



**EVANGEL  
STUDENT-ATHLETE  
HANDBOOK**

# Table of Contents

Mission Statement/Standards of Excellence/COC	Page 3
NAIA & Conference Affiliation	Page 4
Basic NAIA Eligibility Rules & Regulations	Page 5
Code of Conduct & Social Media Policy	Page 7
Student-Athlete Grievance Procedure	Page 9
Title IX Sexual Harassment Policy	Page 10
Athletic Communications	Page 11
Name. Image. Likeness.	Page 12
Sports Medicine & Rehabilitation Procedures	Page 15
Student-Athlete Primary Insurance	Page 27
Drug Testing Policy & Procedures	Page 28
Sports Medicine Forms	Page 31
NAIA Champions of Character Pledge	Page 35

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# Mission Statement

The mission of the University is to educate and equip students to become Spirit empowered, servants of God who impact the church and society globally.

## Standards of Excellence

The Evangel University student-athlete is a servant-leader who demonstrates integrity through strong character with commitment to faith, family and community. They will achieve this through a responsible focus to a lifestyle of discipline, working to be a good steward of their time, abilities and opportunities. They will positively influence their team, university and community through service.

Behavioral Expectations of a Student-Athlete:

- Actively involved in their individual relationships, local church and community with a continual focus on putting others first.
- Participate in service opportunities to better the various communities around them.
- Honest communication in regards to spiritual, academic and athletic excellence to collaboratively set achievable standards each academic year.
- Proactive in planning to create semester length and annual goals that support student-athlete progress towards graduation.
- Respond to adversity with honest and intelligent action and communication.
- Adequate preparation and on-time arrival for classes, meetings and activities.

## NAIA Champions of Character

**Integrity, Respect, Responsibility, Sportsmanship, Servant-Leadership**

Demonstrating Champions of Character on and off the field is important to Evangel University. Evangel strives to be a **5 Star Gold Member Institution** each year. To achieve this, all athletic departments in the NAIA are evaluated within a scorecard based upon the following criteria:

- Ejections (1 ejection per institution can have ½ of points deducted recovered if growth and learning is demonstrated to the NAIA)
- Athletic Department GPA above 3.0
- Promotion of the champions of character initiatives in your community
- Exhibiting the 5 core values of the champions of character initiative in sport and within the community
- Participation in Champions of Character learning opportunities on campus for all current student-athletes
- All coach completion of the character coaching class
- Student-athlete competition of the NAIA Academy courses

# NAIA and Conference Affiliation



Evangel competes in the National Association of Intercollegiate Athletics (NAIA), and is a member of the Kansas Collegiate Athletic Conference (KCAC) which has **14 members:**

Avila University  
Bethany College  
Bethel College  
**Evangel University**  
Friends University  
Kansas Wesleyan University  
McPherson College  
Oklahoma Wesleyan University  
Ottawa University  
Southwestern College  
Sterling College  
Tabor College  
University of Saint Mary  
York University

Kansas City, Missouri  
Lindsborg, Kansas  
North Newton, Kansas  
**Springfield, Missouri**  
Wichita, Kansas  
Salina, Kansas  
McPherson, Kansas  
Bartlesville, Oklahoma  
Ottawa, Kansas  
Winfield, Kansas  
Sterling, Kansas  
Tabor, Kansas  
Leavenworth, Kansas  
York, Nebraska

## **Kansas Collegiate Athletic Conference Philosophy**

Our intention is that intercollegiate athletics, among Kansas Collegiate Athletic Conference (KCAC) members, be an integral part of the total educational process. Through athletics, participants find one more avenue to experience and understand themselves, others, and the world in which they live. In the act of competition there is an emphasis on commitment, cooperation, high achievement, and working toward a common goal. Member institutions, although varied and diverse, share a common commitment to Christian values, high standards of character development, moral integrity, and social values. The KCAC supports equality in all facets of athletics. The KCAC is subject to the National Association of Intercollegiate Athletics (NAIA) rules and regulations. The governance of the KCAC, like that of the NAIA, is based upon the integrity of member institutions. The KCAC embraces the concept of "acting so as to bring about the greatest possible good" and considers specific "conditions" when making decisions that will impact either the conference or individual institutions.

Evangel sports for which the KCAC currently recognizes conference champions are baseball, men's and women's basketball, men's and women's cross country, football, men's and women's golf, softball, men's and women's track, men's and women's tennis, men's and women's soccer, and volleyball.

# Basic NAIA Eligibility Rules

1. Entering freshmen must meet two of the three following criteria to compete in athletic competition:
  - Achieve a minimum of 18 on the ACT or a 970 on the SAT.
  - Achieve a minimum of a 2.0 high school grade point average.
  - Graduated in the top half of his/her high school graduation class.
  - OR, An athlete may be declared eligible without an ACT/SAT score if they achieved a high school GPA of 2.3 or higher.
2. Each student-athlete must be declared eligible by the NAIA Eligibility Center prior to competing (game or scrimmage) for the University. This is done through the NAIA Eligibility website, [www.playnaia.org](http://www.playnaia.org).
3. Each athlete must register for at least 12 hours each semester.
4. **IMPORTANT:** Dropping below 12 hours will render you ineligible. You must obtain your coach's approval to drop any course.
5. All continuing student-athletes must have passed 24 hours in the previous two semesters in order to be eligible. Up to 12 hours earned during the summer may be applied to the 24-hour rule.
6. A GPA of 2.0 or greater must be earned each semester. A student-athlete must have a GPA of 2.0 or higher to play a second, third or fourth season.
7. To play a second season, you must have earned 24 hours; to play a third season, 48 hours; to play a fourth season, 72 hours.
8. Repeat Courses: There are special rules, depending on the grade earned in the previous course as to whether or not it can be repeated and counted toward the 24-hour rule. Check with your coach for clarification.
9. Athletic Scholarship Information: Athletic Scholarship awards are performance based. Participation is required to receive the complete award. The financial award is not awarded if the student athlete becomes ineligible. Each financial award is reviewed and renewed semi-annually.
10. An athlete will have 10 full-time semesters to complete 4 seasons of competition.

# NAIA Rules/Regulations

## NAIA 24 week policy for all sports/ Summer Activities Policy

- Each sport shall have a maximum 24 week practice and competition season established by each member institution. **Frequency of play, practice and scheduling policies shall be applied only during the period of August 1 to May 15. Frequency of play, practice and scheduling outside of this period is governed by each member institution and will not be regulated by the NAIA.** There will be no more than three break periods during the 24 weeks. NAIA-approved postseason participation shall not be counted as a part of the 24 week period. A week is defined as Monday (12:00 a.m.) through Sunday (11:59 pm). Any practice or competition during this period shall constitute one of the 24 weeks permitted.

## NAIA 20 Hour per week rule

- Athletic-related contact, which includes practice, conditioning, and/or competition activities, will be limited to 20 hours per week once classes have begun for the fall semester at the specific NAIA institution. Prior to classes beginning for the fall semester, specific to each NAIA institution, the 20 hour contact rule will not apply.
- Each contest, which includes games, exhibitions and scrimmages, will be counted as two hours within the 20 hours of contact during the week.
- For all NAIA teams, there will be one day per week with no **athletic-related activities**, which includes practice, conditioning, meetings or competition. Any potential infraction can be reported to Scott Metcalf - Assistant Director of Athletics at metcalfs@evangel.edu. \*\*Evangel University will designate Sunday's as the "day off" for student-athletes, with flexibility to use another day based on competition scheduling.\*\*

## Terms of Attendance

- An NAIA student may only compete during the first 10 semesters/15 quarters of full-time enrollment.
- Any term (excluding summer sessions) in which the student becomes identified will be considered a term of attendance.

## Medical Hardship

- The NAIA no longer offers "Medical Hardships". If a student-athlete appears in 20% of allowable regular season contests or in the postseason (including the Conference Tournament) they will be charged a season of competition.

# Code of Conduct

## Number 1 rule:

**Love the Lord your God with all of your heart and with all of your soul and with all of your mind and with all of your strength. The second is this: Love your neighbor as yourself.**

**Mark 12:30-31**

Each student-athlete associated with the intercollegiate athletics program is expected to represent Evangel in an honorable and respectful manner at all times. Student-athletes are highly visible University representatives to the student body and the community.

Evangel student-athletes are expected to adhere to the *Student-Athlete Pledge* as set forth by the NAIA "Champions of Character" program. The Pledge is located at the back of this Handbook and you are expected to sign and return the Pledge to the athletic department.

While participating in the athletic program, student-athletes are expected to accept the following responsibilities:

## Academics:

- Attend all classes unless traveling for sports and complete all academic assignments.
- Maintain academic eligibility as defined by the NAIA.
- Be honest and truthful in all academic work, contacts with faculty/staff and interactions with fellow students.

## General Conduct:

- Abide by the mission and policies of Evangel University
- Refrain from consuming alcoholic beverages or illegal drugs.
- Refrain from participating in any gambling activity.
- Refrain from the use of tobacco products.
- Refrain from hazing activities of any type.

## Missing Class Due to Competition

Student-athletes are expected to inform instructors as to when they will miss classes due to competition. This must be done in advance of a contest. If a contest is rescheduled due to a rainout or if a team is playing in the postseason, student-athletes are expected to also communicate this information to instructors. Athletes are expected to not miss class other than for athletic events. Instructors are not expected to allow cuts for athletic contests if an athlete has skipped class for other reasons.

## Specific Team Rules:

Coaches may have team rules that may be more stringent than the Athletic Department's rules and may cover areas not cited above or in the Evangel University Student Handbook [SH24-25 FINAL-1.pdf \(evangeluni.wenginepowered.com\)](#)

## **Social Media Policy**

Student-athletes should be aware of the consequences of the abuse of social media. They should always keep in mind that information posted on Social Networking (examples: Facebook, MySpace, Twitter, Instagram, YouTube, Tik Tok) is public, and is a direct representation of themselves, their families, teams and/or Evangel University.

As student-athletes participating in intercollegiate athletics at Evangel University, you are a direct representative of the university. Please keep in mind the following guidelines as you participate on social networking web sites.

- Before participating in any online community, be aware that any information you post becomes public knowledge. Whether it is a photo, video and/or text, that message becomes out of your control once posted online
- You should not post information that would cause embarrassment to yourself, family, team or Evangel University.
- Be aware that posting specific information such as your address, birthday, phone number, etc., puts you in a situation where you could be vulnerable to predators.
- Exercise caution with who you add as a "friend" or "follower" on social networking sites. There are people looking to take advantage of student-athletes
- Coaches and administrators can and do monitor these websites
- Student-athletes could face discipline and even dismissal for violations of team policies, athletic department policies and/or NAIA policies.

The Evangel University Athletic Department therefore recommends that student-athletes use caution when using social networking websites.



# Student-Athlete Grievance Procedure

The following procedures have been established to help guide a student-athlete through a potential grievance (with a staff member of the athletic department) and hopefully settle the matter in a professional manner:

- The student-athlete should meet with the staff member with whom he/she has a grievance.
- If the grievance is not resolved to the satisfaction of the student-athlete, the student-athlete should write a statement in full detail about the grievance and submit that statement to the Athletic Director within three (3) days of the decision of the staff member. The Athletic Director's office will then set up an appointment between the student-athlete and the AD. That meeting will include the staff member with whom the athlete has an unresolved grievance.
- If the grievance is still not resolved to the satisfaction of the student-athlete, he/she may submit a written appeal within three (3) days of the decision of the Athletic Director to the President's designee.

# **Title IX Sexual Harassment Policy**

Sexual misconduct, including sexual harassment, sexual violence, sexual exploitation, intimate partner violence, and stalking are violations of Evangel University's Conduct Code and its sexual misconduct policy. A number of federal laws and regulations, including Title IX, the Violence Against Women Act, and the Clery Act mandate how institutions respond to such allegations. Many types of sexual misconduct also constitute violations of Missouri law.

Members of the campus community, guests, and visitors have a right to be free from sexual misconduct. All members of the community must conduct themselves in a way that does not infringe upon the rights of others. The University's sexual misconduct policy is intended to define expectations for appropriate conduct and outline resolution processes to address conduct that does not meet these expectations. When individuals accused of sexual misconduct are found to be in violation of the policy, the University will impose serious sanctions.

All members of the campus community, guests, and visitors are protected by this policy regardless of their sexual orientation or gender identity. The University has jurisdiction over all acts of sexual misconduct involving members of the campus community, no matter where they occur, whether on or off campus. For complete policy, please visit the student portal at the following link:

[Title IX - Evangel University](#)

Concern of faculty/staff harassment of a student, contact Robert Bartell at 417-865-2815, ext. 7311 or Mark Entzminger at 417-865-2815, ext. 7316.

Concern of student harassment of a student, contact Gina Rentschler at 417-865-2815, ext. 7317 or Steve Gause at 417-865-2815, ext. 7409.

# Athletic Communications

The athletic communication office is located in the Rowden Athletic Training Center. It is responsible for disseminating information with regards to Evangel's varsity programs to the local, regional and national media, the Kansas Collegiate Athletic Conference and the NAIA.

The primary responsibilities of the Sports Information Director include providing all website content, promoting and publicizing team and individual achievements, writing press releases for all sporting events, announcements, and awards, compiling statistics for the athletic teams, conference and NAIA, and maintaining archival information.

**Statistical Policy:** The Evangel sports information office handles all statistics for varsity athletic teams. Stat changes must go through head coaches and occur within 24 hours of a game to comply with NAIA policy. Any changes must fall in accordance with NAIA policy on stats that can be changed in post game. All sports follow NCAA stat guidelines as well as NCAA game playing rules.

**Media Interviews:** Player interviews must be arranged through the Sports Information Office. The office will contact the student-athlete and coordinate a personal or telephone interview. Question and answer communications can also be coordinated via email. The office will not provide any personal contact information to the media without the consent of the student-athlete or coach. Following a game, requested players and coaches will be available for interviews following the prescribed NAIA 10-minute cooling off period either on the field, the court, or in a player interview area. Evangel locker rooms are closed. Media can approach a player or coach prior to the ten minutes with the approval of the office. (Some coaches will waive that ten-minute period during the regular season.) Media members will risk losing their credential opportunities by attempting to contact student-athletes through social networking. All requests are to be made through the sports information office.

**Social Networking** The Office of Sports Information recognizes the importance and popularity of social networking sites such as Facebook, Instagram and Twitter. The office advises that student-athletes keep in mind that everything that is posted is representative of themselves, their families, the athletic program and institution.

**Promotional Waiver** By signing the student-athlete handbook, student-athletes agree to give the Evangel athletic department exclusive rights to use name and image for promotional purposes.



## EVANGEL UNIVERSITY DEPARTMENT

### SPORTS MEDICINE DEPARTMENT PERSONNEL

#### Athletic Health Care Team

The Athletic Health Care Team includes a variety of individuals with various medical expertise under the health care “umbrella”. These individuals are committed to supporting the athletes at Evangel University. Listed below is the Mercy Health Care Team that will provide and meet the needs of the student athletes at Evangel University.

#### Team Physicians:

Dr. Moore

Dr. Hough

Dr. Amundsen

Dr. O’Loughlin

#### Team Surgeons:

Dr. Seagrave III

Dr. Wilson

#### Manager of Sports Medicine:

Joshua Bell

#### Lead Athletic Trainer:

Tony Harris

#### Athletic Trainers:

Adam Geiger

Maleah Sandy

# Appropriate Athletic Trainer Conduct Policy

## Policy

The Athletic Trainer will conduct themselves in an appropriate manner at all times. The athlete's privacy concerns should always be addressed prior to any physical examination.

## Procedures

1. AT will function under the Mercy Health System policies and procedures on appropriate employee conduct and the NATA Code of Ethics
2. AT should attempt to perform physical evaluations of athletes in the presence of other athletes, coaches or other AT staff members
3. AT should verbally explain and educate the athletes regarding the physical evaluation procedures/methods
4. AT should verbally explain consent prior to physical evaluation of any athletes
  - a. IF at any point the athlete becomes uncomfortable with the situation, the evaluation will be stopped

## FACILITIES

### Rowden Athletic Training Center Training Room

This athletic training room is located in the Rowden Athletic Training Center. This athletic training facility is used as the primary location for all evaluation and management of injuries sustained during athletics participation. All appointments are scheduled around the student athletes' class and practice schedule. The normal hours of operation are Monday-Thursday 9:00am to 6:00pm, Friday 9:00am to 5:00pm or until the last scheduled practice or event is over. We are closed for lunch from 12:00-1:00pm. Saturday hours will directly depend upon scheduled game times. Any appointments or services needed outside those defined times, must be made with the sports Athletic Trainer or Manager of sports medicine. The phone number for the ATR is (417) 865-2815 ext. 7246. Please schedule on setmore.

### Field House Athletic Training Room

This athletic training room is located within the baseball and softball field house. Its main purpose is that of pre/post practice and event specific care for the teams housed in the Baseball and Softball Field House. These include baseball and softball. It also serves as our secondary location for evaluation and management of sports related injuries during the afternoon. These appointments are also scheduled around the student athletes' class and practice schedule. This athletic training room is mainly open based around practice times and events scheduled. The phone number is (417) 865-2815 ext. 7355. Please schedule on setmore.

# **POLICIES AND PROCEDURES**

## Athletic Training Facilities Rules

The following rules are in effect for all athletic training facilities. Student athletes are requested to make an effort to follow the outlined rules in order to provide them with efficient and effective care.

1. The Athletic Training Facility is a professional healthcare facility and is expected to be treated as such.
2. Clean up after yourself
3. You are expected to be respectful to other athletes, athletic training students, and all staff and faculty.
4. University sexual harassment and discrimination policies will be followed according to University policy.
5. No cleats are to be worn in the athletic training facility at any time.
6. Swearing, disrespectful behavior or horseplay is strictly prohibited.
7. Positive, encouraging, and uplifting conversations and words concerning other student athletes, coaches, faculty, and staff will be used in the Athletic Training Facilities.
8. All student athletes must wear appropriate clothing while in the athletic training facility. Student athletes must wear clothing considered to be outerwear. Leave any clothing you do not need during treatment or examination in your locker.
9. There are no self-treatments. All taping, bandaging, and padding will be done by the Sports Medicine Staff.
10. DO NOT use any equipment or supplies without the permission of an Athletic Trainer.
11. DO NOT remove any equipment or supplies without the permission of an Athletic Trainer.
12. Return all equipment (wraps, crutches, etc.) as soon as possible to avoid being charged for them.
13. Please do not hang out in the Athletic Training Facility. Be present only if you have business there.
14. Being in the Athletic Training Room is not an excuse for being late for practice or for missing practice.

# Procedure for Participation Clearance and Policy of Medical History Review

## Policy

Mercy Sports Medicine Staff should review the pre-participation physicals examination at the beginning of each sports season to identify any pertinent medical history information. Review of the examination will allow for improved preventative and treatment measures for those athletes with certain medical histories.

## Procedure:

Upon receiving the completed physical forms for each athlete, the Mercy Sports Medicine Staff will review each physical looking for any known medical condition **including but not limited to:** asthma, diabetes, epilepsy, allergies, loss of paired organ, sickle cell trait, etc. The Mercy Sports Medicine Staff should discuss with the athlete regarding any specific care instructions. The Sports Medicine staff should retain a list of athletes with pertinent medical histories and guidelines for specific care for each athlete.

- **Asthma:** Discuss with athlete
  - Is the condition under control
  - Types of medication or inhalers used and frequency of use
  - AT possibly keeping in-haler in kit (See Policy on Medication)
  - What to do in case of asthma related emergency
- **Diabetes:** Discuss with athlete
  - Is the condition under control
  - Type 1 or Type II
  - Types of medication used and frequency of use
  - AT possibly keeping glucose tablets or other foods available in kit
  - What to do in case of diabetic emergency
- **Seizure Disorder:** Discuss with athlete
  - Is the condition under control
  - Types of medication used and frequency of use
  - Specific instruction in case of seizure
- **Allergies:** Discuss with athlete
  - Type and severity of allergy
  - Any specific medication used
  - Any specific things to avoid
- **Sickle Cell Trait:** Discuss with athlete
  - Knowledge of condition
  - Appropriate recognition of symptoms
  - Appropriate management of episodes
- **Any other conditions:**
  - Discuss with athlete to determine specific needs

**No student athlete (including practice players) will be allowed to practice or compete in intercollegiate athletics until the following requirements are met:**

**1. Completion of the Medical History Questionnaire**

All student athletes, prior to receiving a physical, must complete all necessary medical and insurance information on **healthyroster.com**. This includes signing the *Medical History Questionnaire* and providing a copy of their current health insurance card/policy. A complete history of all significant injuries sustained prior to this physical must be reported. If a student-athlete had previous attention by a physician or other healthcare professional, a report of such should be forwarded to the Athletic Trainers. ***Failure to properly disclose or provide the proper documentation for pre-existing injuries/conditions may delay or disqualify the student-athlete from participating in intercollegiate athletics.*** Any expenses that may incur to clear the student athlete from a pre-existing injury/condition (i.e. MRI, surgery, etc...) will be at the expense of the student athlete and/or their parents/guardians.

**2. Completion of the Athletic Pre-participation Examination (PPE)**

- All athletic PPE will be arranged by Mercy Sports Medicine Staff according to a specific schedule.
- All student athletes are required to have one athletics PPE for each school year. The examination is good for one calendar year. The team physician will be the final authority regarding limitations that will exclude a student athlete from participation.
- A physical clearance may be revoked at any time, at the digression of a team physician.

**3. Official Notification of Clearance**

- Coaches will receive a pre-participation examination clearance update from the Mercy Sports Medicine Department and any follow-up necessary to clear an athlete for full participation.

**4. Physical Examination Clearance Status**

An athletes' physical examination clearance status can fit into three categories:

- **Cleared** – athlete may participate without reservation or restriction.
- **Not Cleared** – athlete may not participate in any physical activity. The athlete and coach will be advised of the necessary follow-up. If the athlete fails to follow-up, they will remain ineligible to participate, practice and compete.
- **Cleared with Restrictions** – athlete may participate, however, a situation or condition exists that precludes the athlete from unrestricted participation. The athlete and coach will be advised of necessary follow-up to remove the restriction. If said athlete does not make a conscious effort to follow-up as directed, the athletic trainer will be requested by the team physician to revoke their clearance and therefore make said athlete ineligible to participate, practice and compete.



## Treatment of Injuries

Injured student-athletes will report to their respective Athletic Trainer and be instructed to schedule evaluation and management appointments that work with their class and practice schedule online using the setmore scheduling software. Treatment done during holidays, weekends, and hours outside the defined daily hours of operation (Monday-Thursday from 9:00am to 6:00 pm and Friday 9:00am to 5:00pm) are made upon arrangement by the Athletic Trainers. It is the responsibility of the student-athlete to schedule treatment appointments around his/her class schedule and reschedule as directed until released from treatment by your sport specific Athletic Trainer. Failure to report for treatment or failure to complete the prescribed treatment at the appointed time will be reported to the coaches.

- *Non-athletes:* Due to liability issues, the athletic training staff cannot treat non-athletes. Certified Athletic Trainers may provide first aid and emergency care in the role of a first responder and make appropriate referrals.
- *Recruits:* Recruits assume all liability and will agree to not hold the University responsible for any injury they may incur while participating in non-competitive scrimmages and pick-up games. Coaches will treat injuries recruits may incur as though they are first responders. They are to send them to urgent care or a local hospital facility. The athletic training staff is not allowed to treat non-Evangel student athletes. Recruits are expected to complete the Athletics Participation Agreement found on the athletic website before arriving at Evangel to "try out." This form is to be kept in the office of the Compliance Officer.

## Athletic Injury and Illness Procedures

1. For any expenses to be considered by Evangel University for athletic payment all athletic injuries must be directed to the Mercy Sports Medicine Department for evaluation first and not directly to other health care personnel and facilities. Any appointments with physicians or other specialists will be made through the athletic trainers or personnel designated by the athletic trainers. Medical expenses accumulated in any other manner are the responsibility of the student athlete and/or his/her parents.
2. When a student athlete is injured, the athletic trainer will go to his or her aid as quickly as possible, evaluate the situation, and proceed with immediate care. The coach will be informed as quickly as possible regarding the student athlete's health status and availability in that particular practice or event.
3. All therapeutic treatment in the athletic training room will be administered by the Mercy Sports Medicine Staff under the direction of the team physicians.
4. During a road trip without an athletic trainer present, the coach should refer to the emergency room of the nearest hospital if the situation is warranted. (The host team athletic trainer may be of some assistance.) Contact an Athletic Trainer as soon as possible.

## Practice Policy for Injured Athlete

Every student athlete will dress ready for practice unless excused beforehand by the Athletic Trainer. If injured to the extent he/she cannot dress for full participation, but available only for limited work, student-athletes will still be required to report to all practice sessions on time and in the uniform suggested by the Athletic Trainer. Injured players may be assigned special exercises to enhance recovery time and maintain conditioning. These exercises are to be done on the field or court under the supervision of the Athletic Trainer or designated personnel. Student athletes should not leave the practice field or court because of an injury or illness without permission from the Athletic Trainer. Failure to complete assigned exercises will be reported to the coaching staff.

## Return to Play Policy

**The Mercy Team Physician and his/her Athletic Trainers, have the final authority in deciding if and when an injured/ill student-athlete may return to practice and/or competition. A student athlete's private physician or coach does not have jurisdiction as to the participation status of the student-athlete as an EU athlete.**

Any student athlete seen by a physician other than the Mercy Team Physician, must return to the athletic training room for follow-up and acquire final clearance prior to active participation status. If a student-athlete is under the care of a private physician for an injury or illness and the physician's treatment precludes or alters activity in intercollegiate athletics, the student athlete must secure, **in writing**, a release to reinstate the student-athlete to full participation. No student athlete will be allowed to return to participation until Mercy Sports Medicine has received a release from the private physician and the student-athlete is examined by a Mercy Team Physician and cleared for participation.

## Physician Referrals/Consultations

Mercy has a vast array of medical providers and specialties in the area who have consistently provided high quality service to EU student-athletes. Members of the Mercy Sports Medicine Staff will refer student-athletes to these providers, unless extenuating circumstances necessitate a different provider. All student-athletes must be seen and evaluated by an Athletic Trainer before a referral to a physician will be made. An Athletic Trainer must authorize and properly refer all student-athletes to see a physician or medical consultant, and/or for a diagnostic test. If a student-athlete decides to see a physician/medical consultant, and/or undergo a diagnostic test **WITHOUT** prior authorization/referral from a member of the Mercy Sports Medicine Staff, the student-athlete and/or student-athlete's parent(s)/guardian(s) will be financially responsible for any and all medical bills incurred.

## Medical Second Opinions

If a student-athlete and/or his/her parent(s)/guardian(s) desire a second opinion on an injury/illness, an Athletic Trainer, with prior approval from the Mercy Team Physician, will help coordinate consultation for a second opinion. If a student-athlete decides to see a physician/medical consultant, and/or undergo a diagnostic test **WITHOUT** prior authorization/referral from a member of the Mercy Sports Medicine Department, the student-athlete and/or the student-athlete's parent(s)/guardian(s) **WILL be financially responsible for any and all medical bills incurred.**

## Transportation of Student-Athletes Policy

Although the Mercy Sports Medicine Staff will make every reasonable effort to arrange transportation and/or accompany student-athletes to doctor's appointments, diagnostic test, surgeries, etc., this may not be possible in all situations and **it is not the responsibility of any athletic training student and/or member of the sports medicine staff to use personal transportation to transport a student-athlete.**

## Pregnant Student-Athlete

Mercy Sports Medicine Department adopts the current NCAA Guidelines in caring for the pregnant student-athlete.

## Taping and Equipment

All taping will be done by Athletic Trainers according to the needs and demands of the practice or competition. Scrap tape will be provided for the use of EU student-athletes in a designated scrap tape container. Equipment can be checked-out according to the needs and demands of the practice or competition by any member of the Athletic Trainer staff. The student-athlete will be asked to provide a signature for checked-out equipment and will be required to return equipment following recovery of injury or post athletic season. If checked-out equipment is not returned, your student account will be charged!

# HEAD INJURY POLICY AND PROCEDURES

## Policy

All athletes sustaining a mild traumatic brain injury (mTBI) should be thoroughly examined and closely monitored to determine nature and severity of injury and appropriate course of treatment.

## Procedure

The athletic trainer (AT) will perform a complete initial mTBI evaluation. The player should not be left alone following the injury, and serial monitoring for deterioration is performed until he/she leaves the care of the on-site AT. Follow-up evaluation, either in person or by phone, should be performed until the athlete is asymptomatic.

- No athlete, regardless of age, will be allowed to return to play on the same day as initial mTBI.
- Each athlete sustaining an mTBI will be tested by the on-site AT with the Sport Concussion Assessment Tool 5 (SCAT5). It is recommended to obtain a SCAT5 test within 1-2 days following the initial injury. In cases where the AT is not able to complete the SCAT5 within 1-2 days following the injury, the on-site AT will perform a complete SCAT5 on the first day the athlete returns to the athletic training room.
- The on-site AT will document presence, severity and duration of symptoms on the Graded Symptom Checklist, within the SCAT5, during the initial evaluation and each follow-up evaluation. The Graded Symptom Checklist can be performed over the phone for follow-up evaluations if necessary.
- Once the athlete has been asymptomatic for at least 24 hours, the athlete will be reassessed with the SCAT5. Once the assessment reveals an improvement from the initial post-injury SCAT5, the graduated return to play protocol may begin.
  - In addition to an asymptomatic GSC and an improved SCAT5, a symptom-free Vestibular/Ocular-Motor Screening (VOMS) must be completed prior to beginning return to play activity to further support the RTP decision-making process.
  - All mTBI athletes will undergo at least one (3rd in total) additional SCAT5 assessment upon completion of the graduated return to play protocol.
- In the event of excessive symptoms, extended duration of symptoms or difficulty during the graduated return to play process athletes may be referred to another concussion specialist for assessment.
- Athletes returning to activity should be closely monitored in order to make appropriate decisions on progressing or regressing activity level.
  - If an athlete develops symptoms during a graduated return to play protocol, the activity for that day will cease and resume the next day as long as the athlete presents asymptomatic.

- The AT will document all evaluation findings and management, as well as report all head injuries to appropriate school personnel.
- Prior to returning to full, unrestricted sport activity, athletes must:
  - Be asymptomatic for a minimum of five full days (in conjunction with graduated RTP)
  - Successfully complete a graduated return to play protocol
  - Receive clearance from the on-site AT
- It may not be feasible to follow the above procedures for those athletes who are not members of a school contracting services with Mercy Sports Medicine. In these situations, the AT providing coverage will provide a thorough initial mTBI assessment. Utilization of the SCAT5 will be at the discretion of the AT. Following the initial assessment, the AT should make the appropriate recommendations to the parent/guardian or responsible school personnel regarding home care and delayed/immediate referral.

#### Additional comments:

- Loss of consciousness is not a good indicator of return to play determination.
- Notify Mercy Sports Medicine administration and school administration of any situation that does not comply with the above guidelines.
- There may be additional head injury documentation required during special events that Mercy provides Sports Medicine services outlined by those events.

#### Education

Student-athletes will receive a Concussion Fact Sheet (APPENDIX G) yearly during their team meetings at the start of the Fall semester, and reviewed with a Certified Athletic Trainer present at the team meeting. The student-athletes will sign acknowledgement (APPENDIX H) of receiving and reviewing this information. The Concussion Fact Sheet will be distributed, on a yearly basis, to all coaches and the Director of Athletics. Each will sign acknowledgement of receiving and reviewing this information.

#### Management

All athletes suspected of sustaining a Sports Related Concussion (SRC) should be thoroughly evaluated by the Athletic Trainer (AT) on-site to determine the proper course of action. If no AT is on-site, the athlete should be immediately removed from activity, and referred to a physician, or the AT for further evaluation.

## Return To Sport (RTS)

Patients MUST be concussion symptom-free for twenty-four (24) hours prior to beginning the Return To Sport (RTS) Protocol.

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5. Guskiewicz KM, Bruce SL, Cantu RC, et al. National Athletic Trainers' Association Position Statement: Management of Sport-Related Concussion. *J Athl Train.* 2004;39(3):280-297.
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7. Popovich M, Almeida A, Lorincz M, Eckner, et al. Does Exercise Increase Vestibular and Ocular Motor Symptom Detection After Sport-Related Concussion? *J Neurol Phys Ther.* 2021;45(3):214-220. doi:10.1097/NPT.0000000000000356
8. Popovich M, Sas A, Almeida A, et al. Symptom Provocation During Aerobic and Dynamic Supervised Exercise Challenges in Adolescents With Sport-Related Concussion. *J Athl Train.* 2021;56(2):148-156. doi:10.4085/1062-6050-0072.20

## Return to Play (RTP) Procedures After A Concussion

- **Baseline:** Athletes should not have any concussion symptoms. Athletes should only progress to the next level of exertion if they do not have any symptoms for 24 hours.
- **Step 1:** Light cardiovascular exercise
- **Step 2:** Running in the gym or on the field. No helmet or other equipment
- **Step 3:** Non-contact training drills in full equipment. Weight training can begin.
- **Step 4:** Full, normal practice or training (a walk-through practice does not count as a full, normal practice.)
- **Step 5: Full participation.** Must be cleared by MD / DO / PAC / LAT / ARNP / Neuropsychologist before returning to play.

The athlete should spend a minimum of 24 hours at each step before advancing to the next. If concussion symptoms return with any step, the athlete must stop the activity and the treating healthcare provider must be contacted.

Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms returned.

**Heat Illness Management:** When participating in sports during hot weather, individuals can be at risk for developing heat illness. Heat illnesses vary in severity from mild (cramping) to severe (heat stroke, death). The following guidelines should be utilized to assist in the recovery of heat illnesses and will be provided to each coach and student athlete.

1. Continue to hydrate yourself with water and/or electrolyte beverage.
  - o Drink 24 oz (1 water bottle) of cold fluids for every pound that you have lost.
  - o DO NOT DRINK caffeinated beverages (e.g. coffee, tea, iced tea, Coke/Pepsi, Mountain Dew, etc.), "energy drinks" (e.g. Red Bull, Jolt, etc.) and alcoholic beverages they cause you to produce more urine, so you end up losing even more fluids!
  - o DO NOT DRINK carbonated beverages & sugary drinks (e.g. fruit juices / punch, etc).
  - o Drink enough to satisfy your thirst. Eat a good meal (drink while eating). Continue to drink after the meal.
2. Eat a good, nutritious diet.
  - o Low-fat, high carbohydrate, moderate protein foods.
  - o Fruits & vegetables.
  - o Stay away from fast foods.
  - o Lightly salt foods to taste and/or eat foods high in sodium (e.g. ham & cheese, pizza, tomato sauce, soup, tomato juice / V8, pretzels, pickles, etc).
3. Avoid taking any supplements, stimulants, and/or other medications unless prescribed for you by an Evangel University Team Physician.
4. Monitor your urine color & output (urine color should be pale yellow to clear if you are properly hydrated).
5. Immediately contact the first available athletic trainer if any of the following occur:
  - o Cramping / muscle spasms / convulsions.
  - o Nausea and/or vomiting.
  - o Elevated body temperature ( $>104^{\circ}$ ).
  - o Severe headache, dizziness, confusion, and/or lethargy.
  - o Staggering body control, decreasing level of consciousness, intense thirst.
6. Always report to the athletic training room before your next practice, game, or strength & conditioning workout for a follow-up examination.

## **ATHLETES PRIMARY INSURANCE POLICY**

All student-athletes are required to have their own "primary" health insurance that will cover you within the state of Missouri during your entire stay at Evangel University. **This must include doctor's office visits, not just emergency room or urgent care visits.** Coverage may be from a parent's insurance plan, or a policy purchased on your own from an insurance website, or from our Insurance Broker in which our Athletic Training Staff can guide you to. Your insurance is "Primary" and works in conjunction with our school "Accident Insurance Policy", which covers up to \$4000. Student-athletes must be covered for a total of 10 or 12 months, depending on summer living arrangements.

There are certain types of insurance that have limitations, especially when it comes to intercollegiate sports injuries. It is important that if you have one of these types of coverages that they are verified to cover what we require.

- Government-sponsored insurance (TriCare, Medicaid, etc.): Some of these plans do not cover you out of your home state.
- Student health insurance plan (SHIP): SHIPs may specifically state that injuries related to intercollegiate athletics are not covered.
- Regional network plans: Some HMO/PPO plans only offer coverage in a designated region. If the institution or frequent competition sites are located outside of the designated region, coverage may not meet institution primary insurance requirements.
- "Religious ministry" plans: Ministry plans often exclude intercollegiate athletics, or rely on a discretionary claim process to determine whether a particular bill will be paid. Because coverage of athletics-related injuries may be denied with discretion, coverage may not meet institution primary insurance requirements.

In these cases, or if the student-athlete currently has insurance which does not provide adequate (more than ER and Urgent Care) coverage in the state of Missouri, **Evangel University will require an additional primary insurance to be purchased. Those costs will be the responsibility of the student-athlete.**

Each athlete will make provisions for an athletic insurance policy to cover each injury to a maximum of Thirty Five Thousand Dollars (\$35,000), and will be responsible for all medical bills, either with insurance or with cash. The athlete's insurance coverage must remain in force continually until the athlete is no longer a part of Evangel's athletic program. Athletes will be billed for all expenses not covered by insurance, including services received in the athletic training room, physician's offices, or physical therapy facilities.

### **Lifetime catastrophic insurance exceeding \$35,000 per injury**

Evangel University provides a policy through Mutual of Omaha.

## **EVANGEL UNIVERSITY INTERNATIONAL STUDENT ATHLETE INSURANCE**

All international students will have access to purchase primary health insurance. Information on this can be obtained from the Athletic Training Office.



## **DRUG TESTING POLICY AND PROCEDURES, INCLUDING ALCOHOL USE**

As representatives of Evangel, athletes must maintain a level of respect for their bodies, their fellow teammates, the Athletics Department, and the university. The use of illegal drugs and banned substances is not tolerated. The purpose of this drug testing policy and program is to discourage the use of illegal drugs and the abuse of legal drugs and dietary supplements by student-athletes through a screening program based on periodic testing designed to identify those who use any substance banned by Evangel University. The policy below will be used as a guideline when determining the status of a student-athlete refusing to adhere to Evangel University athletic department substance abuse policy.

**Purpose:** The purpose of Evangel University Athletics' drug testing policy is to emphasize the prevention of substance abuse problems, although procedural steps are already in place when an evident problem is in need of resolution.

- 1) **Substance Abuse Contract:** Upon arrival, each student-athlete must submit a signed copy of the substance abuse contract. This ensures student-athletes and parents are aware of the zero-tolerance policy of substance abuse at Evangel University. By signing this contract yearly, each student and parent/guardian are made aware of the university's policy and agree to abide by its standards.
- 2) **Drug Testing:** All student-athletes are subject to drug testing by Evangel University Athletic Training Department at any time during the student-athlete's eligibility.
  - a) Evangel University Athletic Training will randomly and/or selectively choose, due to reasonable cause, athletes to be tested for illegal, performance-enhancing, or street drugs using a hair sample.
  - b) Each student-athlete chosen to participate in a drug test will be summoned via verbal and/or written means to report to the drug test site at a specific time. The student-athlete will provide a hair sample under supervision of gender specific Athletic Training staff, EU school official, school nurse or off-site drug testing facilitator.
  - c) Student-athletes may be given a maximum of, but are not entitled to, a 24 hour notice prior to drug testing.
  - d) Any student-athlete **failing to provide an adequate hair sample or refusing** to take a University mandated drug test, will be considered an admission of guilt and treated as a positive drug test by the University.
  - e) Student athletes presenting an initial non negative drug test will be allowed to continue competition until receipt of final results from the medical review officer (MRO).
  - f) The MRO will contact the student-athlete via phone upon receipt of the non-negative hair sample, if the drug in question is a prescription medication. The student-athlete will be required to follow the instructions of the medical review officer to validate their reason for taking the medication in question.
  - g) If medical clearance is given for a non-negative drug test, the student-athlete will not be held responsible for the cost of the drug test.
  - h) If medical clearance is not proven for a non-negative drug test, the student-athlete will fall under the **Positive Drug Test** guidelines below.

- 3) **Positive Drug Test:** If the student-athlete presents a non-negative drug test, the cost of the test must be reimbursed to Evangel University, and the student-athlete may be subjected to further and more extensive drug testing. The cost of this additional drug test will also be the responsibility of the student-athlete. The student-athlete will then be placed on a minimum, but not limited to, the status of **Probation Level 2**.
- Refer to Section 6 and 7 in the '25-'26 Evangel University Student Handbook in the link below to learn more about the **Code of Conduct and Community Accountability Programs**. It is your responsibility to familiarize yourself with this information.  
[Student Handbook - Evangel University](#)
- 4) **Reasonable Cause:** Reasonable cause is defined as behavior, conduct, or performance by a student-athlete which leads the University to conclude there is the likelihood the student-athlete is taking or is under the influence of illegal drugs, banned substances, or alcohol. Among the indicators which may be used in evaluating a student-athlete's behavior, conduct, or performance are: class attendance, significant GPA changes, lack of athletic practice attendance, increased injury rate or illness, changes in physical appearance, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. Reasonable cause may also be based on information received that a student-athlete is using illegal drugs or alcohol. All reasonable cause requests by head coaches will be directed to the Head Athletic Trainer. In such a case, the determination that "reasonable cause" exists to require a student-athlete to submit to drug testing will be made only after consultation between the Head Athletic Trainer, Head Coach, and Director of Athletics or designee. Should there be any disagreement as to whether the athlete should be tested; the Athletic Director will have the final decision. No notice of the drug test may be given to the student-athlete.
- 5) **Self-Report Clause:** Self-report involves a student-athlete admitting to misconduct involving substance abuse **BEFORE** being summoned by the Athletics Department for random testing. If student-athlete self-reports a behavioral misconduct with substance abuse, he or she:
- a) Immediately will be ineligible for competition, will be placed on **Probation Level 1** and will be mandated to submit to professional counseling assessment along with appropriate treatment as determined by the assessment.
  - b) Must consent to a drug test at the end of Probation Level 1 status. If the student-athlete presents with a negative drug test and has completed the mandatory counseling assessment and treatment, he or she will be returned to competition, practices and student-leadership responsibilities within the university. However, if the student presents with a positive drug test, the student will be referred to the Community Life Department for further discipline and possibly dismissal from Evangel University.
  - c) Will be subject to random drug testing throughout the remainder of eligibility as a student-athlete and student at Evangel University.
- 6) **Trips to a Medical Doctor or Nurse Practitioner:** Each student-athlete seen by a healthcare professional other than Athletic Training Department staff must report medications and reason for visit to other health-care professional to the Mercy Sports Medicine Staff. The Sports Medicine staff has a comprehensive list of

medications that may not be taken while participating in athletic practice or competition.

**Banned Substances:** The NAIA & NCAA has strict rules about the use of supplements. Evangel University will use the NCAA Sports guidelines for banned substances.

## **FULL ACCEPTANCE OF RISK**

Participation in athletics at Evangel University requires an acceptance of risk of injury. Participation in your sport could result in death or serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to all internal organs, serious injury to all bones, joints, ligaments, muscles, tendons, and other aspects of your body, general health and well-being.

Minor and moderate injuries are very common in athletics and every participant is very likely to sustain an injury during his/her athletic career. Minor and moderate injuries in athletics include (but are not limited to) sprains, strains, contusions, abrasions, and lacerations.

However minor or severe an injury, you must report all injuries to the athletic trainer for proper inspection, treatment, and possible referral to a physician. Failure to comply will place the entire outcome of the injury in your own hands.

Protective equipment and preventative taping is available to athletes as needed in each sport. You must be aware that protective equipment and preventative taping will NOT PREVENT ALL INJURIES FROM OCCURRING! To maximize the effectiveness of protective equipment, inspect it daily and exchange all defective equipment. Make sure all equipment is properly adjusted and worn during all games and practices.

I have read the preceding information and certify that I am physically fit to participate in athletics at Evangel University. I fully KNOW, UNDERSTAND, AND APPRECIATE the risks inherent in this sport, and I VOLUNTARILY participate in this activity. I hereby release all Evangel University coaches, athletic trainers, and school officials from negligence resulting in injury and liability for any injury I sustain while participating in this extracurricular activity.

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for (me) my child/ward to participate in the sport and travel with the team.

## **WAIVER & RELEASE OF LIABILITY FOR SPORT PARTICIPATION**

I am aware that trying out, practicing, playing, or any other form of participation in any sport can be a dangerous activity involving MANY RISKS OF INJURY.

I understand that the risks of engaging in athletics at Evangel University include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in the above sport may result not only in serious injury, but in a serious impairment of the future abilities of (me) my child/ward to earn a living, and to engage in business, social and recreational activities and generally to enjoy life.

Because of the risks described above, I recognize the importance of (me) my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport, and other team rules. I also recognize the importance of (me) my child/ward reading and adhering to all written instructions and written warnings regarding playing techniques, training methods, rules of the sport and other team rules. We (I) therefore expressly agree to obey all of the coach's instructions and warnings.

In consideration of Evangel University permitting (me) my child/ward to try out, practice, play or in any other way participate at Evangel University, and to engage in all the activities related to the team, including practicing, conditioning, playing, and traveling, I HEREBY ACKNOWLEDGE THAT (I) MY CHILD/WARD ASSUMES ALL THE RISKS ASSOCIATED WITH SUCH PARTICIPATION, I EXPRESSLY CONSENT TO SUCH PARTICIPATION BY (MYSELF) MY CHILD/WARD AND I AGREE TO WAIVE ALL CLAIMS OF WHATEVER NATURE, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, my successors, and for all members of my family, and to release, exonerate, discharge and hold harmless the above named university, their trustees, officers, agents, servants, employees, successors and assigns, their athletic staffs, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any and all liability, claims, causes of actions or demands arising out of any injuries to (me) my child/ward or to (my) his or her property or losses of any kind which may result from or in connection with (my) his or her participation in any activity related to your Evangel University team.

I have reviewed the individual eligibility rules and I am aware that with participation in sports comes the risk of injury to (me) my child/ward. I understand that the degree of danger and the seriousness of the risk vary significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risks inherent in sports through meetings, written handouts, or some other means.

## ARBITRATION AGREEMENT

I hereby agree to submit any and all disputes that may arise between myself and Evangel University, or their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staffs, all coaches, assistant coaches, athletic trainers, physicians and other practitioners of the healing arts, in communication with the athletic activities of the above named student-athlete, including disputes relating to eligibility, disciplinary action, and injury liability, to BINDING ARBITRATION BEFORE THREE ARBITRATORS IN ACCORDANCE WITH THE RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

## SUBSTANCE ABUSE POLICY

All students are expected to refrain from the manufacture, possession, use, or distribution of illegal drugs, alcoholic beverages, and tobacco products and to avoid the abuse of prescription or non-prescription medications. This policy applies on and off the University campus.

Evangel University Athletics also has a drug accountability program involving the random selection and testing of student-athletes throughout the academic year. Student-athletes will be made aware of their selection in a timely manner and be given further details at that time.

Any Evangel student suspected of breaking the above covenant may be tested at any time. Refusal to submit to a requested test will be considered "failure to comply with an Evangel University Official" and will be taken into consideration in the accountability process.

- Refer to Section 8.3 and 8.12 in the '25-'26 Evangel University Student Handbook in the link below to learn more about the Evangel University **Alcohol and Other Drug Use Prevention**. It is your responsibility to familiarize yourself with this information.

[Student Handbook - Evangel University](#)

# NAIA Champions of Character Pledge

Each game and practice, in which I participate, will provide me with an opportunity to be a “Champion of Character.”

I pledge, as an NAIA student-athlete, to accept the five-core character values of the NAIA and will do my best to represent the NAIA, my institution, my teammates, and myself by:

- **Respecting** my opponent, the officials, my teammates, the game, and myself;
- Taking **responsibility** for my actions in all areas of my life;
- Having the **integrity** to stand by my word;
- Providing **servant leadership** where I serve others while striving to be a personal and team leader; and
- Being an example of **sportsmanship** by holding myself to the highest standards of fair play.

I have read this Student-Athlete Handbook and I understand and agree to be held accountable to the following policies and agreements listed above in the previous pages of this manual:

- **FULL ACCEPTANCE OF RISK POLICY**
- **WAIVER & RELEASE OF LIABILITY AGREEMENT**
- **ARBITRATION AGREEMENT**
- **SUBSTANCE ABUSE POLICY**
- **NAIA CHAMPIONS OF CHARACTER PLEDGE listed above**

**THE FULL ACCEPTANCE OF RISK, WAIVER & RELEASE OF LIABILITY, ARBITRATION AGREEMENT AUTHORIZATION EXPIRES SIX YEARS THE DATE IT IS SIGNED!**

Name\_\_\_\_\_

Signature\_\_\_\_\_ Date\_\_\_\_\_



