



Department of Intercollegiate Athletics
NCAA Student-Athlete Handbook

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Section I Intercollegiate Athletics Department Strategic Statements

Purpose Statement
To Develop the

Section II

Student Athlete Code of Conduct/Sportsmanship

Student Athlete Code of Conduct

The university expects student athletes to represent themselves and Lindenwood with the highest degree of respect and integrity on and off the field of play. Student athletes are considered valuable role models while competing, in the classroom, and in the community. Each student is responsible for learning about and adhering to the University's Expectations and Student Conduct and are expected to follow all regulations and policies established by Lindenwood University. Student athletes are accountable to the following authorities:

- x State and federal laws, both civil and criminal
- x Lindenwood University policies and regulations

- x Attendance reports: Attendance reporting is not mandatory in the first week of class. Any available attendance records may be found in individual student profiles in LindenCircle. Additionally, faculty may turn in a LindenCircle alert for poor attendance, which will be communicated to coaches.
- x Travel letters/excused absences: Lindenwood allows students (including student athletes) engaged in official, university-sponsored sporting contests to be excused from classes they miss while attending such events. Students are required to communicate with their professors and plan for missed work at least 2 business days in advance of their university-authorized absences. Failure to do so may result in a failed grade for the missed work.
- x Registration & Scheduling: The athletic department is given a limited number of spots for early registration each semester. Teams that will be in season and/or have off-campus practice facilities will be given priority registration for the upcoming semester. It is the coaches' responsibility to work out practice times with their respective teams and any other teams that share practice facilities.
- x Injury/Illness protocol: Student athletes not cleared for class will not be cleared for practice. Any

Student-Athlete Development

- x Workshop series: Workshops aimed at specific skill sets for student-athletes by class may be run throughout the year. Workshop attendance is not mandatory but is highly encouraged, and students attend workshops they think are most relevant to their specific situation. Please pay attention to the Weekly Roar, Canvas, and your email for specific announcements.
- x Community Service: Community service opportunities are offered throughout the year from the university, the Athletics Department, and the community. Please contact your coach or your team academic coordinator for information on how to access additional community service opportunities.
- x SAAC: The Student-Athlete Advisory Committee is an NCAA initiative and serves as the official voice and representation for student-athletes within the department, on campus, and in the community. Each team must have at least two active and willing representatives on SAAC, though teams may have more as approved by the SAAC advisor (Assistant Athletic Director for Academic Services). Coaches are responsible for providing a platform for SAAC reps to communicate information from SAAC meetings to the team and any concerns from the team back through their SAAC representatives.
- x Athlete Mentor Program (AMP): The mission of the Athlete Mentor Program is to establish a positive and unified culture by guiding and integrating incoming freshmen into the campus and community. Selected freshmen student-athletes will be paired with a trained peer mentor, who will be a returning student.

Section V

Athletic Communications

Social Media

The emergence of social media has created another platform with which students, coaches and administrators can communicate. Related specifically to Communications, coaches and athletes must grant the Assistant Athletics Director for Athletic Communications (and his staff) viewing access to all social media usages, including (but not limited to) Twitter, Instagram and Facebook. Students and coaches may not block or deny Media Relations any such access.

Student-Athletes and Staff social media guidelines

- x No offensive or inappropriate pictures as determined by the Director of Athletics and/or his designee.
- x No offensive or inappropriate comments as determined by the Director of Athletics and/or his designee.
- x Any information placed on the website(s) does not violate federal or state laws, university policies, athletics department or team policies.
- x Photos and/or comments posted on these sites do not depict inappropriate team related or university identifiable activities (including wearing/using team uniforms or gear inappropriately)
- x All social media content must abide by NCAA rules and regulations.
- x Violations of University policy (e.g., harassing language, university alcohol or drug policy violations, etc.) or evidence of such violations in the content of online social websites are subject to university discipline.
- x Examples of inappropriate and/or offensive social media content include, but are not limited to the following:
 - o Content targeting underrepresented, minority, disabled or disenfranchised populations; derogatory language; profanity, obscene or sexual comments and/or gestures; and language that is hostile, harassing, abusive, prejudicial, disrespectful, Insulting, or vulgar.

Monitoring and Safety

- x Student athletes must remember that they are representatives of the University. Please keep the following guidelines in mind while participating on social networking sites:
 - o Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of an individual's control the moment it is placed online.
 - o Do not post any information, photos, etc. online that could embarrass you, your family, your team, the Athletics Department or the University. This includes information that may be posted by others on your page.
 - o Never post your local address, pictures of your home, cell phone number or class schedule. Student athletes could be the target of predators.
 - o Be aware that potential employers and internship supervisors view these sites as a way of screening applicants. In addition, many graduate programs and scholarship committees also search these sites to screen applicants.

Media Relations

During your years at Lindenwood, you may be called upon by the Athletics Communication Office to appear for interviews and photographs. You have a responsibility to the university, your coaches, and teammates to cooperate with their requests whenever possible.

All of these media/institutional requests must be coordinated through the Athletics Communication Office. If you receive an interview request by telephone or via email, ask that the media representative make arrangements through the Athletics Communication Office. In general, when speaking to the media, be confident, courteous, and prompt. Always remember when dealing with the media to present an image that is consistent with the ideals and high standards of Lindenwood.

If you have any questions about how to conduct interviews, please feel free to contact the Athletics Communication Office. Lindenwood makes a strong effort to gain positive exposure for its athletics programs and your efforts in working with the media are appreciated.

Tips for dealing with the Media

- x Always be on time for interviews. Should the interview be set for a time on the phone, make sure you are available. Absence from class for media interviews is not permitted.
- x Organize your thoughts before a scheduled interview so that you are sure about the points you want to communicate.
- x Be sure to understand the reporter's question before answering it.
- x Give proper credit to teammates and coaches, and never criticize them to the media.
- x Always say complimentary things about your opponents before and after the game.
- x Keep direct eye contact with the interviewer.
- x Speak in short, clear sentences.
- x Be yourself. Do not be afraid to talk about things of importance to you outside of athletics. "Conversations" make better interviews than "interrogations."

For additional information contact Blake Buntun, Director, Athletics Communications
bbunton@lindenwood.edu

Section VI

Athletic Performance Department

Mission Statement

Provide a positive environment for student athletes and staff to learn, grow, and develop as leaders both physically and mentally.

Core Values

Field House Fitness Center

General Information

The Fitness Center is located across from Hunter Stadium, and it serves as the primary strength and conditioning facility for Lindenwood University. It is located at 1501 S. 15th St., St. Charles, MO 63304. The center is open to students, faculty, and staff. For more information, contact the Department of Intercollegiate Athletics at (636) 338-2211.

Athletic Training Room Rules

The athletic training staff, including athletic training students, is permitted to a high level of healthcare to our student athletes. Student athletes and Coaches are asked to follow the following rules and regulations in the Athletic Training Rooms:

- x No one is permitted in the athletic training room without the supervision of a staff athletic trainer.
- x It is the sole responsibility of the student athlete to report all injuries and illnesses to a member of the athletic training staff to ensure proper and expedient care.
- x All student athletes should check in to Vivature and their supervising athletic trainer upon entry into the athletic training room.
- x No loitering or lounging. All athletes should leave the facility after the conclusion of their required treatment or rehabilitation.
- x Absolutely no tobacco products are permitted in the athletic training room.
- x Absolutely no food or beverages are allowed in the athletic training room.
- x This is a cord facility. Proper dress is required.
- x No cleats or turf shoes are permitted in the athletic training room. In addition, no shoes are allowed on the treatment tables.
- x Please turn off all cell phones and other electrical devices upon entering the athletic training room.
- x Profanity and other derogatory/abusive language will not be tolerated.
- x Please keep talking to a minimum. Appropriate behavior and conduct will be enforced by all members of the athletic training staff.
- x Only authorized personnel are allowed in the storage cabinet(s), storage closet, and hydrotherapy room.
- x If you wish to borrow supplies, (coolers, water, tubing, etc.) you must first get approval from a staff member.

x The returning student

This may not include certain medical procedures, special services, durable medical equipment, etc.

In addition, this accident only policy will not provide coverage for the following:

- x Costs incurred from the care of injuries and illnesses that are not linked directly to a specific athletic

Catastrophic Insurance Coverage

- x NCAA Student-Athletes are covered by the NCAA sponsored Catastrophic Injury Insurance Program which covers the student

Lindenwood University Intercollegiate Athletics will provide an environment in which these precautions may be activated. In general, these precautions suggest athletes with sickle cell trait should:

- x Set their own pace.
- x Engage in a slow and gradual preseason conditioning regimen to be prepared for sports performance testing and the rigors of competitive intercollegiate athletics.
- x Build up slowly while training (e.g., paced progressions).
- x Use adequate rest and recovery between repetitions, especially during “gassers” and intense station “mat” drills.
- x Not be urged to perform any exertion of any kind beyond two to three minutes without a breather.
- x Be excused from performance tests such as serial sprints or timed mile runs, especially if these are not normal sport activities.
- x Stop activity immediately upon struggling or experiencing symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness.
- x Stay well hydrated always, especially in hot and humid conditions.
- x Maintain proper asthma management.
- x Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- x Access supplemental oxygen at altitude as needed.
- x Seek prompt medical care when experiencing unusual distress.

Lightning Safety Policy

Section VII I Compliance

NCAA Rules & Regulations

Initial Academic Eligibility

To be eligible as an incoming freshman, the following criteria must be met:

- x Graduate from high school;
- x Complete these 16 core courses:
 - o 3 years of English
 - o 2 years of math (Algebra 1 or higher)
 - o 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - o 3 additional years of English, math, or natural or physical science
 - o 2 years of social science
 - o 4 years of extra core courses (from any category above, ~~or~~ foreign language, non-doctrinal religion, or philosophy)
- x Earn a 2.2 grade point average or better in your core courses
- x

Out-of-season practices are limited to eight hours per week with no more than two hours of skill instruction, with the exception of football. In addition, all out-of-season sports have two required days off per week. All workouts during the summer must be voluntary. Student-athletes competing in football, field hockey, men's and women's soccer, men's and women's cross country, and women's volleyball may have workouts conducted by strength and conditioning coaches in the summer. If you have questions or concerns regarding these activities please contact the Compliance Office.

Grant-In-Aid

The Financial Aid Office is responsible for awarding all institutional and government aid. The Compliance Office works closely with the Financial Aid Office to properly allocate and distribute athletics aid. Each year, student-athletes must sign an Athletics Aid Agreement before receiving any athletic aid. Athletics scholarships may be awarded as full or partial aid. A full scholarship covers the cost of tuition, room board, and course-related books. Athletic scholarships are awarded for a period not to exceed one academic year.

To be eligible for athletics scholarships, all student-athletes must meet applicable NCAA, conference, institution, and department regulations. Failure to adhere to academic, social, or athletic responsibilities may

- iv. After the student-athlete has finished presenting the witnesses, members of the Financial Aid Appeals committee may question the witnesses and/or the student-athlete if he/she chooses to testify.
- v. The representative of the Athletics Department may also ask questions but the questions

Section IX

Student-Athlete Discipline Policy

Lindenwood student-athletes are expected to conduct and represent themselves, their team, and the University with the highest levels of honesty, integrity, and character whether it be academically, athletically, or socially. Participating in intercollegiate athletics as a representative of Lindenwood is a privilege and not a right and with that privilege comes responsibilities. Student-athletes and all Lindenwood students are expected to adhere to the policies, rules, and regulations of the University. Additionally, student-athletes are expected to adhere to the policies, rules, and regulations, including those governing conduct, of the Athletic Department, their individual team, conference affiliates, and the NCAA and are responsible for familiarizing themselves with the same.

- o Providing an equal opportunity for the parties to be heard and to provide information that they would like to be considered;
- o Making a determination, based on a totality of the information gathered during the course of the investigation as to whether it is more likely than not a violation occurred;
- o Informing the parties in writing of the outcome of the investigation and the determination reached;
- o In the event it is determined that a violation occurred, implementing corresponding disciplinary sanctions;
 - f Sanctions may include but are not limited to suspension, dismissal from the team, loss of athletic grant-in-aid, and/or dismissal from the University.
- o Providing an opportunity to appeal the determination or disciplinary sanction (see below).

Throughout the process, a party may have an advisor of their choice present at any meeting related to investigation. An advisor may include an attorney retained by a party at their own expense. Any party request

Section X

Disordered Eating and Weight Management Policy

- x Prophylactic nutritional and psychological education will be considered for sports with increased risk for disordered eating, such as aesthetic sports (gymnastics, diving, and dance), endurance sports (running, swimming, cycling), and weight class sports (wrestling). Please note: ~~Students~~ ~~Students~~ from all sports are at risk for developing eating disorders. ~~Male~~ ~~Male~~ athletes are increasingly at risk for negative body image and eating problems, including muscle dysmorphia.
 - o Training and education about eating disorders is available for professionals work20 (y)20 (s)-11

- x If the student athlete complies with the request for an assessment by members of the treatment team, the team will assess the student athlete for disordered eating as defined by the DSM (See “Definitions of Eating Disorders”).
- x If medical staff concludes that the student athlete is in need of medical, nutritional or psychological a

Binge Eating Disorder

- x Recurrent episodes of binge eating. An episode of binge eating is charact

Resources:

Eating Disorders in Sport by Ron Thompson & Roberta Sherman (2010)

Mind, Body, & Sport: Understanding and Supporting Student-Athlete Wellbeing NCAAA (2014)

<http://www.ncaapublications.com/productdownloads/MindBodySport.pdf>

Family Eating Disorders Manual by Laura Hill et al. (2012)

Life Without Ed by Jenni Schaefer and Thom Rutledge (2014)

The Body Image Workbook by Thomas Cash (2008)

The Prevention of Eating Problems and Eating Disorders by Michael Levine

Section XI

Drug and Alcohol Policy

Overview

Lindenwood University is committed to the physical and mental well-being of its student-athletes. The university holds a strong belief that the use of drugs and alcohol has a negative effect on the academic and athletic performance of its student-athletes. The testing and education policy is designed to accompany the NCAA drug testing policy and university policy. This policy is intended to set a minimum standard by which sanctions are to be enforced. Additional team policies or past rules infractions increase the severity of incurred penalties.

Purpose

Lindenwood University Department of Intercollegiate Athletics believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure health, safety, well-being of our student-athletes, to promote fair competition, to affirm compliance with applicable rules and regulations on drug and alcohol abuse to identify student-athletes who are improperly using these substances and assist them before they harm themselves or others. Lindenwood University recognizes its responsibility to provide educational programming that will support positive decision-making. Primary purpose:

- x To provide student-athletes with appropriate education and information about the risks associated with drug and alcohol abuse.
- x To identify student-athletes using illicit drugs and provide avenues for treatment, rehabilitation and support.
- x Protect the reputation and integrity of Lindenwood University and the Department of Intercollegiate Athletics.

Consent to Participate

Each student-athlete will be required to sign a consent form agreeing to undergo drug and alcohol testing prior to participation in intercollegiate athletics at Lindenwood University. A copy of this consent will be stored with other medical records. Each student-athlete will attend an informational meeting on the drug testing program and receive a copy of the drug testing program. Student-athletes will have an opportunity to ask any questions regarding the drug and alcohol policy or issues related to signing the consent form. Failure to comply with the requirements of this policy will result in suspension from participation or

The NCAA prohibits the use of tobacco products by all game personnel (e.g. students, coaches, athletic trainers, managers, game officials) in all sports during practice or competitions. See NCAA Bylaws 11.1.5 and 17.1.7. A student-athlete who violates this tobacco policy shall be disqualified from the remainder of the practice or competition. The Vice President of Intercollegiate Athletics or his or her designee, will sanction other game personnel who violate the tobacco policy.

Method of Selection for Drug Testing

All student-athletes

Studentathletes may be inconvenienced dur-

Positive Test Sanctions

It is important to remember that the actions listed in this section are minimal sanctions. The Vice President for Intercollegiate Athletics, sport administrator, and the head coach, at their discretion, may impose additional sanctions, if they believe such sanctions are appropriate. The Department of Intercollegiate Athletics reserves the right to add to the practice and/or competition penalties if it is medically determined that the student-athlete poses a serious health risk to himself or others by continuing to participate in athletic practice or competition.

The Department of Student Affairs will be notified of all positive drug and alcohol violations. Lindenwood screens all student-athletes for

Third Positive Test

If the student-athlete tests positive a third time a meeting with the student-athlete, head coach, sport administrator, compliance officer and head athletic trainer will occur to inform the student-athlete of the third positive test. Lindwood University reserves the right to dismiss the student-athlete from the institution. If reinstated, the student-athlete shall lose one year (365 days) of athletic eligibility and athletic financial aid immediately following the positive test. The Vice President for Intercollegiate Athletics and Head Coach will determine if reinstatement is appropriate after the one-year suspension based on negative tests and other factors.

Sanctions for anabolic steroids or other performance enhancing drugs:

First Positive

If a student-athlete tests positive for any anabolic steroid or performance enhancing drug, the student-athlete will meet with the head coach, sport administrator, director of compliance, and head athletic trainer to discuss the positive test. The team physician may also be present if deemed necessary by the Vice President for Intercollegiate Athletics. The head athletic trainer, team physician, and mental health professional shall take medically appropriate action which will include substance abuse evaluation, then if deemed necessary, substance abuse counseling or treatment and other action to protect the health and safety of the student-athlete. One session with a licensed counselor is required. Failure to comply with the treatment plan will be considered a second positive test. All costs associated with any counseling session(s) shall be the sole responsibility of the student-athlete. The student-athlete shall lose one year (365 days) of athletic eligibility and may lose athletic financial aid immediately following the positive test. Prior to reinstatement onto his or her previous a-1 (i)-6 (n)

Section XI

Student-Athlete Grievance Policy

Lindenwood University is committed to the fairness and well-being of all student athletes. If at any time a student-athlete or their parent/guardian

- x Talking about feeling hopeless or having no purpose
- x Talking about feeling trapped, in pain, or empty
- x Talking about being a burden to others
- x A sudden change in mood: a lift in spirits after extreme depression
- x Substance abuse of any kind
- x Acting anxious, agitated, or reckless
- x Sleeping too little or too much
- x Withdrawing or feeling isolated
- x Showing rage or talking about seeking revenge
- x Displaying extreme mood swings

Written procedures for management of mental health emergencies:

In the case of an immediate risk to safety to self or others:

- x Keep yourself safe
- x Keep others safe – keep a safe distance between the individual in distress and others in the area
- x Do not leave the individual alone, however, do not put yourself in harm's way if they try to leave

If an individual expresses suicidal thoughts, remain with the individual 24/7. Follow the appropriate procedure listed below in the procedures section

In the event of a mental health emergency, the following individuals may be notified:

- x Director of Student Athlete Mental Health
- x Vice President of Intercollegiate Athletics
- x Assistant Vice President of Intercollegiate Athletics
- x Public Safety & Security
- x Law Enforcement
- x Associate Vice President, Student Affairs
- x Senior VP of Operations
- x Head Athletic Trainer
- x Assistant et-44

- x The adult listed above will coordinate with the student athlete to get mental health services immediately.

A mental health professional at the SCRC will then carry out a mental health assessment to determine the individual's needs including ways in which to ensure safety and the appropriate level of care.

If an off-campus mental health assessment and or hospitalization is deemed therapeutically appropriate by SCRC staff, the student athlete's emergency contact will be contacted by either SCRC staff or the Associate Vice President, Student Affairs.

If an off-campus mental health assessment and or hospitalization is deemed therapeutically appropriate by SCRC staff, public safety and security and law enforcement are notified.

2) If ON CAMPUS after normal SCRC business hours (8:00-5:00), if harm has been inflicted, and or there is an immediate concern for the safety of the student athlete or the safety of others:

- x Do not leave the student athlete alone
- x Notify CA/AC immediately.
- x Contact 911 and ask for a CIT officer to be dispatched.
- x Contact Public Safety & Security (636.949.4911)

3) If OFF CAMPUS:

- x Do not leave the student athlete alone
- x Call 911 and ask for a CIT officer to be dispatched.
- x Notify the Assistant Vice President of Intercollegiate Athletics/ Senior Woman Administrator, Intercollegiate Athletics: Betsy Feutz by email: efeutz@lindenwood.edu or by phone: 636.949.4778.

Return to Sport

Once a student athlete is discharged from the treatment facility/program, he/she must provide the head athletic trainer and/or team athletic trainer medical clearance from a licensed mental health professional prior to returning to any team activities including, but not limited to, practice, competition, and strength and conditioning session. The return to sport documentation must occur following discharge from the treatment facility/program and must include any sport restrictions. A session with a licensed mental health professional post-discharge from a mental health facility can occur on campus or off campus.

In the event of a behavioral health assessment, documentation outlining the aftercare plan should be followed and provided to the Director of Student Athlete Mental Health.

Routine Mental Health Referral

Situations, symptoms or behaviors that may indicate a possible nonemergency mental health concern:

- x Feeling sad, empty, hopeless, worthless
- x Excessive worry or fear
- x Feeling out of control/powerless
- x All-or-nothing thinking
- x Negative self-talk
- x Legal issues, fighting, difficulty with authority
- x Changes in eating & sleeping habits
- x Withdrawal from social contact
- x Decreased interest in activities that have been enjoyable prior

- x Decreased performance in school and sport
- x Sports injury
- x Difficulty with relationships
- x Elevated mood, rapid speech, increase in impulsivity/risky behaviors
- x Loss/grief
- x Weight loss and weight gain
- x Loss of emotion or sudden changes of emotion within a short period of time
- x Problems of concentrating, focusing, remembering
- x Unusual crying
- x Alcohol/drug use
- x Increased heart rate, breathing rapidly, sweating, trembling, panic attacks
- x Physical complaints: headaches/stomach aches/gastrointestinal complaints
- x Gambling issues
- x

Substance Use and Abuse

Research shows that student athletes are more likely to engage in high risk behaviors when it comes to substance use. This includes behaviors such as binge drinking, drinking to get drunk and driving while under the influence. Many factors play into why college athletes are at higher risk of substance abuse. Some of those include the added pressure of being an elite athlete and balancing the school, social pressure, career concerns and athletic performance. Substance use can span from frequent alcohol consumption, stimulant substances

These symptoms result in a significant impairment in functioning, which can include impairment in social and occupational functioning

Chain of Command and Areas of Action

- x The athlete should be removed from play due to a concussion and feel pressure from the coaching staff to return to play before fully recovered.

<https://www.nationaleatingdisorders.org/tags/athletes>

TED Talk: Victoria Garrick, Athletes and Mental Health: The Hidden Opponent

<https://www.youtube.com/watch?v=Sdk7pLpblls>

Support for Sport

<http://www.supportforsport.org/index.htm> For student athletes to help identify when teammates and friends are struggling with mental health issues and how to make the necessary referrals.

Athletes Connected

<http://athletesconnected.umich.edu/>

NCAA Sexual Assault and Interpersonal Violence Resources

<http://www.ncaa.org/sportsscienceinstitute/sexualassaultandinterpersonalviolence>

References

NCAA Mind, Body and Sport. Understanding and Supporting Student Athlete Mental Wellness. Retrieved from

<http://www.ncaa.org/sportsscienceinstitute/introductionmind-body-and-sport>

Thompson, R.A. & Sherman, R.T. (2007). Managing student athletes' mental health issues. Retrieved from

https://www.ncaa.org/sites/default/files/2007_managing_mental_health_0.pdf

Section XV Personal Relationship Policy

Exercise in the supine position after the first trimester may cause venous obstruction, and conditioning or training exercises in this position should be avoided. Sports with increased incidences of bodily contact (basketball, ice hockey, field hockey, lacrosse, soccer, and rugby) or falling (gymnastics, equestrian, downhill skiing) are generally considered higher risk after the first trimester because of the potential risk of abdominal trauma. The student athlete's ability to compete also may be compromised due to changes in physiologic capacity, and musculoskeletal issues unique to pregnancy. There is also concern that in the setting of intense competition a pregnant athlete will be less likely to respond to internal cues to moderate exercise and may feel pressure not to let down the team.

The American College of Obstetrics and Gynecology states that competitive athletes can remain active during pregnancy but need to modify their activity as medically indicated and require close supervision. If a student athlete chooses to compete while pregnant, she should:

- x Be made aware of the potential risks of her particular sport and exercise in general while pregnant;
- x Be encouraged to discontinue exercise when feeling overexerted or when any warning signs are present (vaginal bleeding, shortness of breath before exercise, dizziness, headache, chest pain, calf pain or swelling, preterm labor, decreased fetal movement, amniotic fluid leakage, muscle weakness);
- x Follow the recommendations of her obstetrical provider in coordination with the team physician; and
- x Take care to remain well hydrated and to avoid overheating.

After delivery or pregnancy termination, medical clearance is required from obstetrician and the team physician to ensure the student athlete's safe return to athletics. (See Follow-up Examinations section of Guideline 1C.) The physiologic changes of pregnancy persist four to six weeks postpartum; however, there have been no known maternal complications from resumption of training. Care should be taken to individualize return to practice and competition.

Male Partner

While male student athletes are not affected physically by pregnancy like female student athletes, they can have stress over the pregnancy and worry about their pregnant partner and her fetus. Male student athletes may question whether they are ready for fatherhood and the personal and financial obligations associated with pregnancy. We encourage you to discuss these issues with your partner and healthcare providers at the Lindenwood Counseling Center, team physician or an athletic trainer.

References:

1. 2014-2015 NCAA Sports Medicine Handbook
2. Missouri State Pregnant Student Athlete Policy
3. The University of Texas at Dallas Athletic Training Department Pregnant Student Athlete Policy

Section XVII

Recognition and Awards

Each team is required to hold its own awards banquet at the conclusion of their respective championship season. Banquets may be as formal or as casual as the coaching staff sees fit but should be scheduled on the Athletics Department calendar by the start of each school year. Coaches may also choose the type of award(s) (if any) given for that sport. In addition, each conference and/or national organization offers various types of recognition.

Academic Honorsto be recognized each spring in conjunction with The Roars awards show. Recognizes top academic achievement from the immediately previous spring and fall semesters.

- x Vice President's List- Given to studentathletes with a 3.75 term and/or cumulative GPA in the previous spring and/or fall semester. Studentathletes earn this award with distinction for earning a 4.0 term and/or cumulative GPA.
- x Excellence in Teaching- Given to a faculty member that studentathletes feel goes above and beyond their everyday obligations in the classroom to help students be successful.
- x Academic Persistence Award presented to two studentathletes who have demonstrated great resilience and improvement in terms of academics. These individuals show strong determination and commitment to bettering themselves in the classroom. Their significant growth and effort in this area help them to be solid examples for their teammates and other studentathletes.
- x Scholar Athlete Award: This award seeks to recognize outstanding upperclassmen who have made significant contributions during their time at Lindenw J6 (T(if)5 (ic))(J6 ((th)2 (a)6 (th)2 l(e)6 ((ic)6 (a)6

Section XVIII

Sexual Harassment and Misconduct

Lindenwood University is committed to maintaining an environment that is free from sexual discrimination,

Section XIX

Student-Athlete Housing Policy

StarRez is the residential housing portal where students can manage housing applications, roommate and room selection, and much more. Access to StarRez at www.lindenwood.edu

Lindenwood is by design a residential University. Living on campus provides educational living and learning experiences that lead to a student's growth and development and enhancement of one's total education at Lindenwood. Because residential living is such an integral component of the collegiate experience, only in very rare and special incidences would a student be exempted by the University housing requirements for institutionally funded athletic participation. The residential requirement is a commitment between students and the University to enhance the student's experience and success. As a result, all students participating in institutionally funded athletic programs e.g., NCAA and Student Life Sports, (regardless of if they receive athletic aid or not) must live on campus and be on a meal plan.

Exceptions to this policy include:

- x Full-time enrolled graduate students
- x Students below the age of 17 or 25 years or older
- x Married students
- x Students who are physically supporting dependents
- x Students who have been granted a medical exemption

To request an exemption:

- x Access <https://www.lindenwood.edu/studentlife/housingdining/residentiallife/>
- x Athlete residence policy
- x Athlete Residency Exemption Request Form

Signing an off-campus lease without prior approval from the Appeals Committee does not exempt a student from financial responsibility for an assigned space in campus housing.

All students who live on or off campus have the responsibility to uphold the Student Code of Conduct.

Section XX

Transgender Policy

Lindenwood University is proud of its diverse population, which includes faculty and staff from all corners of

Enforcement

Any representative of the Lindenwood University Intercollegiate Athletic department who violates policy by threatening to withhold athletic opportunities or harassing any student in violation of this or other University policies as well as by breaching medical confidentiality will be subject to disciplinary action consistent with that of the University's policies and procedures as outlined the Faculty and Staff Guidebook. Additionally, all Intercollegiate Athletics staff members are required to report bias incidents, acts of discrimination and/or bias or hate crimes per the University's Policy of Discrimination.

Retaliation

Acts of retaliation by Intercollegiate Athletics staff members or student-athletes against anyone who files a complaint or who informs a University representative of incidents of discrimination based on race, religion, gender, sexual orientation, gender identity or expressions are specifically prohibited. Disciplinary actions will be applied in accordance with department and University policies and procedures as outlined in the Faculty and Staff Guidebook and Title IX Policy Manual.

Hate Crimes and Bias Incident Definitions and Reporting Protocols

Lindenwood University is committed to providing a safe, respectful and inclusive environment for all students, staff, faculty and guests to our community. The University Intercollegiate Athletics are therefore committed to achieving a campus and athletic events that are free from bias incidents and hate crimes. Hate crimes are defined by the Clery Act as "criminal offenses that manifest evidence that the target was intentionally selected because of the perpetrator's bias related to race, gender, religion, sexual orientation, ethnicity, national origin, gender, gender identity, or disability." Bias incidents are defined as conduct, behavior, speech and/or expressions which are motivated, in whole or in part by bias against the person's or group's actual or perceived sex, gender identity, sexual orientation, national origin, race, religion or disability. All bias incidents and hate crimes will be sanctioned by the University's Bias Incident's Policy and Intercollegiate Athletics Disciplinary Policy. Students, faculty and staff who are subject of or witness a Bias Incident may report to the Title IX Coordinator at 636.255.2275, 4th floor of Spellmann Center or report any incidents to a Head Coach or Sport Administrator who will assist the individual making the reports by identifying appropriate University resources for support and guidance.

Media

All University and Intercollegiate Athletic Department who are authorized to speak to the media will receive information regarding terminology, use of names and pronouns, as well as school and athletics conference policies regarding the participation of transgender student-athletes on varsity sport teams. All interactions with media will be handled in such a manner that protects the privacy of all students and are in compliance with this and the University policies as well as with state and federal laws and regulations.

