, but not limited to, OVI-DUI, drug possession classified above a minor misdemeanor, illegal possession of a weapon, theft and assault.

Level 2 Violation - Level 2 violations include alcohol or substance abuse violations resulting in an arrest or required court appearance: those incidents where the student-athlete has placed himself/herself in a position where he/she could do harm to himself/herself or others; attempting to purchase, purchasing or possessing alcohol while underage; disorderly conduct, drug possession or use, possession of drug paraphernalia, possession of false identification, resisting arrest.

Consequences

At the time a student-athlete is arrested/cited, with a Level 1 or 2 violation, his case will be subject to review by the athletic department. Penalties will be determined and applied as appropriate. A conviction on the charges can result in additional penalties.

Any student-athlete charged with a felony or sexually-related crime shall be immediately suspended from all athletic-related events. A conviction of these charges shall result in immediate dismissal from the team and loss of athletic aid.

Any violations that occur on campus fall under the jurisdiction of Ashland University and its judicial system.

All violations must be reported through Front Rush within 24 hours of arrest/violation or additional penalties may be added.

In all instances any penalties may carry over to the next competitive season.

Any student-athlete who is charged with any crime must report that crime to his/her head coach within 24 hours of being charged. Failure to do so can result in additional penalties, including suspension (includes games/practices and other team functions).

HAZING

Ashland University and the Department of Athletics do not condone or tolerate any form of hazing.

What is Hazing

Hazing is determined by the University as doing, requiring, or encouraging any act or behavior regardless of the participant's willingness or reluctance that is associated with initiation into or continued affiliation with any student or other organization/group that causes or creates a substantial risk of physical or mental harm or humiliation to any person. It is assumed that all Ashland University groups are interested in the intellectual and social development of individual members; therefore, in activities no action shall be taken which tends to endanger the health of the individual, or demand undignified conduct of him or her, or in any way jeopardizes his or her scholastic standing or general well-being. Hazing involving gender discrimination falls under Title IX oversight.

Holding or transporting another person under physical restraint even if the holding or transporting is done as part of a "friendly" group or individual rivalry, is prohibited. For those reasons, all forms of hazing on the part of an individual or individuals, or student groups, whether on or off university and/or residence premises, are expressly prohibited.

Violations of Hazing

Prevention of hazing is the responsibility of each member of the University community. Hazing is a crime in the State of Ohio. It is also a violation of University policy (Level I) to haze or have known of a hazing incident and fail to report it. All instances of hazing should be reported to the Director of Student Conduct, ext. 5303. The Director of Student Conduct shares the report with the Director of Athletics when athletes are allegedly involved. Incidents of hazing will be dealt with on a case-by-case basis.

TITLE IX POLICY

All students and employees are expected to understand and support the university's Title IX-Sexual Misconduct Policy. The policy can be found on page 62 of the Ashland University Student Handbook:

<https://www.ashland.edu/sites/default/files/2023-10/2023-2024%20Student%20Handbook%20revised%2010-24-23.pdf>

The policy includes:

Introduction

Title IX- The Law

Title IX Coordinators and Deputy Coordinators

Sexual Misconduct and Other Prohibited Conduct

Sexual Misconduct - Risk Reduction Information

Active Bystander - Everyone has a role in preventing and addressing sexual misconduct Steps to Take if You are Sexually Assaulted

Reporting and Confidentiality

Submitting a Complaint/Report

Individual Rights

Interim Measures

Retaliation

Determination of Disciplinary Behavior

Resources for Sexual Misconduct

Federal Statistical Reporting Obligations

Federal Timely Warning Reporting Obligations

Athletics

Credits/Dates of Revision

SPORTS GAMBLING OR WAGERING

The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests and jeopardize the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purposes and meanings of "sport." Sports competitions should be appreciated for the inherent benefits related to the participation of student-athletes, coaches, and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins (i.e. "point shaving") or who solicits or accepts a bet or participates in any gambling activity through a bookmaker, a parley card or any other method employed by organized gambling that involves wagering on the student-athlete's institution shall permanently lose all remaining regular-season and postseason eligibility in all sports.

A student-athlete who solicits or accepts a bet or participated in any gambling activity that involves intercollegiate athletics or professional athletics, including fantasy leagues, shall be ineligible for all regular season and postseason competition for a minimum of a period of one year from the date of the institution's determination that a violation has occurred and shall be charged with the loss of a minimum of one season of competition. A request for reinstatement may be submitted on behalf of the student-athlete who has participated in such activity only upon fulfillment of the minimum condition indicated above. If the student-athlete is determined to have been involved in a subsequent violation of any portion of NCAA Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

(The following is from the NCAA's Don't Bet On It, 2001 Brochure)

That means:

- No wagers on ANY professional or college sports event, even those that don't involve your college, including fantasy leagues
- No sports "pools," even those run by your friends in the residence halls
- No Internet gambling on sports events
- No sports wagering using "800" numbers
- NO exchange of information about your team with ANYONE who gambles. In other words, no information about injuries, new plays, team morale, discipline problems or anything else

The Consequences:

NCAA rules are clear. If you are discovered as someone who:

- made a bet of any kind on any college or professional sport
- gave information to someone who does gamble

Then the following will happen:

- You will be declared ineligible to compete in college sports. You are off the team
- It is then up to your college to review your case and impose a penalty (suspension, permanent removal, etc.)
- If your college wants you back on the team, the NCAA must review the case to determine if you can come back
- You also run the risk of being arrested and charged with a crime

"DON'T BET ON IT"

SOCIAL MEDIA POLICY

Social media is a fun and useful tool, but it can also spread information in a negative way that exposes personal information to the mass public. Ashland University supports our student-athletes expression of speech and individualism. Our social media policy is in no way an attempt to sensor your use of social media, but to give you valuable tips on how to utilize social media properly and to avoid mishaps that may prevent you from gaining internships and or employment in the future.

Playing and competing for Ashland University is a privilege. Student-athletes at AU are held to high standards and are seen as role models in the Ashland community. As members of your respective programs, you have the responsibility to portray your teams, your University, and yourselves in a positive manner at all times.

Facebook, Twitter, Instagram, Snapchat, and other social media sites have increased in popularity globally and are used by the majority of student-athletes here at Ashland in one form or another.

Student-athletes should be aware that third parties, including the media, faculty, future employers and NCAA officials, could easily access your profiles and view all personal information, This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the University. This can be detrimental to a student-athlete's future employment options after graduating from Ashland.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include the following:

- Photos, videos, comments, or posters showing the personal use of alcohol, drugs, and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature.
- Pictures, videos, comments, or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward an individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at Ashland University or any other institution and derogatory comments against race and or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that would constitute a violation of Great Midwest or NCAA rules (examples: providing information relates to sports wagering,; soliciting impermissible extra benefits etc.)
- Information that is sensitive or personal in nature or is propriety to the Ashland University Athletic Department or the university, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/ itineraries or information).

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- It is recommended that you do not post personal information including your address or phone number to any online site
- We encourage your social media sites setting be set to “Private”, this allows you to know everyone who has viewing access to your site
- Use appropriate settings to monitor when a friend or family member “tags” you in a photo. With today’s technology it is easier to have your private moments be shared without your knowledge.
- Keep your passwords private
- Consider who you choose to follow
- Think before re-tweeting / re-posting comments – although they are not your own, you are endorsing the comments

*** The Ashland University athletic department retains the right to discipline any student-athlete who violates these social media guidelines. Each team may also include a social media policy in its team rules. Discipline may include a verbal reprimand, a written reprimand, community service, suspension and or removal from your team activities and games. Such penalties will be determined by the coach and director of athletics.**

SPORTS MEDICINE/ MENTAL HEALTH INFORMATION

ATHLETIC DEPARTMENT

ATHLETIC INJURY AND MEDICAL POLICY

THESE POLICIES ARE DESIGNED FOR THE PROTECTION OF THE STUDENT-ATHLETE PARTICIPATING ON OUR TEAMS, AND FOR THE ATHLETIC DEPARTMENT ITSELF.

Medical Responsibilities

The health and welfare of the student-athlete is a major concern for success at Ashland University. Therefore, all first-year/transfer intercollegiate athletes at Ashland University are required to have a complete sports physical by a designated team physician, (A sports physical is required by the NCAA). The pre-participation exam must be completed prior to the student-athlete being eligible to begin practice.

Ashland University mandates clearance of the student-athlete by the team physician so that any physical/medical condition can be treated prior to participation in a sport. The team physician makes the final decision whether a student-athlete participates in any intercollegiate sport. Participation in an intercollegiate sport is contingent on medical evaluation and clearance by the Ashland University Team Physician.

A. An updated history is required annually after the initial sports physical exam. A student-athlete may request to see the team physician at any time and can make an appointment through the staff athletic trainers or the Student Health Center. All injured student-athletes are required to report to the staff athletic trainers as soon as possible. A staff athletic trainer will evaluate the injury and refer to the team physician, if necessary. All injuries need to be documented at the time of occurrence by the staff athletic trainers or the team physician. If an off-campus referral is required, the appointment will be scheduled by the staff athletic trainers or the Student Health Center.

B. All student-athletes are required to have health insurance. Each student-athlete should be covered by Ashland University Student Insurance, parental insurance, or an individual policy to defray the costs of significant injury or illness. Proof of insurance coverage is mandated and an insurance questionnaire must be completed by the parents/guardian and on file at the Student Health Center. This insurance questionnaire is updated annually.

C. Student-athletes are required to communicate all information pertinent to their health and well-being to the team physician. All information received is kept in strict confidence in the student-athlete's medical file; hence no pertinent information should be withheld. However, for a student to perform safely as an athlete, medical staff may need to reveal knowledge of certain medical information and injuries to the Ashland University Staff Athletic Trainers and Head Coach.

Medical Referrals

- All Ashland University Athletics related injuries must first be evaluated by a Staff Athletic Trainer prior to referral, unless an emergency situation occurs. If a referral is needed, student athletes will be referred off campus to an appropriate health care provider for all sports medicine related injuries. Student athletes may also be referred to the Ashland University Student Health Center for any general medical conditions or illnesses.

- It is the responsibility of the injured student-athlete to complete all insurance claim forms within 30 business days from the time of injury.

- In case of exceptional athletic injury, a second opinion may be requested by the student-athlete. All second opinions and referrals must be pre-approved by an Ashland University Athletic Trainer or team Physician to ensure compliance with athletic insurance coverage.

NCAA Pre-participation Medical Guidelines

Returning athletes MUST have the following on file (Healthy Roster):

1. Returning Pre-Participation Form with signed clearance from team physician
2. Insurance form and card
3. Release of Information
4. Concussion Reporting Contract
5. Nutrition Supplement Form
6. Sickle Cell (Only completed once during first year)
7. NCAA ADHA Form (if applies to student-athlete)

Freshman/Transfer Athletes MUST have the following on file:

1. Incoming/Transfer Pre-Participation Form with signed clearance from team physician.
2. Insurance form and card
3. Release of Information
4. Concussion Reporting Contract
5. Nutrition Supplement Form
6. Sickle Cell
7. NCAA ADHA Form (if applies to student-athlete)

*Incoming/Transfer Pre-participation examination will be administered by the designated team physician and conducted at a given time and date.

ATHLETIC TRAINING NUMBERS & HOURS OF OPERATION

Phone: 419-289-5449 (Kates Gym) | 419.207.6195 (Troop Center)

Monday - Friday

Morning hours: 9 a.m. - noon (evaluation, treatment, rehabilitation) Afternoon hours: 1 p.m. - 5 p.m.

Afternoon hours are for pre-practice/game taping and treatment.

All athletes will be sent a Google Sheet to their Ashland email where they will be able to sign up for a time to see their respective Athletic Trainer each day.

OHIO HEALTH

All seven full-time Ashland University athletic trainers are employed through Ohio Health. Athletic trainers are assigned to specific teams and also have regular hours in the two athletic training rooms (one at the Troop Center, one in the Recreation Center adjacent to Kates Gymnasium). AU's agreement with Ohio Health also provides for coverage and consultations with a wide range of Ohio Health physicians.

NCAA STATEMENT OF PHILOSOPHY

DRUG TESTING

Preface

As the misuse of drugs by athletes has grown into a serious problem over recent years, the NCAA and other sports organizations have developed drug education programs and testing policies to ensure safe and fair athletic competition.

NCAA Statement of Philosophy

The use of anabolic steroids and other performance enhancing (ergogenic) drugs by athletes has raised serious concerns over the integrity of athletic competition and the potential harm of ergogenic drugs to the health of the athlete.

A need to increase the awareness of drug education and testing policies is acute because:

- misconceptions held by athletes and health care professionals concerning the pharmacologic effects of certain prescription and non-prescription (over-the-counter) drugs.
- the confusion over different banned drug lists and testing done by the NCAA.
- the number of currently marketed drugs that are banned for athletes (approximately 33% of all listings).
- the frequency with which new medications (including some that are banned from sports) are introduced in the United States. For example, over 1,000 new drugs produced have been added or re-classified since the 1996 edition of athletic drug reference book.
- studies suggest 70% of college athletes are unaware of the drug testing procedures to which they may be held accountable.

NCAA Division II Drug Testing

All student-athletes at Division II institutions are subject to testing at championship and bowl events, possibly for the entire list of banned drugs.

- Every Division II sport your institution sponsors is now subject to out-of-competition (year-round) drug testing.
- Every Division II institution sponsoring football will be drug tested at least once each academic year. In addition to football, one additional sport will be randomly selected for drug testing beginning this fall. Please know, however, that your institution may be selected for testing more than once each academic year.
- For institutions not sponsoring Division II football, Drug Free Sport will randomly, select institutions to be tested. Institutions not sponsoring football will be selected at least once every two years.

Following is a breakdown of how the NCAA will randomly select student-athletes for testing:

If your institution sponsors football, 12 football student-athletes plus four student-athletes from one additional sport will be randomly selected for drug testing.

If your institution does not sponsor football, four student-athletes from one sport will be randomly selected for drug testing.

Once Drug Free Sport has randomly selected student-athletes for drug testing, the site coordinator (or designee) will receive the roster of selected student-athletes. The site coordinator (or designee) is responsible for notifying student-athletes of their selection for drug testing and having them sign the Out-of-Competition Drug-Testing Notification Form. Student-athletes must be notified in person or via telephone/cellular phone. Voice messages and/or e-mail communication are no longer acceptable forms of notification.

NCAA Drug Testing Program

Bylaw 14.1.1.1

Bylaw 18.2.1.2 provides that a student-athlete who is found to have utilized a substance on the list of banned drugs shall be declared ineligible for further participation in post-season and regular season competition during the time period ending one calendar year after the student-athlete's positive drug test, and shall be charged with the loss of a minimum of one season of competition in all sports if the season of competition has not yet begun for that student-athlete or a minimum of the equivalent of one full season of competition in all sports if the student-athlete tests positive during his or her season of competition (i.e., the remainder of contests in the current season and contests in the subsequent season up to the period of time in which the student-athlete was declared ineligible during the previous year). The student-athlete shall remain ineligible until the student-athlete retests negative (in accordance with the testing methods authorized by the Executive Committee) and the student-athlete's eligibility is restored by the Eligibility Committee. If the student-athlete tests positive for the use of any drug, other than a "street drug" (heroin, marijuana, THC), after being restored to eligibility, he or she shall lose a minimum of one additional season of competition in all sports and also shall remain ineligible for regular-season and post-season competition at least through the next calendar year. Bylaw 18.2.1.2 also provides that the Executive Committee shall adopt a list of banned drugs and authorize methods for drug testing of student-athletes on a year-round basis.

What Type of Drugs are Banned by the NCAA?

Generally speaking, the following categories of drugs are banned: stimulants, anabolic agents, peptide hormones, narcotics (except codeine), diuretics and urine-manipulating agents.

The use of the following drugs and/or procedures are subject to certain restrictions and may not be permissible, depending on limitations in their guidelines and/or quantities of these substances: blood doping, local aesthetics, manipulation of urine samples and Beta 2 agonists.

What Approach Should the Athlete Take Regarding the Use of Drugs and Medicines?

1. Take no medicines or substances that are not appropriate, and take only those that are prescribed for you. You may wish to have these reviewed by the team physician.
2. If you are taking medicine(s) for a specific medical reason or illness, take them faithfully and follow the directions of your physician.
3. Most of all, know that medicines you are taking, how long you are going to take them, what the side effects may be, and the banned/permitted status of each.

PLEASE NOTE: Student-athletes continue to test positive for the use of nutritional dietary supplements. The following statement should be made to all student-athletes: **“All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Failure to check out a supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. Ultimately, student-athletes are responsible for anything they ingest.”** A common best practice among institutions is to provide student-athletes a clear written policy on the use of nutritional/dietary supplements.

NCAA BANNED SUBSTANCES

The NCAA bans the following classes of drugs:

- A. Stimulants
- B. Anabolic Agents
- C. Alcohol and Beta Blockers (banned for rifle only)
- D. Diuretics and Other Masking Agents
- E. Cannabinoids
- F. Peptide Hormones and Analogues
- G. Hormone and metabolic modulators
- H. Beta-2 Agonists
- I. Narcotics

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

- A. Blood Doping.
- B. Gene Doping.
- C. Local Anesthetics (under some conditions).
- D. Manipulation of Urine Samples.
- E. Beta-2 Agonists permitted only by prescription and inhalation.
- F. Additional Analysis.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

It is your responsibility to check with the appropriate athletics staff before using any substance.

Note to student-athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletics department staff prior to using a supplement.

Some examples of NCAA banned substances in each drug class:

Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents: (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione) oldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs: heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues: growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens: anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.**

It is your responsibility to check with the appropriate athletics staff before using any substance.

ASHLAND UNIVERSITY SPORTS MEDICINE (AUSM)

Concussion Program for Intercollegiate Athletes

Administrative Issues

- Emergency Action Plan for venues including Concussion Plan for all high risk sports.
- Coaching education regarding EAP & Concussion Plan including signs & symptoms of concussion.
- Education of student athletes regarding concussion, including sign & symptoms, importance of properly fitting equipment, and high risk sport activities (e.g. leading with the head).
- Pre-participation Physical Examinations performed for all varsity athletes.
- Signed Student Athlete Agreement regarding reporting of all injuries & illness, including signs and symptoms of concussion, to AUSM staff.
- ATC's on site/available for all at risk practices & games, physician on site/available for at risk home events. Host institutions' medical staff utilized for away contests where no AUSM staff is available.
- Concussion Information Sheet given to athletes that have sustained a concussive injury.

Sideline Evaluation

- When an athlete has signs/symptoms of concussion, they will be removed from play and not allowed to return to play until evaluated by a licensed health care provider.
- An athlete with worsening symptoms, especially worsening headache, nausea or vomiting, increased confusion, garbled speech, lethargy or extreme sleepiness, trouble using their arms or legs, convulsions or seizure activity should be transported by public safety or ambulance to the emergency room. Any athlete with neck pain should be treated as if a cervical spine injury is present, and the appropriate emergency procedures (cervical spine immobilization, emergency room transfer) initiated.
- If no ATC or team physician is available, and the athlete has minimal symptoms, contact the athletic trainer / team physician to determine a plan for evaluation of the athlete. If you are unable to contact the AUSM staff, contact the Health Center at 419-289-5200. Safety Services should be called for transportation (419-289-5555).
- For away contests when an ATC is not available, the host institution's medical staff should be utilized.
- If an ATC is on site and the assessment is concussion, the athlete cannot return to play the same day.
- If the athlete is evaluated by the team physician and /or other clinician and the diagnosis is concussion, the athlete cannot return to play the same day.

Management

- If the team physician or athletic trainer feels that the athlete may have a concussion, that athlete may not return to contact that day and must be evaluated by the team physician before returning to participation.
- Physician evaluation of all concussed athletes at the discretion of the ATC, timing dependent on ATC assessment & clinical judgment. The ATC should contact the team physician to discuss follow up.

The team physician will:

- Determine additional testing / consultation as indicated
- Educate Student Athlete regarding importance of reporting all / any symptoms
- Determine if any modifications to school or other demands necessary (e.g. refer to Office of Disabilities, communicate with deans, parents, others)

Follow up / ongoing management

- Daily follow up of symptoms using symptom checklist.
- Follow up with ATC/team physician once ready to progress activities as well as to return to full play

Return to Play Decision

- Individualized decision; made by the ATC and team physician. Consultation from the athlete, neurocognitive/balance testing (BESS test & IMPACT), and additional outside consultation as appropriate.
- Time athlete held out of activity, rate of progression, all individualized, with decision made in conjunction with team physician

Modifiers to consider:

- Age
 - Prior history of concussion (#, specifics of injury(s), severity of injuries, frequency)
 - Learning disabilities (e.g. ADHD)
 - Migraine History
 - Seizure history
 - Other (e.g. emotional readiness, anxiety, depression, parental concern)
-
- Athlete must be symptom free prior to returning to cardiovascular exertion
 - An athlete with signs/symptoms of concussion at rest or exertion should not continue
 - The athlete may not progress in the return to play protocol from the rest phase until they are symptom free and reach a point at least 80% of their baseline on a neurocognitive test (such as IMPACT or SCAT)
 - If the athlete has a return of any symptoms while advancing through the return to play protocol, they will return to the step previously completed until they have been symptom free for at least 24 hours
 - Gradual progression in activity; step-wise with gradual increments in physical exertion and risk of contact
 - Cardiovascular challenge (15-20 minutes)
 - Unlimited cardiovascular activity, sport-specific activities
 - Non-contact drills
 - Full-contact drills
 - Return to game play

Clearance & Final Follow Up

- **Final Clearance for return to competition is to be determined by the head team physician in conjunction with the athletic trainer responsible for that athlete. A record of clearance will be maintained in the athlete's medical file at the student health center for the duration of that athlete's career at the University.**
- Student Athlete education regarding importance of reporting all symptoms as well as increased risk for concussion, and delay in recovery, with subsequent injury.

Approved by: _____ Date: _____
Mario O Brunicardi, MD, Team Doctor

Approved by: _____ Date: _____
Al King, Athletic Director

Approved by: _____ Date: _____
Joshua Wiemels, Head Athletic Trainer

Approved by: _____ Date: _____
David Jameyson, ATC

Approved by: _____ Date: _____
Rob Cremeans, ATC

Approved by: _____ Date: _____
Ben Biddinger, ATC

Approved by: _____ Date: _____
Ashley Anderson, ATC

Approved by: _____ Date: _____
Sam Olewiler, ATC

Approved by: _____ Date: _____
Chayse Casto, ATC

Dear Student-Athlete,

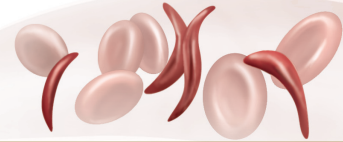
To insure a healthier athletic experience for each of our student-athletes, the NCAA is requiring that sickle cell trait testing is offered during the pre-participation physical. Sickle cell trait is a hereditary condition that can affect the shape of red blood cells during intense exercise. These deformed red blood cells can accumulate in the bloodstream, blocking normal blood flow to muscles and tissue. During intense exercise, athletes with sickle cell trait can experience significant physical distress, collapse and even die. In order to provide better medical care for athletes that have sickle cell trait the NCAA recommends that all athletes know their sickle cell trait status.

The testing (blood work) for sickle cell trait is not mandatory, but highly encouraged. Each athlete has one of three options regarding sickle cell trait testing.

1. Have the testing for sickle cell trait done through the AU Student Health Center. There is a fee for this testing.
2. Bring proof of prior sickle cell trait testing to the AU Student Health Center to be added to your medical file.
3. Sign the enclosed waiver stating that you decline testing.

In an effort to educate our student-athletes and parents, we have enclosed a quick fact sheet from the NCAA on sickle cell trait. If you have any questions please do not hesitate to contact me. Please take the time to review the material and choose the option that best fits your needs. If you elect to decline testing please complete the waiver below and return to: Student Health Center, Ashland University, 401 College Ave., Ashland, Ohio 44805.

SICKLE CELL TRAIT



WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

- ▶ During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or “sickle.”
- ▶ Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- ▶ During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- ▶ Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- ▶ Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

- ▶ Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
- ▶ Most U.S. states test at birth, but most athletes with sickle cell trait don't know they have it.
- ▶ The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
- ▶ Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- ▶ Know your sickle cell trait status.
- ▶ Engage in a slow and gradual preseason conditioning regimen.
- ▶ Build up your intensity slowly while training.
- ▶ Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.
- ▶ Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- ▶ If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- ▶ Stay well hydrated at all times, especially in hot and humid conditions.
- ▶ Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.



- ▶ Maintain proper asthma management.
- ▶ Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- ▶ Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- ▶ Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety

MENTAL HEALTH POLICY

1. This policy establishes the guidelines and procedures for managing the care of athletes with mental health issues (e.g., depression, anxiety, substance abuse, learning difficulties, performance anxiety, eating disorders, etc.).
2. Student-Athlete (SA) privacy and confidentiality, by practice, follows federal HIPAA privacy rules. Collateral contact, consultation or information exchange, by statute, involves only those directly involved with the care of the SA; with written consent from the SA. All SAs, 18 years old and older, and are under no legal disability, is of full age for all legal purposes can provide written consent to exchange medical or mental health information to licensed providers.
3. Those individuals regarded as necessary for the SA's mental care include, but not limited to the athletic training staff, team physician, and a licensed mental health care provider. Communication between these entities is vital to the successful care of the SA. Communication with the Athletic Director may occur when or where there is a concern for the safety of either the individual or those in contact with them, or if there is a violation of either the law or student code of conduct.
4. The team physician shall be the sole individual with the ability to determine a SAs eligibility to participate in their sport; this decision may follow consultation with mental health providers, athletic training staff or other professionals immediately involved with the SA.
5. When necessary to ensure the safety and wellbeing of the SA, the team physician may suspend eligibility at any time; that is if the assessment indicates participation may adversely affect the SAs mental health. Also, suspended eligibility may occur given a SAs lack of compliance with treatment.
6. Basic mental health screening questions (by interview or paper assessment) will occur at the SAs pre-participation examination and as warranted, before return-participation.
7. Licensed mental health care professionals will provide all direct counseling services or mental health assessments.
8. The university's office of counseling services will coordinate mental health treatment or assessment, as identified by the athletic training staff or reported by coaches, teammates, or individual SAs. Counseling and assessment services, in most cases, will occur on campus; however, when necessary and appropriate, through off-campus mental health providers. Outside providers will communicate with the team physician and the university's counseling services, given a wrap-around treatment plan (i.e. treatment plan initiated and monitored by the primary provider) which coordinates medical care, eligibility, and manages on-campus services when available and necessary.
9. The university's Title IX officer, campus counseling services, team physician, and the VP for Student Affairs will address all SAs sexually oriented concerns. As warranted and appropriate, designated professionals will coordinate care or determine administrative action, if necessary.
10. The following are brief guidelines to be followed in certain mental health situations:
 - a. *Acute Emergent Mental Health Emergency (life threatening situation)*
 - i. Activate EMS (911)
 - ii. Clear the area of non-essential personnel and assure personal safety
 - iii. Do not leave the SA alone in a crisis-situation
 - iv. When able, notify head athletic trainer, team physician, and counseling services. These individuals will notify the athletic director and VP for Student Affairs
 - b. *Acute Non-Emergency Mental Health Emergency (non-life threat)*
 - i. Notify counseling services, head athletic trainer and team physician
 - ii. Determination of Emergency is on an individual/situational basis
 - c. *Chronic, Non-emergency Mental Health Issues*
 - i. Contact counseling services to help coordinate mental health services
 - ii. Contact Director of Sports Medicine to assist with treatment planning
 - iii. Contact team physician to determine athletic eligibility and need for medical treatment in coordination with mental health services

11. When in doubt, contact the team physician

12. For further information on NCAA policy involving mental health issues, go to NCAA.org/sports-science/mental-health

LOCAL MENTAL HEALTH SERVICES

Provider	Location	Payment	Contact #
AU Counseling Services	Student Center	Free	419.289.5307
AU Health Center	Student Center	Free	419.289.5200
Smetzer Counseling Center	Ashland Seminary	Donation	419.207.5558
Catholic Charities Ashland County	Ashland City	Insurance, Deductible, Co-pay, Medicaid, sliding fee	419.289.1903
Domestic Violence Shelter	Richland County	Free	419.289.8085
Ashland County Council on Alcoholism & Drug Abuse (ACCADA)	Ashland City	Insurance, Sliding-Scale, Medicaid, Free	419.289.7675
Appleseed Community Mental Health Center	Ashland City	Insurance, Sliding-Scale, Medicaid, Free	419.281.7939
Samaritan Women's Health Services	Ashland City	Insurance	419.207.9272
Rape Crisis Domestic Violence	Ashland City	Free	419.289.8085
The Suicide Prevention Coalition of Ashland County	Ashland County	Free	419.289.6111 or 888.400.8500
National Hopeline Suicide Prevention		Free	800.784.2433
Cornerstone Counseling of Ashland	Ashland City	Insurance, Deductible, Co-pay	419.289.1876
Encompass Christian Counseling	Ashland City	Insurance, Deductible, Co-pay, Medicaid, sliding fee	419.289-0970
Private Counselor*	Home City	Insurance	Family Physician, Insurance Provide Referral
Crisis Hotline	Ashland City	Free	419..289.6111
Crisis Text Line	National	Free	Text 4HOPE to 741741
Safety Services; Crisis	Student Center	Free	419.207.5555
AU Athletics Office	Kates Gymnasium	Free	419.289.5441

SERVICES

STUDENT-ATHLETE ADVISORY COUNCIL (SAAC)

Mission

It is the mission of the Student-Athlete Advisory Committee to enhance the Student-Athlete experience by providing opportunity for personal growth, and to promote continued conversation between our student-athletes, AU's athletic department, and the NCAA. SAAC strives to develop and maintain a positive student-athlete image, and to build a sense of community throughout all of AU's 24 varsity sports.

Goals

The goals of S.A.A.C. are:

1. To provide a forum for student-athletes representing each team to voice their opinions and help to establish policies.
2. To educate student-athletes in practical areas promoting healthy lifestyles (i.e. substance abuse; eating disorders; learning styles; career placement).
3. To establish a network within the community promoting service by the student-athletes.
4. Raise funds through community and campus engagement for the Make-A-Wish Foundation

Objectives

The objectives of the Student-Athlete Athletic Council are:

1. One to two representatives from each team will be selected to serve on the S.A.A.C. This group will meet on a monthly basis to discuss issues and make recommendations to the athletic administration.
2. Student-athletes will attend meetings featuring expert speakers in areas pertaining to the promotion of healthy lifestyles.

Leadership

Advisor: Al King, Director of Athletics

Advisor: Elizabeth Hoge, Assistant Athletic Director / Senior Woman Administrator / Director of Academic Support Services for Athletics

CAREER SERVICES CENTER

What Does The Career Services Center Do?

You are encouraged to utilize the Career Services Center (CSC) throughout your college career. The Career Services Center's 4-Year Plan will help you stay on target with your career development. Staff will help you explore your major and career possibilities. In addition, staff will coach you regarding skills employers are seeking.

If you are exploring a major, Eagle Exploration, AU's career guidance tool, along with career coaching is recommended. Staff is available to assist with internship opportunities, job search strategies, and graduate school options. A variety of services and programs are offered to aid you in the career development process.

Services and Programs Provided Include:

- **Individual appointments** with professional staff are provided to help you explore your next career-related destination. These appointments can focus on major selection, career exploration, resumes, cover letter writing, interviewing, the job search and much more!
- **Eagle Exploration**, our online assessment tool, guides you through career exploration to help you investigate potential careers and majors. Go to www.ashland.edu/career and click on the Eagle Exploration icon. The access code is tuffy.
- **Professional Skill Development Workshops** prepare you for your next career-related destination by helping you to enhance and develop skills employers are seeking. Topics include resume and cover letter development, interviewing techniques, internship/job search strategies, graduate school and job fair preparation.
- **Special programs and presentations** are provided to help you develop strong communication and networking skills through events such as Employer Meet & Greets, Getting Started Early matters with Career Services (9/5/18), and the Etiquette Dinner (hosted on 11/13/18).
- **Internship information** is available through your academic department and the Career Services Center. Staff members will help students apply the research skills learned in the classroom to the internship investigation and will coach you throughout all phases of the search.
- **Internship focus** includes the Intern of the Month program recognition where students compete to become the intern for a featured month. Students can self nominate or be nominated by their supervisor.
- **AU Career Connect Online Career Management System** is available to search for on and off-campus jobs, resume critiques, employer search, enter you resume into a resume book, explore the resource library and stay up to date on upcoming events. Click on the AU Career Connect icon at www.ashland.edu/career and register.
- **Career fairs** are available to explore internships, full-time jobs and graduate schools.
 - Ashland University Fall Career Fair, Upper Convocation Center, Ashland University
 - Graduate and Professional School Fair, Hawkins-Conard Student Center, Conference Room, Ashland University - Ashland University Spring Career, Upper Convocation Center, Ashland University
 - OFIC CareerFest | Cleveland, Ohio & Columbus, Ohio
- **Mock interviews** are provided to help improve verbal and non-verbal communication skills when interviewing for internships, full-time employment, summer jobs and graduate school. InterviewStream, and online mock interview system is also available for student use.
- **On-campus interviews** are available when recruiters visit campus.
- **Graduate school resources** are available to help you decide on a graduate or professional school and to prepare for
the application process.
- **Career Services Resource Room** includes books on topics ranging from career decision making to job search strategies as well as handouts to help in all aspects of your career development.

Career Services Center

2nd Floor (across from the elevator) 254 Hawkins-Conard Student Center Hours: Monday-Friday 8 a.m.- 5 p.m. and by appointment

DEPARTMENT POLICIES/ INFORMATION

MISSED CLASS POLICY

Student-athletes must notify their professors at the start of the semester regarding their status as a student-athlete. Student-athletes will be provided a document reviewing their practice times and tentative travel schedule by the Director of Academic Support to provide to their professor. Student-athletes are responsible for informing their professors about any changes to the travel schedule. Student-athletes should not miss class for practice and should schedule their classes accordingly. It is important for student athletes to communicate with their professors while traveling with the team so that they are aware of missed content and assignments in their classes.

INTERVIEW POLICY

As a student-athlete, there may be times when you could be asked to meet with members of the media. Please keep the following guidelines in mind when you meet with the media.

YOU DO NOT have to take direct requests to be interviewed from a member of the media unless it is directly after a game. All interview requests are to be cleared through the athletic communications office (Dusty Sloan). Feel free to direct any questions about the interview procedure to Dusty.

Athletic Communications Contacts

Dusty Sloan, Dir. of Athletic Communications | E-mail: dsloan2@ashland.edu | Phone: 419-289-5954

Pat McGuire, Dir. of Creative Services for Athletics | E-mail: pmcguir2@ashland.edu | Phone: 419-207-5953

ALWAYS BE POLITE – It does not take extra effort to be polite. Regardless of how irrelevant a question may be or despite the fact that a reporter might not know anything about you or your sport, be courteous. Use the opportunity to educate the interviewer about you, your team and your sport. This can be an opportunity to build a relationship with the media and can result in more exposure for you and your team.

TRY NOT TO GIVE YES OR NO ANSWERS – Try to elaborate on your answers. Many reporters know not to ask yes-or-no questions, but sometimes they forget.

DO NOT USE PROFANITY

DO NOT TALK NEGATIVELY about game officials, opponents, coaches or teammates.

BE HONEST – It is very important that you tell the truth to reporters. Members of the media don't like to be lied to and not telling the truth can lead to credibility issues for you.

DRESS APPROPRIATELY – The media will understand the appearance after a game, but if it is not game day, wear appropriate attire.

ALWAYS BE ON TIME – Show up on time for an interview. If you are running late, make sure you have the reporter's phone number and can give them a call. Media members have deadlines to meet so being punctual is very important.

DO NOT SAY THINGS OFF THE RECORD – Always remember that once you say something, it is on the record. If you are uncomfortable with a question, just reply, "I can't answer that." If you feel pressured by a reporter, you can end the interview.

DO NOT give out the cell phone or home phone numbers for other players or coaches. Be very wary of giving out your cell phone number.

TRANSPORTATION POLICY

1. Only faculty and staff can drive Ashland University vehicles. The age requirement is 25, although graduate assistants are able to drive if not yet 25 years of age.

2. Vans are not permitted more than 200 miles from campus, with the exception of the sports of golf and tennis. Special requests and / or exceptions should be directed to athletic director Al King. This policy addresses many of the fatigue and weather concerns.

Ashland University has pledged to do its utmost to protect our student-athletes and staff.

CONFLICT RESOLUTION POLICY

Whenever there is a problem and/or question between student-athletes or between a student-athlete and a coach, every effort should be made to resolve the situation through direct communication between all parties.

If a student or coach is not satisfied with the result of the above communication, either may request a conference of all parties and the Athletic Director or the Assistant Athletic Director. Some instances may include the Dean of Students.

Student-athletes may contact the Athletic Director or Assistant Athletic Director directly if they would ever feel the need to bypass the coaching staff.



*Ashland University
Department of Athletics*

401 College Avenue - Ashland, Ohio 44805

Phone: 419-289-5441 - Web Site: goashland eagles.com

NCAA Division II - Member of Great Midwest Athletic Conference

Driving Consent Form

Date _____

I, (name) _____, will be driving to

(place) _____ on (date) _____

to participate in (sporting event) _____.

I understand I assume full responsibility for myself in case an accident would occur during this time.

Name

Date

OFF-CAMPUS RESIDENCY POLICY

Ashland University is a residential university seeking to provide a learning environment supportive of its academic purpose and complementary to its academic program. The University, in order to attain that quality, has committed itself to provide campus housing for each of its students. All full-time undergraduate students (12 or more hours per semester) are required, therefore, to live in University housing unless other pressing reasons demand an exception to this policy.

Students over the age of 24 will have Auxiliary Housing available to them. Non-traditional students who are under 17 or older than 23 who wish to live in campus residence halls must petition the Director of Residence Life for exceptions.

Housing Policy Exceptions

Exceptions will be made for the following reasons:

- A student, while in attendance at Ashland University, is living in the permanent primary residence of his/her parents or guardian within 35 driving miles of Ashland University's main campus (401 College Avenue, Ashland, Ohio 44805) or the Dwight Schar College of Nursing (1020 S. Trimble Road, Mansfield, Ohio 44906), Mansfield Campus for the upper-class College of Nursing students.
- A student is married, divorced, or widowed.
- A student has a dependent child
- A student is 22 years of age or older prior to October 1st of that academic year.
- A student has served in the Armed Forces and received an honorable discharge.
- A student has lived in campus housing the equivalent of 8 fall and spring semesters enrolled in academic coursework each semester.
- A student is the holder of a baccalaureate degree from an accredited four year college/university.
- A new transfer student who has completed four semesters and a minimum of 45 credits from an accredited college/university

Approval to live off campus is given through the Office of Residence Life for up to one academic year. Once granted, permission to live off campus is only valid so long as the reason for the original approval still exists. Any change of status, during the period of off campus approval, may nullify the off campus status, thus requiring the student to be invoiced for room and board and/or possible conduct action.

Students seeking approval to live off campus must submit/resubmit an application by May 1st for returning students, and prior to the start of the academic year in which they intend to reside off campus for **NEW AND** transfer students. Students that have signed a housing agreement and are later granted off-campus residency are subject to a \$500 termination fee (see housing agreement).

The student's local address and phone number must be maintained through the Office of Residence Life in order for off campus approval to remain valid. Any student who does not provide an accurate address and phone number by July 1st prior to the academic year will be charged for room and board.

University conduct can be processed for off campus students who disrupt the lives of their neighborhood members (noise and disruption, alcohol, etc.). Off campus residency can be rescinded in such situations.

ASHLAND UNIVERSITY ATHLETIC DEPARTMENT EAGLE EQUIPMENT ROOM

Student-Athlete Equipment Policy

Ashland University Athletic Department has made the commitment to provide athletic programs and individuals with the safest and highest quality equipment available within budget allowances.

In order to maintain a first-class equipment operation, it is expected that all athletic teams and individuals abide by the following policy:

1. Each student-athlete will be responsible for all equipment issued to them.
2. All equipment will be returned by the student-athlete at the conclusion of the traditional season to the designated coach or equipment coordinator.
3. Equipment should be returned in as close condition as what it was issued. Student-athletes are not allowed to alter the equipment in any way. If there is any problem with equipment, please see equipment coordinator or have a coach contact him to resolve issue. You will be billed for any unnecessary alterations of your equipment.
4. If a student-athlete terminates their participation before the season ends, they are responsible for turning in the issued equipment.
5. All issued gear will be maintained, inspected for safety, and laundered on a pre-determined schedule.
6. All issued gear is only to be worn or used in and for practices, team travel, and athletic contest.
7. Students-athletes will follow instructions for acquiring and returning game jerseys and equipment for all home and away contests.
8. Any broken or worn out equipment should be returned or exchanged for replacement as soon as you notice it. Check your equipment regularly as well.
9. **All unaccounted, lost, stolen or destroyed equipment will be billed to the student-athlete's individual account unless specified by the equipment coordinator.**
10. **Failure to return team issued items or meet the financial obligations for the missing gear will result in the failure to receive grades, register for upcoming classes and/or the inability to obtain transcripts.**

ASHLAND UNIVERSITY ATHLETIC DEPARTMENT WEIGHT ROOM

Weight Room Rules and Regulations

- Each team in the weight room is to be supervised by a coach hired by the university.
- At no point is a student-athlete to lift on their own in either the Wurster Fitness Center or the Troop Center weight room without permission from the strength and conditioning staff.
- Student-athletes will either wear gear issued by the university to team lifts or be at the discretion of the strength and conditioning staff.
- Any needed maintenance to any piece of equipment in the weight room should be brought to the attention of the strength and conditioning staff as soon as possible.
- Any injuries that have occurred in practice or in a game that may affect the student-athlete in the weight room should be communicated to the strength and conditioning staff.
- Any goals desired by the team should be communicated to the strength and conditioning staff. Student-athletes can voluntarily withdraw from any session due to health risks.

Hours of Operation

- Each team is to adhere to the schedule set by the strength and conditioning staff.
- Any changes to the lifting schedule must be communicated to the appropriate coach in a timely manner.
- Any student-athletes that cannot make a team lift needs to contact the strength and conditioning staff to reschedule a time. Communication must be emailed.
- Student-athletes who are late to a team lift will be disciplined at the discretion of the strength and conditioning staff.

ASHLAND UNIVERSITY

ATHLETIC FACILITIES

BASEBALL

Tomassi Stadium and Donges Field at the Archer Ballpark Complex
321 Katherine Ave, Ashland, Ohio 44805

BASKETBALL/ VOLLEYBALL/ WRESTLING/STUNT

Kates Gymnasium | Sherrill Hudson Court
916 King Rd, Ashland, Ohio 44805

ESPORTS

Ashland University Esports Facility
Archer Library
509 College Avenue, Ashland, Ohio 44805

FOOTBALL

Dwight Schar Athletic Complex:
Jack Miller Stadium | Martinelli Field | Robert Troop Center
800 Broad Street, Ashland, Ohio 44805

GOLF

Ashland Golf Club
1333 Center Street, Ashland, Ohio 44805

SOCCER/ TRACK/ LACROSSE

Dwight Schar Athletic Complex: Ferguson Field | AU Track
1000 Broad Street, Ashland, Ohio 44805

SOFTBALL

Deb Miller Field at the Archer Ballpark Complex
321 Katherine Ave, Ashland, Ohio 44805

SWIMMING AND DIVING

Recreation Center: Messerly Natatorium
1000 King Road, Ashland, Ohio 44805

TENNIS

Deborah Liebert Karl Tennis Complex
658 Broad Street, Ashland, Ohio 44805

NISS ATHLETIC FACILITY

905 Moss Hill Drive, Ashland, Ohio 44805

IMPORTANT INFORMATION

IMPORTANT INFORMATION

[2023-24 Ashland University Academic Calendar](#) (Link)

[Ashland University Athletics Staff Directory](#) (Link)

PRESIDENT'S EXECUTIVE LEADERSHIP TEAM

Dr. Carlos Campo, Ashland University President

Dr. Amiel Jarstfer, Provost

Rick Ewing, Vice President for Facilities Management and Planning

Dr. Yvonne Glass, Dean - Ashland Theological Seminary

Marc Pasteris, Vice President and Chief Financial Officer

Robert Pool, Vice President of Student Affairs

Keith Ramsdell, Vice President of Enrollment Management and Marketing

Greg McBrayer, President of Faculty Senate

Christopher Swanson, Vice President of Faculty Senate



CAMPUS CREED

As a member of Ashland University, I will hold myself to the highest standards of academic, personal and social integrity; respect the dignity of each individual; honor the University's tradition and commitment to Judeo-Christian values; and serve others in our world community.

Adopted by Student Senate on the Eleventh of April in the Year 2000

VISION STATEMENT

Ashland University aspires to be a nationally recognized private university, where traditions of excellence are fostered and students discern their life calling and thrive.



***2023-24 Ashland University
Student-Athlete Handbook***