



**FELICIAN ATHLETICS'
STUDENT-ATHLETE
HANDBOOK
2023-2024**

Letter to Student-Athletes

Dear Felician Falcons:

Welcome and congratulations on joining the Felician University Golden Falcons!

We hope that your athletic experience is rewarding and enriching. College is a time for learning and exploration. A commitment to becoming your best-self by striving for excellence in the classroom and in competition will maximize your experience and make it profoundly meaningful.

The Department of Athletics is committed to teaching you how to work collaboratively to reach performance goals, how to embrace diversity of thought and culture, how to persevere through failure with resiliency, and how to compete with integrity.

We encourage you to take full advantage of the outstanding resources and support provided on campus. Your overall success is contingent upon your effort in everything. It is also important to be mindful of your personal responsibility to the greater good: your team, the Department, and Felician University. We expect you to represent yourself, your family, and Felician University in an exemplary manner.

Please review the material in this handbook for important information regarding participation in varsity athletics at Felician University with careful attention to the section on NCAA regulations. You are responsible for complying with all bylaws related to your competitive eligibility.

We are thrilled that you have chosen to be at Felician! We wish you well, and we are committed to your development in an environment that is inclusive and respectful.

GO GOLDEN FALCONS!

A handwritten signature in black ink, appearing to read "A. Toriello". The signature is fluid and cursive, with a large initial "A" and a stylized "T".

Andrew Toriello
Director of Athletics

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INTRODUCTION

This handbook is designed to provide varsity student-athletes with information concerning policies of Felician University and of the Felician University Athletics Department. This handbook is a supplement to other sources of information and should be regarded and used as such.

The most important thing to remember is that help of all kinds--academic, social, athletic, health- related-- is available if you need it. If you cannot find the answers to your questions in these books, don't be afraid to ask for help. A wide variety of services is available to you at Felician; use them.

THE FELICIAN UNIVERSITY MISSION, VISION & VALUES

Mission Statement

Felician is an independent co-educational Catholic/Franciscan University founded and sponsored by the Felician Sisters to educate a diverse population of students within the framework of a liberal arts tradition. Its mission is to provide a full complement of learning experiences, reinforced with strong academic and student development programs designed to bring students to their highest potential and prepare them to meet the challenges of the new century with informed minds and understanding hearts. The enduring purpose of Felician University is to promote a love for learning, a desire for God, self-knowledge, service to others, and respect for all creation.

Vision Statement

To be a pre-eminent Catholic Franciscan University where scholarship and the practice of teaching and learning place students first in the enduring quest for truth and the persistent pursuit of competence, character, and compassion.

Felician Franciscan Values

- **Respect for Human Dignity** ... our reverence for and commitment to promoting and protecting the dignity of persons.
- **Compassion** ... an empathetic consciousness of others expressed in caring service.
- **Transformation** ... the process that encourages an open mind and heart, leading to continuous improvement of the person and ministry.
- **Solidarity with the People in Need** ... ensuring the needs of the poor and vulnerable are met through advocacy and action.
- **Justice and Peace** ... forging right relationships, recreating a sustainable environment, promoting the common good - all in the pursuit of peace.

ATHLETICS' DEPARTMENT MISSION

Felician University's athletic philosophy emphasizes the development of the total person -- the student as well as the athlete. It is essential that all student-athletes be provided the direction, assistance and guidance needed to reach their goals in all areas of college life: academic, spiritual, and social.

Student-athletes are urged to focus on the incentives, knowledge, and skills essential to attaining their full potential. The athletic program seeks to help each participant understand the close correlation between sports and life, toward the goal of encouraging a well-adjusted, contributing member of the college and the larger society.

General Athletics Information

Location: One Felician Way, Rutherford, NJ 07070

Founded: 1942

Enrollment: 2,100

Nickname: Golden Falcons

Colors: Hunter Green (PMS 5743), Goldenrod (PMS 108)

President: Mildred Mihlon

Director of Athletics: Andrew Toriello

Number of Varsity Intercollegiate Sports: 20 (8 men, 12 women)

Men's Sports: Baseball, Basketball, Cross-Country, Golf, Lacrosse, Soccer, Indoor/Outdoor Track & Field

Women's Sports: Acrobatics & Tumbling, Basketball, Bowling, Cross-Country, Track & Field, Lacrosse, Soccer, Softball, Swimming, Indoor/Outdoor Track & Field, Volleyball

Club Sports: Cheer and Dance Team

Affiliation: [NCAA Division II](#)

Conference: [Central Atlantic Collegiate](#) , METS (Swimming, Associate Member)

Indoor Facility: Job Gymnasium (Rutherford Campus), cap. 567 (Volleyball, Basketball)

First Year of Athletics: 1996-97

Athletics Mailing Address: One Felician Way, Rutherford, NJ 07070

Athletics Phone: 201-559-3333

Athletics Fax/Email: 201-559-3601/[Athletics@felician.edu](mailto: Athletics@felician.edu)

Institutional Website: www.felician.edu

Athletics Website: www.FelicianUAthletics.com

DIRECTORY

Name	Title	Contact	Location
Andrew Toriello	Director of Athletics	201-559-3333	WaRC
Brandon Schiesser	Assistant Director of Athletics- Facilities & Operations	201-559-3276	Gym
Brendan Bonacum	Assistant Director of Athletics- External Relations	201-559-3527	Lower Level Student Union
Nicole Aumack	Director of NCAA Compliance/Senior Woman Administrator	201-559-3540	WaRC
Samantha Flecker	Director of Athletics Communications	201-559-3257	Lower Level Student Union
Kayla Jones	Athletics Administrative Assistant	201-559-3333	WaRC
Melissa MacAlpin	Faculty Athletics Representative to NCAA	201-559-3626	Third Floor Martin Hall
Danielle "DJ" Johnston	Head Athletic Trainer	201-559-3502	ATC
Jimmy Myers	Assistant Athletic Trainer	201-559-3502	ATC
John Sakatos	Assistant Athletic Trainer	201-559-3502	ATC
Megan Euler	Assistant Athletic Trainer	201-559-3502	ATC
Gina Ferdinandi	Head Strength & Conditioning Coach		Fitness Center Student Union
Desi Petrillo	Head Acrobatics & Tumbling Coach		Lower Level Student Union
Chris Langan	Head Baseball Coach	201-559-3509	Lower Level Student Union
Dustin Javins	Athletics Coordinator/ Assistant Baseball Coach		Lower Level Student Union
Steve Langan	Assistant Baseball Coach		Lower Level Student Union
Mike Atan	Assistant Baseball Coach		Lower Level Student Union
Ivan Lewis	Head Men's Basketball Coach	201-559-3508	WaRC
Nick Abraham	Equipment Manager/Assistant Men's Basketball Coach	201-559-6031	WaRC
Shelli Desrosiers	Administrative Assistant		
Brad Forestieri	Assistant Men's Basketball Coach		
Steve Fagan	Head Women's Basketball Coach		WaRC
Rochelle Forbes	Assistant Women's Basketball Coach		WaRC
Brandon Levine	Athletics Assistant/ Head Men's Soccer Coach		Lower Level Student Union
Sammual Winning	Athletics Coordinator/ Assistant Men's Soccer Coach		Lower Level Student Union

RESOURCES

Admissions	201-559-1465
Career Development	201-559-3619
Center for Health	201-559-3559
Help Desk	201-559-6165
Financial Aid	201-559-6010
Student Affairs	201-559-3564
Registrar	201-559-6038
Residence Life	201-559-3506
Security (Rutherford)	201-559-3561
Counseling Center	201-559-3587
Center for Academic Success & Effectiveness	201-559-6047

DEPARTMENT STANDARDS OF BEHAVIOR

While individual teams are free to develop their own team rules, all student-athletes are also bound by department-wide standards of behavior:

- It is illegal for underage persons to possess or consume alcoholic beverages.
- It is illegal to drive while impaired by alcohol and/or drugs.
- It is both illegal and a violation of University rules to engage in hazing or harassment.
- Felician Athletics prohibits all student-athletes from drinking alcoholic beverages, using tobacco products, or using illegal substances whenever traveling with their team and/or acting as official representatives of Felician University. This prohibition extends to travel to and from an event, home games, team gatherings before or after games, and any time the team is together in an official capacity.
- Felician Athletics prohibits student-athlete hosts from providing potential student-athletes with alcoholic beverages on official or unofficial recruiting visits.
- Felician Athletics requires any student-athlete cited for any off-campus violation to self-report that violation to their Head Coach within 48 hours.
- Failure to adhere to these standards of behavior may result in the Head Coach, after consultation with the sport administrator and/or the Director of Athletics, imposing one or more of the following disciplinary actions:
 - ❖ Reprimand
 - ❖ Probation
 - ❖ Suspension
 - ❖ Loss of athletic aid
 - ❖ Dismissal from the athletic program

Finally, if a student-athlete is charged with a felony, absent extraordinary circumstances as determined by the University administration, they will not be permitted to represent Felician in game competition until the charge is resolved and settles by the courts, University, and Athletics Department conditions for reinstatement have been met.

ETHICAL STANDARDS

- The Felician University Department of Athletics has a long tradition of striving for distinction in athletic competition, in academic pursuits, and in community involvement. As student- athletes, coaches, and staff of the Department of Athletics, we reaffirm our commitment to continuing and enhancing this tradition.
- In the pursuit of this distinction, we affirm our commitment to integrity in all that we do and to respect for ourselves, for others, and for the University. We affirm that the decisions we make and the behaviors we choose will be informed and guided by integrity and respect always.
- As members of a community of scholars and learners, we reaffirm our commitment to the principles and values expressed in the Felician Community Standard--the honor code to which all undergraduates pledge themselves--and the policies derived from it.
- We recognize that our position as a public face of the University imposes upon us the responsibility to represent Felician with honor and dignity.
- As role models to young people, we recognize the necessity of modeling positive values and exemplary behavior.
- As members of the Felician and Rutherford/Lodi communities, we will foster respect for others, regardless of race, ethnicity, sexual orientation, or gender.
- We affirm our commitment to the Ethical Standards of the Department of Athletics: exemplary behavior, taking responsibility for our actions, conducting ourselves in a respectful and ethical manner in our relationships with others, and making positive choices in representing ourselves, our families, our teams, and our University.

DISCRIMINATION AND HARASSMENT POLICIES

Felician University does not discriminate based on race, color, national and ethnic origin, disability, sexual orientation or preference, gender, or age in the administration of educational policies, admission policies, financial aid, employment, or any other University program or activity. It admits qualified students to all the rights, privileges, programs, and activities generally accorded or made available to students. The University also does not tolerate harassment of any kind.

Hazing:

- Hazing is defined as any act on or off Felician University property by one student acting alone or with others, directed against any other student(s), whether voluntary or involuntary, to subject that student or students to abusive or humiliating pranks or other activities (e.g., initiations, responses to engagements, “kidnappings”, etc.) The following may be some (but certainly not all) forms of hazing:

All forms of physical activity deemed dangerous or harmful:

- The application of foreign substances to the body.
- Forcing, coercing, or requiring students to drink alcohol or imbibe any illegal or controlled substance, or to eat or drink any foreign or unusual substances.
- Forcing or coercing students to dress in embarrassing attire
- Nudity or forcing students to dress in a degrading or inappropriate manner.
- Any act which is likely to compromise the dignity of a student; cause embarrassment or shame to a student; cause a student to be the object of ridicule or malicious amusement; or inflict psychological or emotional harm.
- Any mischievous activity that threatens and intimidates or endangers the health, physical, or emotional well-being of a student or that results in damage, malicious vandalism, or general disregard for University or private property.
- Any act undertaken in connection with an initiation to membership for any athletic team, club sport, living unit, or student organization.

Felician defines hazing as any action or activity that recklessly endangers the physical or mental health of a person, or that violates the dignity of another person. Hazing is further defined as any activity that is expected of someone to join a group or team that humiliates, degrades, abuses or endangers them, regardless of intention or willingness to participate. Felician University Athletics has a zero tolerance hazing policy. If a student-athlete is found guilty of hazing, they will automatically have their scholarship removed, along with being removed from their team, and banned from Athletic events.

CLASS ATTENDANCE POLICY

- Student-athletes must make it their priority to register, where possible, for classes in patterns that do not conflict with their athletic schedules.
- Regular and punctual attendance is an essential part of the educational program. Since it is possible that student-athletes might be absent from class because of scheduled or unscheduled athletic events, it is critical that they make every reasonable effort to avoid any other absences. While some faculty members might allow for a limited number of absences as part of their attendance policy, absences due to participation in athletic events are not to be viewed by student-athletes as additions to the number of absences permitted by the faculty member.
- Recognizing that the University must address the need to enable student-athletes to participate in scheduled and unscheduled athletic competition, adjustments must be made to enable student-athletes to fulfill their academic responsibilities. Therefore, when student-athletes have a scheduled competition that conflicts with a class, they are responsible for obtaining any assignment(s) given during that class from the professor. If student-athletes will miss an assessment, i.e., quiz, test, presentation or exam, student-athletes must meet with the faculty member prior to the event to arrange for possible alternative evaluations developed with the instructor.
- Student-athletes will be responsible for providing their instructors with written confirmation of their participation in scheduled athletics events at the start of each semester. In the case of rescheduled or playoff events, instructors may be contacted by e-mail to facilitate notification in as timely a manner as feasible. The standard procedure for instructor notification is as follows:
 - A. Meet with your professor in the first 2 weeks of classes and provide them with the Letter from Felician Athletics with the Missed Class Policy and all dates of competition with conflicts
 - B. Email your professor a reminder of you missing class 48 hours before the missed class
- The departure times for all athletic contests will be established by the Athletic Department Administration.
- To mitigate against abuse of this policy by student-athletes through intentional misrepresentation of the facts, a violation will be considered an infraction of the Academic Integrity Policy, as published in the student handbook.

STUDENT-ATHLETE ADVISEMENT

As a student-athlete, we recognize that you have additional pressures and expectations based on the NCAA eligibility guidelines. We therefore provide all student-athletes with an additional support network comprised of their Faculty Athletics Advisor, and the Athletics Department.

Registration Guidelines Student-Athletes: Student-athletes should meet with their Coach to obtain a practice/game schedule, if possible. Then they should meet with their Academic Advisor to discuss what classes they should take toward their major and degree. These student-athletes should do their best to avoid scheduling conflicts. These meetings should happen prior to the opening of student-athlete registration.

In-season student-athletes must obtain approval from both their Faculty Advisor and Director of Compliance to add, drop, or withdraw from classes during the semester. Student-athletes who are in season are each given a letter and attached game schedule to review with each of their instructors. Athletes must inform their instructors about the specific class meetings they anticipate missing due to their game schedule and discuss the options available to make up missed assignment/attendance.

ACADEMIC SUCCESS

Tutoring Services for Academic Success

Receive free tutoring from professional tutors and peer tutors in our Tutoring Studios, including our Math/Science Lab and our Writing Lab. You can sign up for individual tutoring sessions or group sessions to help you pass an exam, finish a research paper, or just become a better student. Receive free tutoring from professional tutors and/or peer tutors in our on-campus Tutoring Studios (8:30 am to 4:30 pm). If work, family, or other responsibilities prevent you from coming to Campus during tutoring hours we provide 24/7 tutoring with TutorMe.

Skills you can develop through tutoring:

- Improved writing and reading skills.
- Better understanding of mathematical/science concepts.
- Access resources needed to complete assignments.
- Note-taking and textbook reading methods.
- New study and test-taking strategies.
- Time management skills.



Register for Tutoring

For tutoring information, please e-mail: TutoringServices@felician.edu

Office of Accessibility Services

Felician University is committed to providing equal access to students with documented physical, sensory, learning, and psychological disabilities. We work with students on a case-by-case basis to determine reasonable accommodations in accordance with the policies underlying Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the ADA Amended Acts of 2008.

Prospective and enrolled students are required to initiate contact with this office to receive services or to arrange appropriate accommodations. We welcome any questions and requests for information.

Contact Information

Carolyn Kehayan MA, LDT-C, Coordinator, Office of Accessibility Services

Email: kehayanc@felician.edu

Phone: 201-559-6050

Office: Lodi Campus, Kirby Hall Room 104

Contact Information

Pam Garvey, Academic Success Coach, Coordinator of Starfish At Felician & Discovery Program

Email: garvey@felician.edu

Phone: 201.559.6163

Office: Lodi Campus, Kirby Hall Room 21

STUDY HALL

It is mandated by the Felician University Athletic Department that freshman student athletes, transfer student-athletes, and any student athletes falling below a cumulative 2.5 GPA will be required to complete 4 hours per week. All hours must be completed during designated Study Hall time. A designated Study Hall time can be determined by Coaches and approved by the Athletic Academic Advisor. Study Hall can be facilitated by Coaches, Captains, Academic Advisors, or Tutoring Services. This time is to be used for academic purposes only. In some cases, head coaches may require completing study hall hours regardless of GPA. This will be determined by each coach on a semester-by-semester basis.

Study Hall Rules & Regulations

- All student-athletes must bring their own course work with them. Students will not be allowed in the session without having work with them
- Study hall is for individual studying and homework, not socializing or other activities, disruptive behavior will not be tolerated
- Study hall will only take place in a designated room with an approved study hall supervisor
- Facilitators must obtain the Study Hall Sign-in Sheet and return it to the Athletic Academic Advisor WEEKLY
- Tutoring Services sessions must be signed by the tutor using the Study Hall Sign-In Sheet
- Cell phones, iPod and other electronic devices can be used but only for work purposes. Please refrain from talking on your phone or other disruptive behavior

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

Mission Statement

The mission of Felician SAAC is to be the voice of Felician student-athlete and to ensure all athletes are provided with a positive experience while at Felician. We promote all of our student-athletes, protect student-athlete welfare and foster a positive image for athletics.

Felician SAAC operates based on the following principles: ethics, integrity, fairness and a respect for diversity and inclusion, which includes, but is not limited to, attention to gender, race, ethnicity and sport. The well-being of student-athletes is at the center of what SAAC does:

1. Any process must be flexible and timely and include effective communication.
2. Decisions must be fair, reasonable, and consider the potential impact on the student-athlete.

SAAC Bylaws

Felician Athletics SAAC follows and mandates bylaws based on the standards of the NCAA.

The Student-Athlete Advisory Committee (SAAC) serves as the primary voice that represents student-athlete interests in Division II and Felician Athletics affairs. SAAC members serve as student-athlete liaisons that monitor and discuss happenings on campuses, within conference and at the national level.

SAAC Representatives are charged with gathering feedback and doing reports based on their findings within athletics. This can be a variety of things such as relaying information, discussing and planning important events and discussing conference news. This committee speaks on behalf of Felician at CACC and NCAA events.

Membership

- Each team is required to have at least two people to represent their team as a SAAC Representative.
- SAAC Representatives must be able to attend all mandatory meetings
- SAAC representatives must adhere to the academic requirements of Felician athletics
- SAAC representatives must abide by and promote the rules and standards of Felician both athletically, and as a university.
- SAAC Members may be asked to be a part of Athletic Department Staff Meetings and Events
- Promote community service and community involvement throughout the Felician community
- SAAC Representatives needs to remember they are representing SAAC, Felician Athletics and Felician University and should represent with pride and dignity.
- SAAC is a committee in which students participate voluntarily, and we request that duties be taken seriously, and therefore, all efforts should be made to attend both the meetings and other additional meetings called for by the Executive Board. If one or both members cannot attend, review of one or both members' commitment shall be taken under advisement by the remaining SAAC members and action shall be taken.

COMPLIANCE

GOOD ACADEMIC STANDING In order to remain eligible, you must remain in good academic standing at Felician University. Academic standing is affected when a student earns a cumulative GPA of below a 2.0.

ENROLL IN 12 CREDIT HOURS You must be enrolled in at least 12 credit hours always to be eligible for practice or competition. If you drop below 12 credit hours at any time, you are immediately ineligible for practice and competition!

SATISFACTORY PROGRESS Taking classes that do not count towards your degree or not earning a satisfactory grade in your major courses could affect your eligibility.

24 HOUR RULE You must satisfactorily complete 24-degree hours per year (fall, spring and summer)

18 HOUR RULE You must complete 18 credit hours during the regular academic year (fall and spring only)

9 HOUR RULE In order to be eligible for the subsequent semester, you must satisfactorily complete 9 credit hours per semester.

REPEATING A COURSE If you repeat a course for which you previously received credit, you will not receive credit for the same class again. This could impact your ability to maintain 12 hours per semester.

DECLARE A MAJOR You must declare a major by your 5th semester of college as part of your eligibility. If you are a transfer, this rule still applies.

If you have any questions, contact

Nicole Aumack (AumackN@felician.edu)

COUNSELING & WELLNESS SERVICES

The counseling center is happy to assist you in navigating college life. They offer counseling in person, by phone, and by video-conferencing (HIPAA secure doxy.me) by appointment during the business hours of 8:30AM- 4:30PM, Monday – Friday. Session duration and frequency will depend on demand, triaging urgency of presenting concerns and clinical availability.

Counseling Center Contact Info

Email Kathy Murray at murrayk@felician.edu

If you need assistance after office hours, you can:

1. Call 201-262-HELP (4357) - 24/7 Hotline at New Bridge Medical Center.
2. Call the National Suicide Prevention 24/7 hotline at 1-800-273-TALK (8255)

For Veterans - Press 1

3. Text the 24/7 Crisis Text Line by texting HOME to 741741.
4. If a resident or in the residence halls, contact Security to contact the Resident Assistant on duty
5. Contact Campus Security at 201-559-3561 or call 911
6. Contact Healing Space, Sexual Violence Resource Center 24/7 Hotline at 201-487-2227
7. Contact National Domestic Violence Hotline at 1-800-799-SAFE (7233) or chat on thehotline.org
8. Contact Trevor Project, 24/7 Lifeline for LGBTQ+ concerns at 1-866-488-7386
9. Go to the closest emergency room

COUNSELING & WELLNESS SERVICES

The Center for Health is located on the Rutherford Campus and strives to promote total wellness through our focus on holistic principles and practices in a caring environment. Total wellness of body, mind and spirit facilitates learning and enhances self-care behaviors. Our belief is that individuals have the best chance of reaching their greatest potential when they are happy and healthy within their environment.

Therefore, our primary goal is to keep you well.

Health Services

Located in the lower level of Milton Court, Rutherford Campus

Hours during the Fall and Spring semesters are:

Monday through Friday, 8:30 a.m. - 4:30 p.m.

Emergency Phone Numbers and Treatment Centers

Care Plus NJ

Psychiatric Emergency Screening

201-HELP (4357), Mobile Outreach, everyday (24/7)

St. Mary's Hospital

211 Pennington Avenue, Passaic

Psychiatric Emergency Screening

973.470.3025

Hackensack University Medical Center

30 Prospect Avenue

Hackensack, New Jersey 07601

201.996.2000

SOCIAL MEDIA

While the athletic department does not prohibit involvement with internet based social networking communities, this high standard of honor and dignity encompasses comments and postings made to internet sites. Users must understand that any content they make via on-line social networks or digital platforms is expected to follow acceptable social behaviors and comply with the federal government, state of New Jersey, National Collegiate Athletic Association (NCAA), Central Atlantic Collegiate Conference (CACC), and Felician University rules and regulations. The athletic department reserves the right to report any illegal activity to authorities and take appropriate disciplinary action up to and including dismissal any staff member engaged in behavior that violates Federal, State, College, NCAA, CACC or Department rules.

Social Media “DO’s”:

- Maintain your accounts
- Engage in discussion with those you admire – the company you keep
- Post videos consistent with your personal brand
- Be active and share information that promotes you, your team, and Felician in a positive light – EMBRACE social media!
- Post photos in uniform/team gear, road trips, banquets, etc.
- Post about your excitement for upcoming games, events
- Interact with teammates and tag them in your photos
- Respond to fans (positively!). The more you respond to fans, the more they’ll be engaged and want to follow you.
- Use team and school and CACC hashtags as well as using related team and league Twitter handles when tagging photos
- Think thoroughly before you post or write anything. It is public information!
- Think: would you want your grandmother or younger siblings to see?
- You have the ability to control your follower’s visibility through the public/private setting
- Update bio and information about yourself, but don’t include too much information or update too frequently
- Change passwords and don’t use the same one on every

Examples of inappropriate and offensive behaviors online:

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

DRUG AND ALCOHOL POLICY/TESTING

Alcohol, Tobacco, and Other Drug Education

Participants who are educated about substance use in athletics are more likely to make informed and intelligent decisions about usage. Therefore, all Felician University student-athletes are required to attend the Substance Abuse Seminar for Athletes. This program is designed to review individual team, Department of Athletics, institutional, conference, and NCAA alcohol, tobacco, and other drug policies. Appropriate educational materials will be made available to participants including the Department of Athletics Alcohol, Tobacco, and other Drug Education and Testing Policies along with a list of banned substances. All student-athletes and staff members are required to attend. Make-up sessions are available for participants who must miss a scheduled educational session for an approved reason.

In addition to educating all parties about the various policies, a review of the institutional drug- testing program requirements also will be conducted. Sessions will include a review of NCAA alcohol, tobacco, and drug policies including the tobacco ban, list of banned drug classes and testing protocol. Nutritional supplements and their inherent risks also will be discussed. Time will be allowed for questions from participants. Educational programs may be specially arranged to provide participants the opportunity to learn more about specific dangers of substance abuse.

Consent to Participate

Conditional to participation in intercollegiate athletics at Felician University, each student-athlete will be required to sign a consent form agreeing to undergo drug and alcohol testing and authorize release of test results in accordance with this policy (See Appendix D). Failure to consent to or to comply with the requirements of this policy may result in loss of scholarship, suspension from practice and/or competition, or termination of eligibility to participate in intercollegiate athletics at Felician University. Each student-athlete will be provided with a copy of this policy and will be required to participate in an informative session describing the alcohol, tobacco, and other drug education and testing policies.

Alcohol Policy

Felician University prohibits the use of alcohol. It is the responsibility of every member of the Felician University community to know the risks associated with alcohol use. This responsibility obligates student-athletes to know relevant university policies and federal, state, and local laws and to conduct themselves in accordance with these laws and policies. In addition, a “dry recruitment” policy exists. Prospective student-athletes visiting campus and socializing with current students are expected to participate in all activities without the influence of alcohol. Possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of state liquor laws. Likewise, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21. The discovery of a violation of the alcohol policy will result in disciplinary action.

Tobacco Policy

All game personnel at Felician University (e.g. student-athletes, coaches, trainers, managers, and game officials) are prohibited from using tobacco products during practice and competition. The discovery of a violation of the Tobacco Policy will result in disciplinary action.

Other Prohibited Drugs/Substances

The drug screening process may include analysis of, but is not limited to, the list of banned-drug classes, which can be found in Appendix A. Other prohibited substances that Felician University may screen for include alcohol, hallucinogens, opiates, barbiturates, tranquilizers, MDMA (Ecstasy) and flunitrazepam (Rohypnol). Felician University requires that all student-athletes keep the athletic training staff and/or team physician aware of any prescribed drugs that he/she may be taking. Student-athletes are encouraged to contact The National Center for Drug Free Sport for questions or concerns regarding banned substances, including nutritional supplements.

The Center's web site is <http://www.drugfreesport.com>.

Selected Types of Drug Testing

A. Unannounced Random Testing- All student-athletes who have signed the Institutional drug-testing consent form and are listed on the institutional squad list are subject to unannounced random testing. Student-athletes will be selected from the official institutional squad list by using a computerized random number program when available or a random blind draw from a complete grouping of the athlete's names.

B. Reasonable Suspicion Screening- A student-athlete may be subject to testing at any time when, in the judgment of the Director of Athletics or his/her designee determines there is a reasonable belief to suspect the participant is using a prohibited drug. Such reasonable suspicion may be based on information presented to the Director of Athletics or his/her designee by the Assistant Director of Athletics, Head Athletic Trainer, Assistant Athletic Trainer, Head Coach, Assistant Coach, or Team Physician. Reasonable suspicion may be found, but not limited to: 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs – not necessarily for profit, or 3) observed abnormal appearance, conduct or behavior that may cause someone to suspect use or abuse of a banned substance. Examples of such abnormal appearance or conduct or behavior may include but is not limited to the following: decline in academic or athletic performance, missing class, falling asleep in class, significant weight gain or weight loss, lethargy, agitation or nervousness, short temper, acts of violence, or loss of friendships.

If suspected, the Director of Athletics or his/her designee will meet with the student and provide the participant with the Notice of Drug Testing Based on Reasonable Suspicion Form (Appendix C). Once notified, the participant must stay with a member of their coaching staff, the athletics administration staff, or sports medicine staff, until an adequate specimen is produced. **Note:** The possession and/or use of illegal substances may be determined by means other than urinalysis.

When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis.

- A. NCAA Qualifier Screening- Any participant qualifying for NCAA championship competition may be screened prior to participation in championship activities.
- B. Re-entry Testing- A student-athlete who has had his/her eligibility to participate in intercollegiate athletics suspended may be required to undergo multiple re-entry drug and/or alcohol testing prior to regaining eligibility. The Director of Athletics or his/her designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete's case indicates that re-entry into the intercollegiate athletics program is appropriate.
- C. Follow-up Testing- A student-athlete who has returned to participation in intercollegiate athletics following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Director of Athletics or his/her designee involved in the student-athlete's case.

Notifications and Reporting for Collections

Drug testing may occur at any time throughout the academic year. The student-athlete will be notified of and scheduled for testing by the institution no sooner than 24 hours prior to testing. The Director of Athletics or his/her designee will notify the student-athlete of the date and time to report to the collection station and will have the student-athlete read and sign the Student-Athlete Notification of Drug Testing Form (Appendix B).

The Director of Athletics or his/her designee must be in the collection station to certify the identity of the student-athletes selected. The Director of Athletics or his/her designee must remain in the collection station until all student-athletes have completed the collection process. Student-athletes shall provide picture identification when entering the drug-testing station.

Specimen Collection Procedures

Felician University has two (2) alternatives to collecting specimen samples. The first alternative is an In-House Screen Testing which will be administered by Felician University personnel authorized by and including the Director of Athletics or his/her designee and the Head Athletic Trainer. The second alternative is testing administered by an Approved Collector through The National Center for Drug Free Sport.

Approved Collector Testing

Only the Director of Athletics or his/her designee and those persons authorized by the approved collector will be allowed in the collection station.

The approved collector may release a sick or injured student-athlete from the collection station or may release a student-athlete to return to competition or to meet academic obligations only after appropriate arrangements for having the student-athlete tested have been made and documented on the Student- Athlete Notification Form.

Upon entering the collection station, the Director of Athletics or his/her designee will identify the student-athlete. When ready to urinate, the student-athlete will wash their hands and select a sealed beaker from a supply of such and will record his/her initials on the beaker's lid. A trained approved collector will monitor the furnishing of the specimen by observation to assure the integrity of the specimen until a specimen of at least 85 mL is provided.

- Once a specimen of at least 85 mL is provided, the student-athlete is responsible for keeping the collection beaker closed and controlled.
- Fluids and foods given student-athletes who have difficulty voiding must be from sealed containers (certified by the approved collector) that are opened and consumed in the collection station. These must be free of any banned substances.
- If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
- The laboratory will make final determination of specimen adequacy.
- If the laboratory determines that a student-athlete's specimen is inadequate for analysis, at the institution's discretion, another specimen may be collected.
- If a student-athlete is suspected of manipulating specimens (e.g., via dilution, adulteration, substitution), the participant will be deemed to have refused to submit to testing and treated as if the test were positive for a banned substance. Felician University will have the authority to perform additional tests on the student-athlete.
- Once a specimen has been provided, the student-athlete will select a specimen collection kit and a uniquely

numbered Student-Athlete Signature Form from a supply of such.

- The approved collector who monitored the furnishing of the specimen by observation will sign the Student-Athlete Signature Form.
- The student-athlete will pour approximately 60 mL of the specimen into the “A” vial and the remaining amount (approximately 25 mL) into the “B” vial.
- The student-athlete will place the cap on each vial; the approved collector will then seal each vial in the required manner under the observation of the student-athlete and witness (if present).
- The laboratory’s copy of the Student-Athlete Signature Form shall not contain the name of the student-athlete.
- All sealed specimens will be secured in a shipping case. The approved collector will put the laboratory copy of the Student-Athlete Signature Form in the case and prepare the case for forwarding.
- The student-athlete and witness (if present) will sign the Student-Athlete Signature Form, certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded on the Student-Athlete Signature Form at that time. If deviations are alleged, the student-athlete will be required to provide another specimen.
- The approved collector will sign the Student-Athlete Signature Form, give the student-athlete or a designee a copy and secure all remaining copies. The compiled Student-Athlete Signature Forms constitute the “Master Code” for that drug testing.

Reporting Results

Urine samples will be collected and sent to an independent laboratory approved by The National Center for Drug Free Sport for analysis. Each sample will be tested to determine if banned drugs are present. In the event of a positive drug test, the results will be made available to the Director of Athletics, Head Athletic Trainer or his/her designee (e.g., institutional team physician, medical review official – MRO).

- A test result confirmed as positive by the laboratory does not automatically identify the student- athlete as having engaged in prohibited drug or alcohol use. Each positive test result will therefore be reviewed by the MRO who will determine if there is an acceptable explanation for the test result.
- After the collection has been completed, the specimens will be forwarded to the laboratory and all copies of all forms forwarded to the designated persons.

Failure to sign the Student-Athlete Notification Form or the Student-Athlete Signature Form, arrive at the collection station at the designated time without justification, or provide a urine specimen according to protocol is cause for the same action(s) as evidence of use of a banned substance. The Director of Athletics or his/her designee will inform the student-athlete of these implications (in the presence of witnesses) and record such on the Student-Athlete Notification Form. If the student-athlete is not available, he/she will be considered to have withdrawn consent and will be ineligible on that basis.

When an approved collector from The National Center for Drug Free Sport administers the drug testing, Felician University will follow their guidelines and procedures for testing. Therefore, the above description is subject to change based on their protocol.

In-House Screen Testing

The procedures for the Approved Collector Testing will be followed with the following exceptions:

- When ready to urinate, the student-athlete will select a sealed screen test from a supply of such and will follow the instructions on the screen test in recording initials and/or identification.
- The amount of specimen needed will correlate to the amount specified on the screen test.

- Fluids and food given student-athletes who have difficulty voiding must be from sealed containers (certified by the Director of Athletics and/or Head Athletic Trainer) that are opened and consumed in the station. These items must be free of banned substances.
- Once a specimen is provided, the student-athlete will follow instructions from the screen test and close the lid with the required test strips in place.
- Once the specimen is given to the Director of Athletics and/or Head Athletic Trainer, the student-athlete will select a Student-Athlete Signature Form from a supply of such.
- The student-athlete will sign the Student-Athlete Signature Form, certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded on the Student-Athlete Signature Form at that time. If deviations are alleged, the student-athlete will be required to provide another specimen.
- After the collection has been completed, the specimen will be sent to an approved laboratory by The National Center for Drug Free Sport and evaluated.
- The Director of Athletics and/or the Head Athletic Trainer who monitored the furnishing of the specimen will sign the Student-Athlete Signature Form. The Director of Athletics will then secure the Student-Athlete Signature Form.
- Failure to sign the Student-Athlete Notification Form or the Student-Athlete Signature Form, arrive at the collection station at the designated time without justification, or provide a urine specimen according to the screen test protocol is cause for the same action(s) as evidence of use of a banned substance. If the student-athlete is not available, he/she will be considered to have withdrawn consent and will be ineligible on that basis.

If the laboratory reports a specimen as substituted or adulterated, the student-athlete will be deemed to have refused to submit to testing.

All positive tests which are verified by the MRO and all reports of specimen adulteration or substitution shall be reported to the Director of Athletics and/or his/her designee, the Head Athletic Trainer, the student-athlete's coach, and a substance abuse counselor.

Penalties

Refusal to sign a Consent Form, Notice of Drug Testing Form, and the Student-Athlete Signature Form prohibits a student-athlete from participating in any intercollegiate sport at Felician University. Any athletic scholarship aid will be revoked at the earliest possible moment consistent with university and conference rules.

Any student-athlete who is found guilty of serious criminal misconduct (e.g., drug trafficking, driving while impaired) will not be permitted to participate in any intercollegiate sport at Felician University. Any athletic scholarship aid will be revoked at the earliest possible moment consistent with university and conference rules.

Any student-athlete who tests positive for a banned substance, fails to arrive or leaves before a specimen is given, or who refuses to submit to a required drug test as described in this policy is subject to the following sanctions.

Felician University will be following the NCAA Drug Testing Penalties as listed below.

18.2.1.2.1 Banned Drugs. The following is the list of banned-drug classes, which aligns with the World Anti-Doping Agency (WADA) list of prohibited classes, with the exception of the glucocorticoid class. The Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee) has the authority to identify banned drugs within each class. The institution and student-athletes shall be held accountable for all drugs within the banned-drug classes regardless of whether they have specifically identified. *(Revised: 1/10/05, 2/10/06, 5/28/15, 3/30/16, 10/16/18 effective 8/1/19)*

- (a) Stimulants;
- (b) Anabolic agents;
- (c) Alcohol and beta blockers (banned for rifle only); *(Revised: 4/28/09)*
- (d) Diuretics and other masking agents; *(Revised: 6/14/07)*
- (e) Cannabinoids (marijuana and THC); *(Revised: 1/5/07, 1/9/17, 10/16/18 effective 8/1/19)*
- (f) Peptide hormones and analogues; *(Revised: 1/5/07)*
- (g) Hormone and metabolic modulators; *(Adopted: 1/5/07 effective 8/1/07, Revised: 10/16/18 effective 8/1/19)*
- (h) Beta-2 agonists; and *(Adopted: 4/28/09, Revised: 10/16/18 effective 8/1/19)*
- (i) Narcotics. *(Adopted: 10/16/18 effective 8/1/19)*

18.2.1.2.1.1 Drugs and Procedures Subject to Restrictions. The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used: *(Revised: 8/15/89)*

- (a) **Blood Doping.** The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. *(Revised: 8/15/89, 5/4/92, 8/6/14, 3/30/16)*
- (b) **Gene Doping.** The practice of gene doping (the non-therapeutic use of cells, genes, genetic elements or of the modulation of gene expression, having the capacity to improve athletic performance) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. *(Adopted: 3/30/16)*
- (c) **Local Anesthetics.** The Board of Governors will permit the limited use of local anesthetics under the following conditions: *(Revised: 1/26/15)*
 - (1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; *(Revised: 12/9/91, 5/6/93)*
 - (2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
 - (3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to their health.
- (d) **Manipulation of Urine Samples.** The Board of Governors bans the use of substances and methods (e.g., diuretics, probenecid, bromantan or related compounds, epitestosterone) that alter the integrity and/or validity of urine samples provided during NCAA drug testing. *(Revised: 8/15/89, 6/17/92, 7/23/97, 1/26/15, 4/16/19)*

- (e) **Beta-2 Agonists.** The use of beta-2 agonists is permitted by inhalation only. (*Adopted: 8/13/93*)
- (f) **Additional Analysis.** Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (*Revised: 8/15/89*)

18.2.1.2.2 Penalty -- Banned Drug Classes Other Than Cannabinoids and Narcotics. A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in a banned drug class

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other than cannabinoids and narcotics (in accordance with the testing methods authorized by the Board of Governors), shall be subject to the following: (*Revised: 1/10/90 effective 8/1/90, 1/16/93, 1/9/96 effective 8/1/96, 1/14/97 effective 8/1/97, 1/8/01, 1/12/04, 10/29/04, 1/11/08, 1/18/14 effective 8/1/14 for any NCAA drug test administered on or after 8/1/14, 7/22/14, 1/14/15 applicable on a retroactive basis to any student-athlete with remaining eligibility, 1/26/15, 10/19/15 effective 8/1/16 for all drug tests administered on or after 8/1/16, 3/30/16, 1/9/17, 10/16/18 effective 8/1/19, 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.*)

- (a) The student-athlete shall be ineligible for competition in all sports until they have been withheld from the equivalent of one season (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition. The student-athlete must be otherwise eligible for competition to fulfill this penalty except a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if they meet all other eligibility requirements;
- (b) A student-athlete who tests positive during a year in which they did not use a season of competition, shall be charged with the loss of one season of competition in all sports. A student-athlete who tests positive during a year in which they used a season of competition, shall be charged with the loss of one additional season of competition in all sports (in addition to the season used) unless they use a season of competition in the next academic year; and
- (c) The student-athlete shall be ineligible for intercollegiate competition for 365 consecutive days after the collection of the student-athlete's positive drug-test specimen and until they test negative pursuant to the NCAA Drug-Testing Program's policies and procedures.

18.2.1.2.2.1 Second Positive Test. If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than cannabinoids and narcotics tests positive a second time for the use of a substance in a banned drug class other than cannabinoids and narcotics, they shall lose all remaining regular-season and postseason eligibility in all sports. If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than cannabinoids and narcotics tests positive for the use of a substance in the banned drug class cannabinoids, they shall engage, along with the institution, in an education and management plan for substance misuse as developed and facilitated by the institution (e.g., engagement with campus counseling services, participation in identified programs to address the substance misuse, enrollment in evidence-based educational sessions). If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than cannabinoids and narcotics tests positive for the use of a substance in the banned drug class narcotics, they shall be ineligible for competition for 50 percent of a season in all sports (the first 50 percent of regular-season contests or dates of competition in the season following the positive test). The student-athlete shall remain ineligible until the prescribed penalty is fulfilled and they test negative pursuant to the policies and procedures of the NCAA Drug-Testing Program. (*Adopted: 3/30/16, Revised: 1/9/17, 10/16/18 effective 8/1/19, 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining., 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later.*)

18.2.1.2.3 Penalty -- Narcotics. A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug class narcotics (in accordance with the testing methods authorized by the Board of Governors) shall be ineligible for competition during 50 percent of a season of competition in all sports (i.e., 50 percent of all contests or dates of competition in the season following the positive test). The student-athlete shall remain ineligible until the prescribed penalty is fulfilled and they test negative pursuant to the policies and procedures of the NCAA Drug-Testing Program. (*Adopted: 1/18/14 effective 8/1/14 for any NCAA drug test administered on or after 8/1/14, Revised: 1/26/15, 10/19/15 effective 8/1/16 for all drug tests administered on or after 8/1/16, 3/30/16, 1/9/17, 7/18/17 effective 8/1/17, 10/16/18 effective 8/1/19, 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining., 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later.*)

18.2.1.2.3.1 Second Positive Test. If a student-athlete who previously tested positive for the use of a substance in the banned drug class narcotics tests positive a second time for the use of a substance in the banned drug class narcotics or if a student-athlete who previously tested positive for the use of a substance in the banned drug class narcotics tests positive for use of a substance in a banned drug classes other than cannabinoids or narcotics or tests positive for use of a substance in the banned drug class cannabinoids, they shall be subject to the penalties set forth in Bylaws 18.2.1.2.2 or 18.2.1.2.4. (*Adopted: 3/30/16, Revised: 1/9/17, 10/16/18 effective 8/1/19, 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining., 6/3/22 effective 8/1/22 for penalties served August 1, 2022, or later., 7/18/23 effective 8/1/23*)

18.2.1.2.4 Penalty -- Cannabinoids. A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug class cannabinoids (in accordance with the testing methods authorized by the Board of Governors) shall engage, along with the institution, in an education and management plan

for substance misuse as developed or facilitated by the institution (e.g., engagement with campus counseling services, participation in identified programs to address the substance misuse, enrollment in evidence-based educational sessions). If a student-athlete who previously tested positive for the use of a substance in the banned drug class cannabinoids tests positive for use of a substance other than cannabinoids (substance in a banned drug classes other than cannabinoids or narcotics, substance in the banned drug class narcotics), they shall be subject to the penalties set forth in Bylaws 18.2.1.2.2 or 18.2.1.2.3. (Adopted: 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later., Revised: 7/18/23 effective 8/1/23)

18.2.1.2.4.1 Second Positive Test. If a student-athlete who previously tested positive for the use of a substance in the banned drug class cannabinoids tests positive a second time for the use of a substance in the banned drug class cannabinoids, the institution must attest that the student-athlete was compliant with the education and management plan required following the student-athlete's first positive test, as specified by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports' policies and procedures, and has agreed to continue to engage in an education and management plan for substance misuse as developed or facilitated by their institution and designed to mitigate any identified at-risk behavior (e.g., engagement with campus counseling services, participation in identified programs to address substance misuse, enrollment in evidence-based educational sessions). If a student-athlete who previously tested positive for the use of a substance in the banned drug class cannabinoids tests positive for use of a substance other than cannabinoids (substance in a banned drug classes other than cannabinoids or narcotics, substance in the banned drug class narcotics), they shall be subject to the penalties set forth in Bylaws 18.2.1.2.2 or 18.2.1.2.3. (Adopted: 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later.)

18.2.1.2.4.1.1 Failure to Attest. If an institution cannot or does not attest, the student-athlete shall be considered ineligible for competition during 25-percent of a season in all sports (25-percent of the NCAA Bylaw 17 maximum regular-season contests or dates of competition). (Adopted: 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later.)

18.2.1.2.4.2 Third Positive Test and Beyond. If a student-athlete who previously tested positive for the use of a substance in the banned drug class cannabinoids tests positive a third time or more for the use of a substance in the banned drug class cannabinoids, the institution must attest that the student-athlete was compliant with the education and management plan required following the student-athlete's first positive test, as specified by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports' policies and procedures, and has agreed to continue to engage in an education and management plan for substance misuse as developed or facilitated by their institution and designed to mitigate any identified at-risk behavior (e.g., engagement with campus counseling services, participation in identified programs to address substance misuse, enrollment in evidence-based educational sessions). If a student-athlete who previously tested positive for the use of a substance in the banned drug class cannabinoids tests positive for use of a substance other than cannabinoids (substance in a banned drug classes other than cannabinoids or narcotics, substance in the banned drug class narcotics), they shall be subject to the penalties set forth in Bylaws 18.2.1.2.2 or 18.2.1.2.3. (Adopted: 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later., Revised: 7/18/23 effective 8/1/23)

18.2.1.2.4.2.1 Failure to Attest. If the institution cannot or does not attest, the student-athlete shall be considered ineligible for competition during 50-percent of a season in all sports (50-percent of the NCAA Bylaw 17 maximum regular-season contests or dates of competition). (Adopted: 6/3/22 effective 8/1/22 August 1, 2022, for penalties served August 1, 2022, or later.)

18.2.1.2.5 Breach of NCAA Drug-Testing Program Protocol. A student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no show) shall be considered to have tested positive for the use of any drug other than a cannabinoid or narcotic. *(Revised: 1/10/05 effective 8/1/05, 7/23/12 effective 8/1/12 for any NCAA drug test administered on or after 8/1/12, 1/9/17, 10/16/18 effective 8/1/19)*

18.2.1.2.5.1 Tampering With a Drug-Test Sample. A student-athlete who is involved in a case of clearly observed tampering with an NCAA drug test sample (e.g., urine substitution and related methods), as documented per NCAA drug-testing protocol by a drug-testing crew member, shall be subject to the following: *(Adopted: 7/23/12 effective 8/1/12 for any NCAA drug test administered on or after 8/1/12, Revised: 1/26/15, 10/19/15 effective 8/1/16 for all drug tests administered on or after 8/1/16, 3/30/16, 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)*

- (a) The student-athlete shall be ineligible for competition in all sports until they have been withheld from the equivalent of two seasons (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition. The student-athlete must be

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otherwise eligible for competition to fulfill this penalty except a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if they meet all other eligibility requirements; *(Adopted: 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)*

- (b) A student-athlete who is involved in tampering during a year in which they did not use a season of competition, shall be charged with the loss of two seasons of competition in all sports. A student-athlete who is involved in tampering during a year in which they used a season of competition, shall be charged with the loss of two additional seasons of competition in all sports (in addition to the season used) unless they use a season of competition in one of the next two academic years. If the student-athlete uses a season of competition in one of the next two academic years, they will only be charged one additional season of competition in all sports (in addition to the seasons used); and *(Adopted: 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)*
- (c) The student-athlete shall be ineligible for intercollegiate competition for 730 consecutive days after the student-athlete was involved in tampering and until they test negative pursuant to the policies and procedures of the NCAA Drug-Testing Program. *(Adopted: 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)*

Self-Referral Policy

1. A student-athlete who has engaged in prohibited drug or alcohol use is encouraged to seek assistance from the Department of Athletics by voluntarily disclosing his/her use.
2. If the student-athlete seeks assistance *prior* to being identified as having violated this policy or being notified that he/she must undergo testing, the impermissible use will not be deemed an offense for purposes of determining sanctions under this policy; however, the student-athlete will be ineligible to participate (conditioning, weight training, practice, and competition) in intercollegiate athletics pending an evaluation. A student-athlete is permitted to use the Self-Referral Policy only **once** during their intercollegiate athletics career at Felician University.
3. The student-athlete will be required to undergo an evaluation by a substance abuse counselor. The counselor shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The counselor will provide a summary of his/her findings and recommendations to the Director of Athletics.
4. The student-athlete will not be permitted to return to participation in intercollegiate athletics until the counselor has interviewed the student-athlete following the conclusion of the recommended treatment (or stage of treatment, as applicable). The student-athlete will be required to undergo drug and/or alcohol testing as part of the re-entry evaluation.
5. Failing to complete the treatment recommended by the counselor or having a positive result on a re-entry drug or alcohol test will be deemed a second offense under this policy.
6. If the student-athlete regains their eligibility to participate in intercollegiate athletics, they may be required to undergo unannounced follow-up tests at the discretion of the Director of Athletics.

Appeal Process

Once the Director of Athletics or his/her designee has made the determination of the outcome of the drug test or the participant's non-compliance with the institution's policy, the participant will be notified in writing of such by the Director of Athletics or their designee. The participant may request an appeal of the sanctions imposed. The request for an appeal must be placed in writing to the Director of Athletics within 72 hours of the written notification from the Director of Athletics or their designee and it must include specific reasons for an appeal. If an appeal is granted, a meeting will involve the participant with the Director of Athletics, Vice-President of Student Services, the participant's head coach, and the Head Athletic Trainer. A final decision will be made available in writing to the participant from the Director of Athletics or their designee within 72 hours of the appeal.

Confidentiality

Every effort will be made to maintain the confidentiality of the student-athlete. The program has been designed for the protection of all our participants as well as others associated with the athletics program. Felician University is not a governmental/law enforcement agency. However, the occasion could arise when Felician University is required, or asked, to cooperate with law enforcement agencies in legal action. Under appropriate circumstances, these requests will be honored.

Sports Medicine Policies & Procedures

Felician University Sports Medicine Department has developed the following policies and procedures for all student-athletes. The information provided in these policies and procedures

will be enforced to aid in providing all Felician University student-athletes adequate care. All student-athletes must have knowledge of the Felician Athletic's Student-Athlete Handbook. The Sports Medicine Department has the right to refuse care/coverage should these policies and procedures not be followed.

Medical Eligibility:

All student-athletes must gain Medical Eligibility prior to any Felician University sponsored physical activity. All components of Medical Eligibility must be met to gain eligibility. Failure to complete all components will deem a student-athlete ineligible. All student-athletes will be sent emails to their Felician account from the Head Athletic Trainer with information regarding Medical Eligibility requirements. All student-athletes should be checking their Felician emails on a regular basis due to time sensitive requirements.

A. Physical examinations must be submitted on a yearly basis. Physicals must be completed 6 months prior to the start of the first athletic sponsored activity. All freshmen and transfer students must get a physical examination with the Team Physician to be eligible to participate. Physicals will be offered on campus with the Team Physician once a year. Should a freshman or transfer student miss the physical offered on campus, they must schedule an appointment with the Head Athletic Trainer to get their physical exam with the Team Physician at their off campus office. Returning athletes are highly encouraged to get their physical on campus with the Team Physician. However, returning athletes may get a physical exam with their Primary Care Physician. All physicals must be on the Felician University Physical Sheet.

B. Each student-athlete must submit laboratory test results of their Sickle Cell Trait status. Once results are on file, a student-athlete is not required to submit results every year. The Felician University Sickle Cell Testing Policy can be found on the Felician Athletics Page under Sports Medicine.

C. Blueocean is the official online platform for required paperwork for the Sports Medicine Department. Each student-athlete will receive instructions on how to access their accounts. All required medical forms must be submitted to gain eligibility.

D. The Sports Medicine Department utilizes Sway Medical as their only concussion management software. Each student-athlete must complete a baseline assessment prior to the start of their first year.

*****If a student-athlete is deemed Medically Ineligible and participates in any Felician University sponsored physical activity, the student-athlete will be removed immediately from the sponsored activity. The Director of Athletics will be notified immediately of the matter.

Injuries and Treatments:

To provide student-athletes adequate care for injuries, the Sports Medicine Department strongly enforces the following policies.

A. A student-athlete must notify the Sports Medicine Department of an injury that occurs during a Felician University Sponsored Event within 24 hours of the onset of injury.

B. Once an injury is reported, the student-athlete must report to the Sports Medicine Department daily for re-evaluations, treatments, and/or schedule appropriate referrals

Should the athlete not report to the Sports Medicine Department, the Head Coach will be notified and appropriate disciplinary action will be determined.

C. The student-athlete may only be excused from practice for reason of injury and/or illness by a member of the Sports Medicine Department. If a coach excuses a student-athlete from practice due to injury/illness, the student athlete is required to report to the Athletic Trainer immediately.

D. A member of the Sports Medicine Department may not be present at all intercollegiate practices. In the event that they cannot be out at practice, a coach who is certified in first aid and CPR/ AED will be present. In case of an injury, the coach and athlete will notify the Head Athletic Trainer immediately.

E. Outside medical treatment or services shall be obtained for the student-athlete for any athletic related injury/illness at the discretion of the Sports Medicine staff. If a student-athlete seeks outside medical services on their own for an athletic related injury/illness, the student athlete and parent/guardian will be solely responsible for the payment of these outside services. Written clearance from an outside physician regarding an athletic injury must be submitted to the Sports Medicine staff. The student athlete will not be cleared to return to their sport until they are cleared by the Felician University team physician.

F. All final medical clearances will be made by the Team Physician, no exceptions. Directions by the Team Physician and/or Sports Medicine staff concerning injured and/ or ill athletes shall be implemented without alterations by the coaching staff, student athlete, and/ or other medical professionals. Athletes are free to seek "second medical opinions" at their own expense and risk.

Away Competitions:

A. The Sports Medicine Department will communicate with host institution Athletic Training Department any needs for Felician student-athletes. Treatments and services offered at host institutions are at their discretion. Student-athletes are required to communicate with the Sports Medicine Department any needs they wish to receive at an away competition. If a student-athlete fails to do this, they will NOT receive treatment from a host institution.

B. Should an injury occur at an away competition, it is advised that the student-athlete seek medical attention from the host institution. The Head Coach must notify the Head Athletic Trainer immediately if an injury occurs.

C. No evaluations or treatments will be available to teams if they are returning back from away competitions after the Sports Medicine Department hours of operation.

D. All teams must travel with a team issued MedKit. It is the responsibility of the student-athletes to bring the MedKit to the Sports Medicine staff so the kit can be restocked. Should a team not travel with their MedKit, a host institution has the right to refuse treatment (i.e. taping).

E. All student-athletes must abide by the host institutions policies. The Head Coach, Head Athletic Trainer, and Director of Athletics will be notified immediately should a student-athlete violate such policies. Disciplinary actions may be a result of such violation.

Athletic Insurance Policy:

Felician University Department of Athletics shall provide a SECONDARY/EXCESS medical insurance policy for student-athletes. The following are important details regarding the Secondary Insurance.

A. This policy requires the Felician University Department of Athletics to use the student athlete's primary insurance FIRST. This policy is only activated when a student-athlete is injured during a Felician University sponsored practice/game and/or traveling to and from practices or games in a school vehicle. If an athlete gets injured on his/her own time, this policy is NOT activated.

B. ***IMPORTANT*** If excess occurs, the Felician University medical policy will cover the remaining balance(s) when the Explanation of Benefits (EOB) from the student athletes' Primary insurance carrier is submitted to the Athletic Insurance Policy. Therefore, it is important to make copies of all bills, EOB's, denials, receipts, or any other papers that accompany the primary policy and send a copy to the athletic insurance policy.

***Student-athletes must utilize in-network physicians and facilities in order to receive the maximum benefits coverage from their plan. Felician University is not responsible for processing a claim through an athlete's private insurance carrier.

C. Medical insurance information regarding family and/or personal medical insurance will be available to the parents/guardians of each student-athlete as part of the required paperwork prior to each school year. These documents shall be completed on the online software, Blueocean, by the policyholder. A COPY of the student-athlete's insurance card must be uploaded onto the KONGiQ app. If the form is not completed and the copy of the card not turned in, the student-athlete is not eligible to participate in practice/competition. It is the responsibility of the student and parent/guardian to update the Sports Medicine Department on any personal insurance changes.

D. If for any reason an athlete chooses not to utilize his/her HMO/PPO/EPO/POS coverage and/or network providers, the athlete shall be responsible for any medical expenses incurred as a result of an athletic injury. We therefore, urge student-athletes and parents to contact their insurance carriers to determine the network providers and facilities available to them in this area. Should an emergency arise, it would be beneficial for each athlete to be aware of those medical providers who are members of their insurance network.

E. For coverage to apply, the injured student-athlete MUST NOTIFY THE ATHLETIC TRAINER OF THE INJURY when the injury occurs before they participate further. If a student-athlete goes to a doctor without the authorization of the Sports Medicine Department, they forfeit coverage from the athletic insurance and the student-athlete is responsible for all medical bills. Authorization from the Sports Medicine Department must be obtained before any doctor visit(s) for athletic injuries. Second opinions are also the financial responsibility of the student athlete.

F. Athletes with coverage by the parent's policy (primary) must fulfill the requirements established by their policy first. If your insurance denies a bill due to failure in following guidelines of your insurance policy, the Athletic Insurance Policy will deny it also and the bill is the responsibility of the athlete. If you follow the procedures of your insurance company and the bill is denied, the athletic insurance will process the bill according to its terms.

G. All excess medical expenses shall be approved and paid by the Felician University Athletic Department only if the student athlete has followed all procedures for filing a claim. Felician University is not permitted to pay dental, optical, or medical treatment unless such service was necessary due to an athletic injury that occurred during participation in a Felician University intercollegiate event.

REMEMBER ALL BILLS ARE THE RESPONSIBILITY OF THE STUDENT-ATHLETE. FELICIAN UNIVERSITY, DEPARTMENT OF ATHLETICS, AND/OR SPORTS MEDICINE DEPARTMENT ARE NOT RESPONSIBLE FOR THE PROCESSING OF THE ATHLETE'S BILL(S) AND OR INSURANCE PAPERWORK. IF THE STUDENT ATHLETE GIVES ALL THE PRIMARY POLICIES PAPERWORK TO THE ATHLETIC TRAINER, THE ATHLETIC TRAINER WILL BE WILLING TO ASSIST IN THE PROCESSING OF THE CLAIM(S).

****Please note that Felician University assumes no responsibility whatsoever for any uninsured expenses, and we strongly recommend that the student-athlete have coverage through a primary health insurer to avoid possible, significant out-of-pocket expenses in the event of an injury.**

Athletic Training Room (ATR) Policies:

The Athletic Training Room is a Healthcare facility and all policies will be strictly enforced to ensure the proper care and safety. The Sports Medicine Department has the right to refuse care of a student-athlete should they fail to abide by the policies listed in this document.

A. All student-athletes must sign into the Vivature Kiosk when they arrive into the ATR.

B. Student-athletes may not take any equipment out of the ATR without permission of the Athletic Trainer.

C. If student-athletes wish to utilize the whirlpool, they must notify the Sports Medicine Department 1 hour prior to the time they wish to use it. Student-athletes must shower prior to using the whirlpool. Appropriate attire must be worn. Student-athletes must use their own towels as the Sports Medicine Department will not provide them. The Sports Medicine Department has the right to refuse such service if the student-athlete does not come prepared.

D. Student-athletes may not use their phones or airpods when being evaluated by a member of the Sports Medicine Department.

E. ATR Treatment hours will be available to all student-athletes. Hours may be adjusted based on Athletic Schedule. The week's hours will always be posted on the ATR door and on the Felician University Sports Medicine Instagram.

F. The ATR will be open one hour prior to practices and two hours prior to competition. All student-athletes will have adequate time for treatments. The ATR is not an excuse for tardiness.

G. Post practice and competitions treatments must be arranged with the covering Athletic Trainer prior to the start of the practice/competition. If a new injury occurs, the Athletic Trainer will arrange treatment with the student-athlete.

H. For off campus competitions, the Athletic Trainer will arrive 1 hour prior to the start of the competition. All student-athletes must receive treatment on campus to avoid any delays.

I. Should a student-athlete need assistance with treatment times, they may reach out to the Head Athletic Trainer and accommodations will be worked on to meet the needs of the student-athlete. Accommodations may not always be available but every effort will be made to help.

J. All student-athletes must abide by the Felician Athletics' Student-Athlete Handbook. Should any components of the Handbook be violated in the ATR, the Athletic Trainer will disclose such information to the Director of Athletics.

FACILITIES

Gameday Operations

- Student athletes for volleyball and basketball will be allotted 2 complimentary tickets per each home event. Student athletes are required to submit names through ARMS prior to scheduled event date. No extra tickets will be allotted to other athletes to exceed the maximum of 2. (ARMS info will be sent to students & coaches).
- Any specific game day requests for home events may be made to the Internal Operations Coordinator in an appropriate time frame.
- All music must be clean and edited to comply with a family friendly and professional environment.
- Please include Internal Operations Coordinator on all emails received from visiting team regarding travel questions. Coaches will be tagged on an email regarding game operations timeline for scheduled event at least 72 hours prior to date.

WaRC

A current/active Felician University ID is required for access to the fitness center located on upper level of new Wellness and Recreation Center (WARC). NO EXCEPTIONS. If you do not have an ID, or it has been lost or stolen, please visit the security office for a replacement. Staff & Faculty may use university issued ID and Alumni may contact administration for ID access.

General Policies & Procedures

- All individuals must check-in with front desk worker upon entry to fitness center. No visitors or guests allowed.
- Proper athletic attire must be worn at all times while in the fitness center.
 - Jeans are NOT permitted. Bare feet or sandals are NOT permitted.
 - Shirts should cover full chest, back, and lower torso area. Staff member has permission to ask individuals to leave due to noncompliance.
- Any inappropriate behavior is extremely prohibited. This includes but is not limited to verbal or physical abuse to another individual or property.
- Other than water bottles & athletic drinks, outside food/beverages are NOT permitted.
 - Please discard of trash to help keep OUR facilities clean and safe.
- Individuals must wipe down all equipment after use.
- Participants must use equipment properly. DO NOT slam or drop weights, equipment or accessories. Please ask for assistance.
- No personal items (bags) should be in the way of others working out.
- Do not remove any equipment from the fitness center. This is an immediate revocation of fitness center privileges.
- There is a 30-minute time limit on all machines.
- The University or Athletics Department is not responsible for lost, stolen or damaged personal items.
- Music must be played through earphones. Music access not provided.

*Failure to abide by these rules may result in expulsion from fitness center.

Injuries

- If an injury occurs, please contact worker on duty immediately.
- Basic first aid supplies are available at front desk.

- The University and Athletics staff are not responsible for injuries. All individuals are financially responsible for all expenses related to injuries or medical care.

Emergency Procedures

- In the event an alarm sounds, immediate evacuation of the facility is required. Please do so in a calm and safe manner.
- Desk worker will provide evacuation instructions, use stairs not elevator.
- Please remain outside in designated area until cleared to return inside.

Health and Safety

If you have the flu, a cold, or any other contagious illness, please do not use fitness center. Using the Fitness Center with a contagious illness puts you and all other members at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Hand Sanitizer and Disinfectant Wipes are available in the Fitness Center. Please use the Disinfectant Wipes for cleaning perspiration from the pads, benches, and any machine that you have used. Please be courteous of fellow Fitness Center members and use the supplies provided in the areas that you use.

Athletics Fitness Center

The Felician Athletic Fitness Center, located on lower level of Student Center, is the exclusive fitness center for Felician Student-Athletes. General students are asked to use the new fitness center located on the upper level of new Wellness and Recreation Center.

- Access to this fitness center is only available if strength coach, team coach, or staff member/worker is present.
- Individual use may be limited if a team workout is scheduled. If so, please use the WaRC Fitness Center.
- ALL policies and procedures outline above apply to the Athletics Fitness Center. Failure to abide could result in disciplinary action.
- Please respect the fitness center and the equipment. All student athletes should have a strong sense of care and pride for their athletic facilities.

Gymnasium (Basketball Court)

Scheduled recreational and intramural activities have priority use over open gym availability. Please refer to hours of operation for gym availability/scheduling. All individuals who to participate in open gym or intramural activities must follow all policies and procedures related to the basketball gymnasium area. This includes but is not limited to:

- All policies and procedures outlined for
- All individuals who would like to sign out a basketball or other equipment for open gym, MUST provide and leave their Felician University issued ID with the worker on duty. ID will be returned to student after equipment is returned. NO EXCEPTIONS.
- Non-marking court shoes are required for all activity on wood floor basketball area.
- The slapping of backboards or hanging on the rims is strictly prohibited due to risk of injury and damage to equipment.
- Only athletic administration is allowed to lower or adjust the basketball nets and other equipment.
- Participants are asked to contact staff member on duty with any facility related questions/problems.

Acknowledgment and Receipt

I have received my copy of the Student-Athlete Handbook:

The handbook describes important information about Felician Athletics, and I understand that I should consult the Director or Athletics regarding any questions not answered in the handbook.

I have received the handbook, and I understand that it is my responsibility to read and comply with the policies contained in this handbook and any revisions made to it.

Student-Athlete Name (Print)

Student-Athlete Signature

Sport(s)

Date