



ATHLETICS HANDBOOK

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Notice of Nondiscrimination Statement

Carl Albert State College, in compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of The Education Amendments of 1972, the Rehabilitation Act, The Americans with Disabilities Act, and other Federal Laws and Regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability or status as a veteran in any of its policies, practices, or procedures. This includes but is not limited to admission, employment, financial aid, and educational services.

Questions about discrimination can be directed to: Title IX Coordinator, [Holly Bormann](#) available in BC866F at 1507 S McKenna, Poteau, OK or 918-647-1474; or at Sallisaw 918-775-2229 or Deputy Title IX Coordinator, [Bill Nowlin](#), V.P. for Student Affairs and Enrollment Management, available in HH144, Poteau campus, 918-647-1370.

ATHLETIC CONTACT INFORMATION

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Athletic Director	Jake Lords	918-647-1281	jtlords@carlalbert.edu
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Esports Coordinator	Randy Armstrong	918-647-1374	rearmstrong@carlalbert.edu
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DEPARTMENT CONTACT INFORMATION

Academic Affairs	918-647-1464	mwillis@carlalbert.edu
Admissions	918-647-1300	admission@carlalbert.edu
Bookstore	918-647-1390	bookstore@carlalbert.edu
Business Office	918-647-1325	businessoffice@carlalbert.edu
Campus Police	918-647-7463	cbrown@carlalbert.edu
Enrollment Management	918-647-1270	bnowlin@carlalbert.edu
Financial Aid	918-647-1344	financialaid@carlalbert.edu
Residential Housing	918-647-1374	housing@carlalbert.edu



Carl Albert State College is accredited by the Higher Learning Commission through the North Central Association of Colleges and Schools from 2013-2023. The North Central Association of Colleges and Schools address and telephone number is:

North Central Association of Colleges and Schools Commission on Institutions of Higher Education
30 North LaSalle Street, Suite 2400
Chicago, Illinois 60602-2504
Telephone: (800) 621-7440

ATHLETIC VISION, MISSION, & GOALS

Athletic Mission Statement

It is the mission of the Carl Albert State College (CASC) Athletic Department to abide by the NJCAA Handbook and NJCAAE Handbook in promoting and regulating healthy competition for male and female students. The Athletic Department will strive to be part of the CASC educational process and provide student athlete opportunities that emphasize academic, athletic, and campus/community engagements.

Athletic Vision Statement

The Athletic Department will contribute to the overall development and well-being of the student athlete including, but not limited to, character development, sportsmanship, leadership, and academic excellence.

NJCAA Athletic Goals

- 1.** To educate and prepare student athletes for increased and life-long achievement and success.
- 2.** To participate in the recruitment, retention, and graduation student athletes process.
- 3.** To support effective institutional management and integrity in intercollegiate athletics through compliance with, and enforcement of, standards of fair play and appropriate conduct for student-athletes and institutional representatives.
- 4.** To create and support an inclusive culture that fosters equitable participation for student athletes and career opportunities for coaches and administrators from diverse backgrounds.
- 5.** To be competitive annually in NJCAA Region II Conference and Post-Season play.
- 6.** To be successful in the classroom annually with minimum team 3.0 GPA's & compete for NJCAA Academic Awards.
- 7.** Participate annually in campus/community engagement and service.
- 8.** Participate annually in team fundraising.

NJCAA Esports Goals

- 1.** To educate and prepare student E-athletes for increased and life-long achievement and success.
- 2.** To participate in the recruitment, retention, and graduation student E-athletes process.

- 3.** To support effective institutional management and integrity in intercollegiate Esports through compliance with, and enforcement of, standards of fair play and appropriate conduct for student-E-athletes and institutional representatives.
- 4.** To create and support an inclusive culture that fosters equitable participation for student E-athletes and career opportunities for coaches and administrators from diverse backgrounds.
- 5.** To be competitive in NJCAA Esports Regular Season and Postseason play.
- 6.** To be successful in the classroom annually with a minimum team 3.0 GPA's.
- 7.** Participate annually in campus/community engagement and service.
- 8.** Participate annually in team fundraising.

Consumer Information for Student Athletes

Carl Albert State College has a hard copy of the Equity in Athletics Disclosure Act (EADA) available in the Athletic Director's office in Hemphill Hall 140. CASC will provide the report promptly to anyone who requests the information. An updated EADA Report will be posted by Oct. 15 each year and will be made available, upon request, to students, prospective students, & the public.
<https://www.carlalbert.edu/>

STUDENT ATHLETE CODE OF CONDUCT

(Includes E-Athlete)

It is a privilege and not a right to be a student athlete at CASC. On and off campus and through social media platforms, every student athlete is expected to conduct himself or herself in a manner that exhibits honor and respect to their team, athletic department, College and surrounding community for a duration of his or her tenure as a student athlete. As a CASC student athlete, you are expected to conform to all federal, state, and local laws as well as College regulations regarding academics, residence life, and student code of conduct. Students penalized for violating public laws are not exempt from further discipline by College authorities, if actions also violate College rules. In addition, the Athletic Department and respective coaches (and Esports coordinator) reserve the right to implement additional sanctions. CASC expects its student athletes to demonstrate academic integrity and accomplishment, to train and strive for their highest degree of athletic excellence and sportsmanship, and to conduct themselves responsibly as members of the campus and larger community. Every student athlete is required to report his or her violations of this Code of Conduct to his or her Head Coach, Esports Coordinator, and/or Vice President for Student Affairs/Athletic Director (VPSA/AD) within 24 hours of such violation. This obligation is in effect year-round, including semester and summer breaks.

I. DEFINITIONS

- A. **Student Athlete:** Once a student is accorded the status of a varsity athlete, he or she is expected to act in accordance with this Code of Conduct until the completion of eligibility, including semester and summer breaks or until the student athlete is no longer receiving athletically related financial assistance (including post eligibility and student athletes medically unable to participate.)

- B. **Sportsmanship:** Sportsmanship shall be defined in accordance with the standards of the NJCAA, NJCAA Region 2, Oklahoma Athletic Conference, and the CASC Athletic Department. In general, a sports person is one who can take a loss or defeat without complaint, a victory without gloating, and who treats opponents with fairness, generosity, and courtesy. Sportsmanship is respect for oneself, teammates, coaches, officials, opponents, and property. Sportsmanship also requires maintaining self-control, and refusing to be drawn into or encourage conflict (verbal, physical, or online) not otherwise required by proper execution of the sport. All student athletes are obligated to represent themselves, the team, the Athletic Department, the College, their families, and their communities, with the highest level of sportsmanship.

Inappropriate and unacceptable behavior by coaches, athletes or institutional personnel will not be tolerated before, during or after contests. Unacceptable forms of behavior include but are not limited to:

- o Inappropriate celebration
- o Disrespectful attitude toward opponents, officials, campus staff, tournament administrators
- o Taunting
- o Use of profane and vulgar language
- o Fighting

II. PROHIBITED CONDUCT

Prohibited conduct includes violation of any of the standards established by the NJCAA, NJCAA Region 2 and the Oklahoma Athletic Conference, and the CASC Athletic Department. By way of illustration, and without limitation of those prohibitions, student athletes must not violate any of the policies listed in the CASC Student Handbook (p.52-55) and policies described below:

A. TITLE IX POLICY:

Carl Albert State College is committed to providing students, employees, and visitors educational and working environments free from discrimination, both in and out of the classroom. In compliance with all applicable federal and state laws and regulations, the College does not discriminate on the basis of race, color, national origin, religion, sex, age, disability, or status as a veteran. Inquiries about non-discrimination policies can be addressed with the Human Resources Director, 918-647-1373, 1507 S McKenna, Poteau, OK 74953, or F.L. Holton Business Center, Room BC866D. Inquiries regarding sex discrimination, sexual harassment, sexual assault, pregnancy, domestic violence and dating violence, and stalking can be addressed with the Title IX Coordinator, 918-647-1474, 1507 S McKenna, Poteau, OK 74953, or F.L. Holton Business Center, Room BC866F, or send an email to: title9@carlalbert.edu.

- Title IX determines, *“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance.”*

Carl Albert State College will not tolerate nor condone any form of sexual misconduct, whether physical, mental or emotional in nature. This includes, but is not limited to, sexual harassment as defined below, dating violence, stalking, and domestic violence. Even if law enforcement and criminal justice authorities choose not to prosecute a particular matter, the college may still pursue the matter as a student misconduct concern warranting non-academic disciplinary action by the institution, or an employee misconduct concern warranting disciplinary action. Where it is

determined that sexual harassment, as defined by the Department of Education Office of Civil Rights (OCR), is more likely than not to have occurred, college disciplinary sanctions can include suspension or expulsion for students, or suspension or termination for employees.

The OCR has determined that the nature of sexual harassment & assault crimes require judicial proceedings that differ from the procedures followed for other violations or harassment that is not elevated to the level of the Title IX definition of sexual harassment.

<https://www.carlalbert.edu/wp-content/uploads/2020/08/FY21-Title-IX-Grievance-Policy-draft.pdf>

B. HARASSMENT:

CASC is committed to providing students, employees, and visitors educational and working environments free from harassment, both in and out of the classroom. Through enforcement of this policy, CASC seeks to prevent, correct and discipline behavior that violates this policy. CASC strongly encourages students, visitors and employees to promptly report any form of Harassment.

CASC is committed to providing students, employees, and visitors educational and working environments free from Discrimination, both in and out of the classroom. CASC does not tolerate discrimination on the basis of race, color, national origin, sex, age, religion, disability, or veteran status.

With the exception of discrimination based on sex, any allegation of other discriminatory behavior listed here may be processed through the Discrimination Policy in Section 8-3 of the CASC Policies & Procedure Manual. The Human Resources Director is responsible for civil rights compliance and questions and concerns can be directed to 918-647-1373 or 1507 S McKenna, Poteau, OK 74953, or F L Holton Business Center, BC866D.

The Title IX Coordinator and Deputy Coordinator have been designated to handle inquiries regarding sex discrimination, including sexual harassment, sexual assault, pregnancy, domestic violence, and stalking. Inquiries can be directed to: title9@carlalbert.edu

This policy will prohibit conduct that is also addressed in the Title IX Policy but with differing definitions in compliance with distinct federal law regulations. For example, dating violence, domestic violence, retaliation, sexual harassment, and stalking are addressed in this policy and the Title IX policy. Due to these federal law regulations, CASC is required to address the above prohibited conduct differently depending on the circumstances of the alleged behaviors. The Title IX policy is Section 5-12 of the Policies & Procedures Manual and posted individually on the Human Resources website. The Human Resources Director will work with the Title IX Coordinators in determining which policy a complaint falls under.

C. Alcohol/Drugs: Prohibited acts include:

1. Possessing or consuming alcohol, controlled substances, and illegal substances on campus, team travel, and/or team functions; and as defined by law
2. Distributing, selling, or possessing with the intent to distribute alcohol, controlled substances, and illegal substances, as defined by law
3. Operating a motor vehicle while under the influence of alcohol or drugs
4. Misrepresenting one's age for the purpose of purchasing, possessing, or consuming alcohol or drugs

5. Purchasing, furnishing, or serving alcohol or drugs to or for an underage person
6. Public alcohol or drug intoxication
7. Violations of additional team rules regarding alcohol or drug use

SUBSTANCE USE AND ABUSE POLICY

It is the fundamental CASC belief that athletic participation is a privilege and that those athletes who use illegal performance-enhancing and/or recreational drugs violate that privilege. In response to any violation that occurs or is detected by CASC the continuation of the rights and privileges of participation by the individual will be reviewed and/or revoked, as appropriate. It is the responsibility of the CASC Athletic Department to provide a competitive environment that is free from drug and substance use and abuse in any form for the purpose of facilitating or enhancing athletic performance by any athlete engaged in competition that is sponsored by the NJCAA or NJCAAEE.

D. Hazing:

No athlete associated with CASC shall participate in an act of hazing. Oklahoma Statutes Section 1190 of Title 21 establishes an anti-hazing policy for all colleges in the state. The statute defines hazing as follows:

“Hazing” means an activity which recklessly or intentionally endangers the mental health or safety of a student for the purpose of initiation or admission into or affiliation with any organization operating subject to the sanction of the public or private school or of any institution of higher education in this state. This includes but is not limited to: 1. Physical brutality, 2. Sleep deprivation, 3. Forced (involuntary) confinement, 4. Forced conduct that is contrary to an individual’s normal nature, 5. Any activity designed to bring extreme embarrassment to the individual, 6. Any other activity that can adversely affect the physical, mental, or emotional health of an individual.

Any student engaged in hazing may be subject to disciplinary action by the College, regardless of any claimed consent or assumption of the risk by the victim. Report any hazing incidents to the VPSA/AD, Head Coach, or Esports Coordinator.

E. Ethical Conduct

It is of utmost importance that your personal conduct displays sound moral and ethical judgment. Be aware of the image you are creating. Participation in intercollegiate athletics is a privilege that creates the responsibility of making sound decisions. CASC student athletes are expected to uphold high standards of integrity and behavior which will reflect well upon themselves, their families, coaches, teammates, athletic administration, the College, and Poteau, OK. Student athletes are expected to act with propriety, to respect the rights of others and abide by all CASC, the Oklahoma Athletic Conference (OCAC), NJCAA, and NJCAAEE. Failure to do so may result in suspension or expulsion from the team or even the College.

F. Social Networking Policy

As members of the CASC Athletic Department and College, student athletes are subject to public scrutiny. While social networking through Esports and on websites such as Facebook, Instagram, SnapChat, and Twitter are a great way to communicate, express yourself, and connect with others, student athletes must understand that the information and pictures they post, or others post about

them, may adversely impact an athlete's personal safety, impugn personal or institutional character, violate NJCAA/NJCAAEE, conference, or college policy, or undermine their career after college.

CASC student athletes will be held responsible for any social networking conduct that compromises the reputation and/or integrity of their team, teammates, coaches, athletic administration, the College or its staff, and for any social networking conduct that violates federal, state or local laws, NJCAA/NJCAAEE or conference rules, college policy, Athletic Department standards or philosophy, or team rules. Such conduct may result in college discipline, team suspension, permanent removal from the team, or reduction or non-renewal of scholarship.

Inappropriate conduct on social networking websites includes, but is not limited to, comments, depictions, or presentations of the following: hazing; use of alcohol or drugs; defamatory comments disrespecting a teammate, coach, referee/umpire, opponent, athletic administration, or NJCAA/NJCAAEE conference official; partial or total nudity; sexual conduct; sexual misconduct; possession of a weapon or obscene gestures.

Exercise extreme caution in using social networking websites. Before posting anything on a social networking website, understand that anything posted online is available to anyone in the world and that college coaches, Esports coordinator, athletic administration, or College staff may monitor the website.

- G. Violence: CASC is committed to creating and maintaining a community in which its members are free from all forms of harassment, exploitation, intimidation, and violence. Student athletes are prohibited from engaging in violent acts including assault on a person or property, fighting, hate crimes, hazing, stalking, sexual violence, or any other conduct prohibited by College policy or law.
- H. Disrespect: At all times, student athletes are required to conduct themselves in a manner respectful of themselves, their team, the College, the Athletic Department, game officials, opponents, and property. Student athletes are to refrain from disrespectful conduct such as unsportsmanlike conduct; profane, abusive, demeaning, harassing, threatening, or obscene expression; or deliberate damage to equipment or other property. Disrespectful conduct will be reviewed by the Head Coach, Esports Coordinator, and VPSA/AD; and may result in disciplinary action. Disciplinary actions are addressed in Section IV.
- I. Poor Sportsmanship: Student athletes are held accountable to a high standard of ethical conduct in all activities affecting the athletics or Esports program, whether as a participant or as a spectator. "Unsportsmanlike" conduct will be reviewed by the Director of Athletics and may result in disciplinary action. Disciplinary actions are addressed in Section IV.
- J. Gambling and Bribery: Student athletes shall not knowingly: 1) provide information to individuals involved in organized gambling activities concerning intercollegiate athletics or Esports competition, 2) solicit a bet on any intercollegiate team or Esports team, 3) accept a bet on any individual or team representing the institution, 4) solicit or accept a bet on any intercollegiate or Esports competition for any item that had tangible value (e.g. cash, clothing, equipment, meals) and/or 5) participate in any gambling activity that involves intercollegiate athletic, professional athletics, or Esports through a bookmaker, a parlay card or any other method employed by organized gambling.
- K. Unexcused Class Absences and Poor Academic Performance: Student athletes are expected to attend class regularly and punctually, and to fulfill course load and academic performance requirements.

Failure to meet such obligations may affect eligibility to participate, scholarship eligibility, and academic standing.

- L. Failure to Meet Team Obligations: Student athletes must complete Sports Medicine requirements; arrive promptly for team practices, meetings, and departure for away games and other team events; attend team functions; and otherwise fulfill their responsibilities as team members. Absences (practice or games) must be excused in advance by the Head Coach or Esports Coordinator unless an unforeseeable emergency arises.
- M. Academic Dishonesty: The Athletic Department will not tolerate acts of academic misconduct which includes, but is not limited to: cheating, falsification/fabrication, tampering, plagiarism, facilitating academic misconduct, multiple submissions, and other academic misconduct.

III. ATHLETE DISCIPLINARY CODE

The CASC Athletic Department process for athletic code of conduct is independent of, and supplemental to the College Student Handbook policies and procedures, appeals process, and Student Conduct Committee. Sanctions levied by Athletic Administration may occur over and above those levied by the Student Conduct Committee and/or the College. Sanctions will vary depending on the type and circumstances of the violation. When the Athletic Department becomes aware of an alleged misconduct of the athletic prohibited conduct (described in the Athletic Handbook), the VPSA/AD or his/her designee will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, or of non-College persons having knowledge of relevant facts; examination of documents; and other steps necessary for the VPSA/AD to determine the merits of the report. A meeting with the student athlete will ordinarily occur before any athletic discipline is imposed; however, in extenuating circumstances, the VPSA/AD may suspend the student athlete from athletic or Esports participation before the meeting. Determination of responsibility will be based on a preponderance of evidence and information available. A first-time offense may be serious enough to warrant any of the possible sanctions listed below. A student athlete's refusal to participate and cooperate in an Athletic Department investigation, NJCAA investigation, or NJCAA investigation may itself constitute a basis for disciplinary action.

Possible Sanctions Include but are not limited to:

1. Warning – the issuance of a written warning;
2. Probation – Special status with conditions imposed for a limited time;
3. Campus/Community Service-required service within the college or surrounding community;
4. Required counseling sessions or Safe College online trainings;
5. Restitution – i.e. Payment for damaged property;
6. Suspension – Removal of a student athlete from all athletic department activities for a limited period of time;
8. Expulsion – Permanent removal from a team and/or athletic department activities;
9. Withdrawal of Financial Aid – Termination of athletically related financial aid as allowable by NJCAA Regulations.

Possible sanctions for team violations include but are not limited to:

1. Team Probation
2. Team Community Service
3. Cancellations of Contests
4. Cancellation of Season

Violations of Team Rules: Each student athlete is responsible for reading, following, and signing his/her specific team policies, the online Student Handbook, and the online Athletic Handbook. The VPSA/AD, Head Coach, and Esports Coordinator have authority to impose sanctions. Communication with all parties involved (athlete/coach or coordinator/AD) is a key to consistent sanctions

Violation of Criminal Law: When a student athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation, the Head Coach or Esports Coordinator must report the information to the VPSA/AD. Student athletes arrested for, or charged with, violating the criminal law will be immediately suspended from practice and competition. Within 48 hours of notice of a suspension, the student athlete's coach or designee shall review the suspension and recommend to the VPSA/AD whether the suspension should continue. Within 10 days of notice of suspension, the student athlete shall be afforded the opportunity to present his or her position before the VPSA/AD. Based on available information, the VPSA/AD may at any time prior to a finding or plea of guilty to a criminal charge may lift or modify the athletic suspension. If the student athlete is found guilty of the felony charge, such student athlete shall be barred permanently from participation in intercollegiate athletics or Esports. A student athlete suspended from participation as a result of a criminal charge shall not be prohibited from receiving athletic grant-in-aid during the pendency of such criminal charge. Upon a plea of guilty or a finding of guilt in a felony case, the College shall immediately determine (subject to NJCAA regulations) whether the student athletes' grant-in-aid will be allowed to continue. This policy is applicable to all renewals of current athletic aid commitments and to all subsequently awarded athletic financial aid.

IV. APPEALS

A student athlete who is subject to season-long suspension or expulsion from team participation, or whose athletic grant-in-aid would be affected by a sanction imposed by the VPSA/AD, may request for appeal from these sanctions. The appeal must be made, in writing, using the Campus Concern/Grievance form (available in Student Affairs and/or online) to the Human Recourse Office, BC866D, Box 359, Fax; 918-647-1359 within a reasonable time frame, but no later than ten (10) working days of the student athlete's receipt of the notice of sanctions. The appeal letter must explain the grounds for appeal (e.g. new information, due process issue, abuse of discretion). Upon receipt of the request for appeal, the Student Conduct Committee will assemble as soon as is reasonably possible but no later than 15 business days. The Committee will conduct its investigation by hearing details of the case from the VPSA/AD (or Human Resources or designee of the President), the student athlete's Head Coach or Esports Coordinator, and the student athlete. The student athlete will be given the opportunity to make an oral and written statement about the circumstances and why he or she feels reinstatement is warranted. Upon conclusion of the appeals process the Student Conduct Committee will meet privately to discuss the case. The decision of the Student Conduct Committee is final.

TEAM MEETING

Each team's coach and Esports coordinator shall hold an annual team meeting with their respective teams at the beginning of each season. The coaches shall be required to verbally review the team rules with team members at the meeting. Attendance at this meeting shall be mandatory. Each team member will sign a statement acknowledging receipt of the rules and attendance at the meeting where the rules are verbally reviewed. The team rules shall include the requirements contained in this Student Athlete Handbook.

V. AGREEMENT/WAIVER

I understand and agree that I am required to know, understand, and follow the standards contained in the Carl Albert State College Department of Athletics Student Athlete Code of Conduct, Sections I-V. In addition, I understand and agree that I am responsible for knowing, understanding, and following the rules, policies, and procedures contained in the complete CASC Student Code of Conduct (Student Handbook), and my sport's team policies. I understand the possible individual and team sanctions which could be imposed due to a violation of any of the policies listed above. I understand this Student Athlete Code of Conduct will be available for my review in the Student Athlete Handbook. If I have further questions regarding this Student Athlete Code of Conduct, I can ask the VPSA/AD, Coach, or Coordinator.

<https://www.carlalbert.edu/student-handbooks/>

SPORT: _____ DATE: _____

PRINTED NAME: _____

SIGNATURE: _____



CHARGES/VIOLATIONS

PURPOSE: This policy is intended to govern the College's and the Athletic Department's practice and procedures as well as the conduct of student athletes.

- A. No person shall be knowingly recruited as a player for an intercollegiate athletic team who has been convicted of a felony or, in the case of a juvenile, who has been found to have committed an act which would constitute a felony if committed by an adult. Only the President upon recommendation of the Athletic Director shall grant exemptions to this restriction.
- B. A student athlete convicted of a felony after enrollment, including a plea of nolo contendere on a felony charge, shall be removed from the team and shall not be allowed to participate again. Further, the College may cancel any athletic financial aid received by a student who is convicted of a felony while the student is receiving athletic financial aid subject to NJCAA regulations and the College's applicable student judicial procedure. Nothing herein shall be construed to limit the exercise of disciplinary actions under the Student Handbook and Student Athlete Code of Conduct.
- C. Any student athlete charged with a criminal violation will be automatically suspended from the athletic program pending a College review of the charges. Suspension includes practice or competition with the team. Failure to report criminal charges within forty-eight (48) hours to the VPSA/AD, coach, or Esports coordinator may subject the student athlete to action up to and including dismissal from the athletic program. The VPSA/AD upon receipt of the appropriate coach or coordinator recommendations shall conduct the review. The same review procedure shall be utilized when a student athlete is convicted of a criminal charge or a violation of the Student Handbook and Student Athlete Code of Conduct.
- D. Student athletes shall immediately report any criminal charges, Student Handbook violations, or Student Handbook violations to the VPSA/AD, head coach, or Esports coordinator. Coaches and Esports coordinator shall be obligated to inform the VPSA/AD of any knowledge of charges against their athletes with their recommended team action, if any. The VPSA/AD shall report the same after review to the College President.
- E. Coaches and Esports coordinator shall immediately report the conviction of any student athlete to the VPSA/AD. The VPSA/AD shall report the same after review to the College President.

DUE PROCESS

- 1. Any student athlete with a conflict, grievance or complaint with a teammate, coordinator, or staff member should first attempt to resolve the conflict with the persons involved.
- 2. If the complaint is not resolved, the grievance can be taken to the VPSA/AD, who may determine if a formal meeting involving all parties is necessary to resolve; or the complaint can be filed through the CASC Campus Concern/Grievance process.
- 3. If disciplinary proceedings are pending, the student athlete shall have the same rights and privileges as other student athletes unless temporarily suspended by the Head Coach, Esports Coordinator, or another assigned designee.
- 4. If a grievance is filed against the VPSA/AD, Human Resources or a person designated by the President will handle the grievance process, through the CASC Campus Concern/Grievance policy.

TEAM TRAVEL POLICY

While traveling to and from any college sponsored activities (which include but is not limited to: practices, contests, scrimmages, and team functions) student athletes will adhere to the following guidelines:

1. Travel with the team unless prior permission was granted by the VPSA/AD, Head Coach, or Esports Coordinator.
2. Stay at the assigned team hotels.
3. Obey curfew set by the Head Coach or Esports Coordinator.
4. Outside visitors in hotel rooms are forbidden.
5. Dress in attire marked with the appropriate CASC logo, team issued clothing, or business casual clothing while in all public venues.
6. Be courteous, cooperative, and patient with fans, officials, community members, and service personnel.
7. Use of inappropriate language, signs, symbols and unsporting conduct is forbidden.
8. Use of loud, attention-drawing, and or discourteous behavior while in all public venues is forbidden.
9. Damaging the property of buses, hotels, or College property is forbidden.
10. See II Prohibited Conduct: C Alcohol/Drugs.

STUDENT ATHLETE CONDUCT AND APPEARANCE

The Head Coach or Esports Coordinator reserves the right to set policies that dictate acceptable team dress and conduct by student athletes. These rules and regulations will cover appearance, practice, classroom attendance, academic responsibility, punctuality, dress code and appearance of student athletes on team trips, and general standards of behavior. It is a policy of the Athletic Department that each coach ensures that each student athlete understands the acceptable standards of behavior and conduct. College student conduct violations, as set-forth in the Student Handbook, will also be reported by coaches to the Office of Student Affairs for possible institutional disciplinary action. The Office of Student Affairs in turn will also notify the appropriate Head Coach or Esports Coordinator of any student conduct violation involving a student athlete. Student athletes should not put themselves in difficult situations in which guilt or misconduct could be implied.

ENROLLMENT PROCESS

1. **Apply for Admissions & Submit necessary documents to Admissions/Athletic File**
 - ❖ www.carlalbert.edu/admissions-aid
 - ❖ Also check interested in housing information on the application process
 - ❖ An official high school transcript (completion of 8 semesters); the transcript must include a graduation date, school name, student name, and administrative signature
 - ❖ Official college transcript(s) if previously attended college.
 - ❖ ACT/SAT test scores and/or other acceptable placement test scores
 - ❖ NJCAA Affidavit (Athletic File Only)
 - ❖ Medical Insurance Card (Athletic File Only)
2. **Enroll for Classes**
 - ❖ www.carlalbert.edu/enrollment
 - ❖ New students will sign up for a Freshmen Enrollment Session through the Enrollment Management Center and develop a schedule of classes. Returning students will be assigned an academic advisor, based on major or can get assistance

in the Enrollment Management Center. The role of the advisor is to assist you in achieving educational, career, and personal goals through the use of institutional and community resources.

- ❖ CASC offers two-year associate degrees in art and science, and applied science areas. The Associate of Art and Associate of Science are university parallel degree programs and typically are completed after 62 credits and a 2.00 GPA. The Associate of Applied Science are considered “terminal” degrees in that students end their college study and enter the workforce at completion of the two-year degree.
- ❖ Programs of Study are available online at <https://www.carlalbert.edu/academics/>.
- ❖ General Education—Associate of Arts & Science degree plans require 62 credits of which 40 credit hours are General Education. The General Education credits are required regardless of degree plan.
- ❖ Remedial/Courses—required by students scoring below 19 on any ACT subtest in the subject areas of math, English, reading and science. Remedial/developmental classes do not count toward graduation and are satisfactorily completed before attempting college level courses in those subject areas.

3. Apply for Financial Aid

- ❖ Complete the Free Application for Federal Student Aid. The application can be found online at <https://studentaid.gov/h/apply-for-aid/fafsa>

4. Apply for Housing

- ❖ Should have applied online with the Admissions process; if not submit an online housing application from <https://forms.carlalbert.edu/forms/housingapplication>.
- ❖ Know and understand the CASC Student Handbook.
- ❖ Visitation Hours: Residents may entertain guests between the hours of 10 AM-12 AM, seven days a week.
- ❖ Oklahoma Statutes, Title 70-3242 requires all students who reside in on-campus housing to be vaccinated against meningococcal disease.
- ❖ CASC Residents are required to purchase a meal plan each fall and spring semester. A week starts on Monday breakfast and ends on Friday after lunch; Saturday brunch is also provided.
- ❖ Students residing on campus are required to submit a \$75.00 Non-Refundable Housing Maintenance Fee/Deposit.
- ❖ Coin Laundry Services are available on campus.
- ❖ CASC has a Housing Coordinator and Assistant Housing Coordinator who are responsible for the daily operation of the residential program; assistant coaches who live on-campus housing monitor student athletes, as well as Campus Police Officers.

5. Get CASC Viking Card, Official Student ID

- ❖ **Step 1:** Select your Student Refund Choice in **myCarlAlbert** by clicking “Sign Up Now”!
- ❖ **Step 2:** To receive your new Viking Card, come to CASC-Poteau Student Affairs or CASC-Sallisaw Campus Police and bring your Student ID # and Driver's License.
- ❖ The Viking Card also doubles as a meal card. A meal plan sticker will be placed. Residential students must present their card to the cashier before dining in the cafeteria.

6. Get books

- ❖ Students receiving book scholarships through the Athletic Department are required to pay a \$75 deposit.
- ❖ To obtain books you should present your class schedule to the Bookstore Manager.

- ❖ Only books and course-related materials can be purchased through this agreement. The Athletic Department will not purchase course syllabus, paper, pens, pencils, T-shirts or any other items for retail in the Bookstore.
- ❖ A receipt will be printed by the Bookstore verifying your purchase of your books, you will sign the receipt and a copy will be forwarded to the Athletic Department.
- ❖ At the end of the semester you will return all books to the Bookstore Manager. You will be billed for any books that are lost, misplaced, or damaged.

7. ATTEND CLASSES & STUDY HALL

- ❖ Work hard academically to receive NJCAA Academic individual and team awards.

NJCAA ACADEMIC ELIGIBILITY

REQUIREMENTS FOR ENTERING STUDENT-ATHLETES

- A. A student athlete must be a graduate of a high school with a state department of education approved standard academic diploma (graduation date, school name, student name, and administrative signature required), state department of education approved general education diploma, or a state department of education approved high school equivalency test.
- B. Foreign transcripts must be translated to English by a professional translation service outside of the institution. The NJCAA will not accept Google Translate. Datatel is not accepted.

REQUIREMENTS FOR ATHLETIC ELIGIBILITY

- A. Student athletes must be enrolled full-time or part-time on the 18th calendar day (not to end on a weekend or Federal Holiday) of the beginning of the regular term as listed on the college academic calendar maintained.
- B. Student athletes must be enrolled in full-time status at the college prior to competition and certifying NJCAA eligibility using any combination of sessions (regular term, mini term, fast track term) within a term. Full-time enrollment is defined as 12 or more credit hours.

STUDENT WILL NOT BE PERMITTED TO ADD OR DROP CLASSES WITHOUT APPROVAL OF THE VP/SA/AD.

SEMESTER ELIGIBILITY (First Season)

- A. Zero (0) Previous Terms of Full-Time College Enrollment: A student athlete who is in his/her first full-time college term is deemed to have satisfied the academic progress eligibility requirement for their initial term of full-time enrollment or participation, OR
- B. One Previous Term of Full-Time College Enrollment: On or before the 18th calendar day (not to end on a weekend or Federal Holiday) of the student-athletes second full-time college term must have accumulated 12 credit hours with a GPA of 1.75 or higher, OR
- C. Two or More Previous Terms of Full-Time College Enrollment: On or before the 18th calendar day (not to end on a weekend or Federal Holiday) of the third full-time, and all subsequent terms of full-time enrollment, a student-athlete must have passed 12 credit hours with a GPA of 2.00 or higher in the previous term of full-time enrollment.

SEMESTER ELIGIBILITY (Second Season) Prior to a student athlete's participation in a second season of a sport he/she must meet the appropriate academic requirements of a first season participant, AND

- A. Have accumulated 24 earned/passing semester hours with a GPA of 2.00 or higher.

TRANSFERS

STUDENTS WHO TRANSFER TO CARL ALBERT

- A. A student-athlete who transfers from an NJCAA, Four-Year or other Non-Member College must meet the academic requirements of Article V, Section 2.D to be considered for immediate eligibility following transfer. Transfer students must meet the academic

requirements of Article V Section 2.D by the 18th calendar day of the term in which they choose to participate, to be considered for immediate eligibility.

- B. If the student-athlete was signed to a Letter of Intent (LOI), at any time, in the previous, current or upcoming academic year, a fully executed NJCAA Transfer Waiver is required. An NJCAA Letter of Intent Release does not exempt the student-athlete from meeting this requirement. A Transfer Tracking Form is also recommended documentation.
- C. A probationary period of 16 calendar weeks and the completion of one academic term while satisfying the provisions of Section 4. Students serving the 16-week probation may be added to the eligibility roster at any time after serving the provisions of the probation period.

TRANSFERRING FROM CARL ALBERT

***TRANSFER WAIVERS**

- A. Student-athletes who are currently on a Letter of Intent with Carl Albert may request a transfer waiver to be sent to a particular institution. Although it is at the discretion of the student athletes Head Coach and with Athletic Director consultation if the request for the Transfer Waiver will be granted. Please also be aware that we will not issue a “blanket” transfer waiver. Transfer waivers will only be produced for a particular institution.

GRANT IN AID

- A. An athletic grant-in-aid may be awarded to any student in recognition of his/her athletic ability provided the student athlete is admitted to the institution as a regular student. It shall be limited to a maximum of:
 - 1. Tuition (Division II)
 - 2. Fees (Division II)
 - 3. Required course-related books (Division II)
- B. The written agreement (LOI) shall be in effect for one full academic year. An “academic year” is defined as August 1 to July 31 of the following year.
- C. Renewal of the grant-in-aid must be given in writing, in the form of an appropriate year NJCAA Letter of Intent on or before June 15th (if not, athlete is recruitable).
- D. The following practices are prohibited with grants-in-aid:
 - 1. Cancellation or modification of a grant-in-aid during the period of its effectiveness because of injury or athletic performance;
 - 2. Violations of team policy or conflict with the coaching staff or athletic department not procedurally administered by the general college disciplinary authority unless covered in an addendum to the NJCAA Letter of Intent which was signed along with the NJCAA Letter of Intent;
 - 3. Permitting a student athlete to receive assistance, in cash or in kind which is not administered by the institution.
- E. Cancellation of a grant-in-aid is permitted:
 - 1. The student athlete becomes academically ineligible based upon academic progress requirements of Article V Section 2.d;
 - 2. The student athlete is determined by member institution’s general disciplinary authority, following standard college procedures, to have committed serious misconduct unrelated to athletic ability which warrants permanent suspension or dismissal from athletic program;
 - 3. The student athlete voluntarily withdraws from a sport prior to the institution’s first competition in that sport;
 - 4. The student athlete graduates.

ATHLETIC INSURANCE

The SIS brokered athletic accident insurance policy at CASC is excess only and provides a secondary insurance policy in the event a student athlete sustains an injury resulting from a practice, workout or competition supervised by the CASC Athletic Department. The coverage also applies to injury sustained while traveling directly to or from scheduled practices or competition sponsored by CASC. All follow up costs, rehabilitation, etc., must be documented by the CASC Sports Medicine Staff and approved by the Athletic Department before any covered costs will be provided. The policy will not duplicate benefits paid or payable by any other insurance plan including HMOs or PPOs. Although the SIS brokered athletic accident insurance policy may, CASC won't cover excess costs over and above the student's primary coverage plan. If a student athlete is not covered by a primary plan, SIS and CASC requests that the student athlete investigate plans and purchase his/her own insurance coverage.

CASC policy cannot cover bills incurred for expenses related to illness or conditions that are not sustained as a direct result of an athletic injury from participation in intercollegiate athletics. This includes pre-existing and non-athletic injuries or illness.

PROOF OF INSURANCE

It is the student athlete's responsibility to make sure that their personal insurance is current and up-to-date to prevent any delay in medical care.

Proof of Insurance includes:

1. A photocopy of the front and back of the student athlete's current insurance card.
2. A completed Physical Examination.

CASC will administer athletic physicals on campus at the expense of the CASC Athletic Department during the first week of school in the fall semester. All athletes will be required to complete the physical prior to competing in any supervised activity to include practice, workout, or competition sponsored by the CASC Athletic Department.

PRE-EXISTING INJURIES

If it is determined at any time that a student athlete requires follow-up care for a pre-existing injury or illness, the student athlete is responsible for contacting his/her physician and paying the medical expenses associated with being cleared for full participation in CASC athletics.

If the student athlete is not under a physician's care for the pre-existing injury or illness, the CASC Sports Medicine Staff will assist the student athlete in finding a physician. Again, the student-athlete is responsible for paying all medical expenses associated with a pre-existing injury.

NON ATHLETIC RELATED INJURIES/ILLNESS

The CASC Athletic Department does not assume financial responsibility for non-athletic injuries, illnesses, prescriptions and other medical services or charges non-athletic related. The CASC Sports Medicine Staff and/or the Athletic Director can assist the student athlete in arranging appointments with the appropriate physician or health care provider whenever possible.



CASC SPORTS MEDICINE

MISSION

The mission of the CASC Sports Medicine staff is to provide a quality, well-rounded, encompassing health-care service targeted to the CASC student athlete.

PHILOSOPHY

The CASC Sports Medicine Room provides a place for the student athlete to receive health, fitness, nutritional, emotional and sport advice. The staff will provide per-injury advice, strengthening and rehabilitation to the CASC student athlete. It is also the responsibility of the staff to provide evaluations and rehabilitation of injuries that occur due to participation as a member of the CASC Athletic Department, during the duration of athletic membership. When necessary, the staff will determine and make arrangements for the student athlete to have care provided by a physician or other specialist. The Sports Medicine staff personnel is required to abide by rules, guidelines and a code of conduct, we therefore expect the student athlete to abide by our rules and expectations to help better serve him/her. The Sports Medicine staff is to assist the student athlete in ability to return to competition. The student athlete, however, must also be an active participant in helping the CASC Sports Medicine staff.

ATHLETIC TRAINING ROOM RULES

1. Communicate. If you are sick or injured you must report to the Sports Medicine staff in a timely manner. Do not report an injury that happened 2 days ago, 5 minutes before practice.
2. The Sports Medicine staff will decide and/or refer you to a doctor. You have input as well, however, all appointments must be known by the Sports Medicine staff prior to the appointment.
3. You will treat all Sports Medicine Staff with respect, as their job is to assist you and return you to your sport as safely and healthy as possible.
4. Be on time for treatment and/or taping. If you have a scheduled time and do not show or notify us, your coach will be notified. The second time you will be on a 7-business day suspension from the Athletic Training room.
5. All athletes must be fully clothed and dress appropriately when entering the Athletic Training room. The Athletic Training room is co- ed at all times, be respectful and professional to others and yourself.
6. No profanity.
7. No food or drink in the Sports Medicine room.
8. No athlete is permitted to operate Sports Medicine room equipment. DO NOT SELF-TREAT.
9. No shoes are allowed on the treatment tables.
10. Large items, such as backpacks, should be left at the door.

11. Regular treatments are in the morning; Pre-practice preparation and post practice treatments are in the evening.
12. Rehab times will depend on if you are currently released to practice.
13. The Athletic Training room is open from 9-3. (Closed for lunch 12-1). You are guaranteed to be seen during these hours. You are not guaranteed to be seen anytime outside of the open time frame.
14. Cold and hot tubs are used for treatment only. All Student Athletes must shower before entering either tubs.

SPORTS MEDICINE ROOM OPERATING POLICIES AND PROCEDURES

- The CASC Sports Medicine staff and the physician involved in the treatment/care have the final authority to restrict a student athlete from participation for medical reasons.
- Student Athletes are not allowed to treat themselves or dictate their own treatment. All treatments are at the discretion of the Sports Medicine staff.
- Return-to-play decisions will only be made by the Sports Medicine staff and/or medical doctors.
- Coaches can discuss injuries with the Sports Medicine staff, give suggestions, ask questions, but they are not to make decisions regarding treatment, rehabilitation or evaluations except in emergency situations if an Athletic Trainer is not available. Coaches or athletes are not allowed to perform treatments without consent from the CASC Sports Medicine staff.
- Consulting a family doctor, a doctor in network with the student's insurance, going to another doctor of the student athlete's choice is allowed. However, these occurrences must be brought to the CASC Sports Medicine staff before scheduled appointments. The student athlete must bring a release form from the physician before returning to participation.
- If a student athlete chooses to do therapy outside of the CASC Sports Medicine department, all documents relative to the case must be brought to the CASC Sports Medicine staff to be included in the student athlete's file and to be reviewed by the staff before returning to team activities.
- Athletes must show up for rehab and treatment appointments. If treatments are not done, the athlete will not be released for practice or games. If the athlete has rehab, treatments or doctor appointments outside CASC supervision, all documents must be returned to the CASC Sports Medicine staff before return to practice/games will occur.
- Should a student athlete be non-compliant with the treatment protocol, the staff has the capability/option to no longer treat the student athlete. However, the student athlete must complete the treatment protocol prescribed by the doctor, provide proof of the completion and release from the doctor to resume team activities.
- Athletes must sign in for all treatments.
- Treatments and rehab will be scheduled around practices, games, and class. You are NOT to miss a class to do rehab or treatment.
- Athletes will be seen on a first come, first serve basis. In season may have priority.
- Any equipment borrowed from the Athletic Training room must be returned.

CONCUSSION POLICY

Concussion definition; CASC has adopted the following definition, assessment, and return to play criteria of concussion; from the National Athletic Trainer's Association.

Concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathologic, and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. Concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged.
5. No abnormality in standard structural neuroimaging studies is seen in concussion.

Assessment of Concussion

When a player shows ANY features of a concussion:

- (a) The player should be medically evaluated onsite using standard emergency management principles, and particular attention should be given to excluding a cervical spine injury.
- (b) The appropriate disposition of the player must be determined by the treating health care provider in a timely manner. If no health care provider is available, the player should be safely removed from practice or play and an urgent referral to a physician arranged.
- (c) Once the first aid issues are addressed, then an assessment of the concussive injury should be made using the SCAT3 or other similar tool.
- (d) The player should not be left alone following the injury, and serial monitoring for deterioration is essential over the initial few hours following injury.
- (e) A player with diagnosed concussion should not be allowed to RTP on the day of injury. Occasionally, in adult athletes, there may be RTP on the same day as the injury.

	First Concussion	Second Concussion	Third Concussion
No Loss of consciousness or signs/symptoms clear in 30 minutes	May return to play after 1 week if asymptomatic* at rest and during progressive exertion protocol	May return to play in 2 weeks if asymptomatic* for 1 week at rest and during progressive exertion protocol	Terminate season; may return to play next season if asymptomatic* at rest and during progressive exertion protocol
Loss of consciousness for less than 1 minute or more than 30 minutes posttraumatic amnesia or signs/symptoms last less than 1 week	May return to play if asymptomatic* for 1 week and during progressive exertion protocol	Out for a minimum of 1 month; may return to play if asymptomatic* for 1 week at rest and during progressive exertion protocol; consider terminating season.	Terminate season; may return to play next season if asymptomatic* at rest and during progressive exertion protocol
Loss of consciousness for 1 minutes or longer or more than 24 hours of posttraumatic amnesia or signs/symptoms last more than 7 days	Out for a minimum of 1 month; may return to play AFTER 4 weeks if asymptomatic* for 1 week at rest and during progressive exertion protocol	Terminate season; may return to play next season if asymptomatic* at rest and during progressive exertion protocol	

No headache, dizziness, or impaired orientation, concentration, or memory during rest or exertion

Graduated Return-to-Play Protocol

Rehabilitation Stages, Functional Exercise at Each Stage of Rehabilitation, and Objectives of Each Stage

1. No activity, complete physical, and cognitive rest; Recovery
2. Light aerobic exercise: walking, swimming, or stationary cycling, keeping intensity to, 70% of maximum predicted heart rate; no resistance Sports Medicine Increase heart rate

3. Sport-specific exercise skating drills in ice hockey, running drills in soccer; no head impact activities; Add movement
4. Non-contact Sports Medicine drills, progression to more complex Sports Medicine drills, e.g., passing drills in football and ice hockey; may start progressive resistance Sports Medicine Exercise, coordination, and cognitive load
5. Full-contact practice following medical clearance, participate in normal Sports Medicine activities; Restore athlete's confidence; coaching staff assesses functional skills
6. Return to play, Normal game play.

An athlete with concussion may be evaluated in the emergency room or doctor's office as a point of first contact following injury or may have been referred from another care provider. In addition to the points outlined above, the key features of this exam should encompass:

- (a) A medical assessment including a comprehensive history and detailed neurologic examination, including a thorough assessment of mental status, cognitive functioning, and gait and balance.
- (b) A determination of the clinical status of the patient, including whether there has been improvement or deterioration since the time of injury. This may involve seeking additional information from parents, coaches, teammates, and eyewitnesses to the injury.
- (c) A determination of the need for emergent neuroimaging in order to exclude a more severe brain injury involving a structural abnormality.

Return to Play Criteria

Return to play criteria is based on multiple sources but primarily the Cantu scale for concussion return to play is used to manifest a safe return for the individual athlete

After an athlete suffers from a concussion, only a medical professional should return the athlete to play. The Return to Play Guidelines below are developed by [Dr. Robert Cantu](#) for medical professionals to use as a method to help determine when it is safe for an athlete to return.

PREGNANCY POLICY

Introduction

The CASC athletic department is committed to the personal health and development of all our members, and to the educational mission of our school. We strive to provide an environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. The purpose of this policy is to develop guidelines to protect every student athlete's physical and psychological health, and their ability to complete their education.

Policy

Pregnancy places unique challenges on the student athlete. Therefore, the CASC Athletic Department has developed a policy clearly outlining the rights and responsibilities of the pregnant student athlete. Please be aware of the following:

- The student athlete may receive confidential counseling and can be referred off-campus; please note that any cost for going off-campus is the responsibility of the student athlete.
- The student athlete may receive access to timely medical and/or obstetrical care through the following local services according to student's own insurance policy:
 - o Choctaw Nation Rubin White Health Clinic, 918-649-1100
 - o Family Medical Clinic, 918-647-8635
 - o Stigler Health & Wellness (Poteau), 918-647-4095

- For the medical safety of the student athlete and the unborn child, CASC/Sports Medicine staff request the student athlete notify the athletic trainer immediately upon learning of the pregnancy.
- The athletics department insurance does not cover pregnancy related care. All costs related to pregnancy are the responsibility of the student athlete.
- Our athletics department will only require a pregnant student athlete's physician to certify physical and emotional fitness as a condition for participating in athletics when such certification is required of student athletes who experience other temporary disabilities.
- Our athletics department will allow a pregnant student athlete to fully participate on the team, including all team-related activities, unless the student athlete's physician or other medical caregiver certifies that participation is not medically safe.
- Our athletics department will allow a pregnant student athlete to continue to participate in a limited manner on the team, including all team-related activities, unless the student athlete's physician or other medical caregiver certifies that partial participation is medically safe.
- Our athletics department will not terminate or reduce a student athletics aid because of the student athlete's pregnancy in the term of the award (August 1-July 31). NJCAA Article VIII permits cancellation of a grant-in-aid if the student-athlete voluntarily withdraws from a sport prior to the institution's first competition in the sport. Your coach can help you discuss your situation with the athletics department.
- Federal law requires medically necessary leave be granted and reinstatement to active team membership in most cases. Student athletes may need to earn back specific playing positions.
- A student athlete with a temporary medical condition is still expected to complete all academic tasks to the best of his/her ability along with other student athlete obligations. If he/she fails to meet academic and other obligations on a consistent basis, the athletic department and the student athlete will enter into a contract outlining the responsibilities and expectations of the student athlete for the renewal of athletics aid the following year.

Medical Issues

Although there are few studies related to intense strenuous physical activity in pregnant student athletes, there are published guidelines that address this issue. The American College of Obstetrics and Gynecology Committee Opinion (January 2002) and the NCAA Guideline 3b Participation by the Pregnant Student-Athlete (June 2008) offer guidelines for the obstetric and team physicians to use in determining participation. Some of the guidelines are below:

1. Exercise During Pregnancy

Assessing the risk of intense, strenuous physical activity in pregnancy is difficult. There is some evidence that women who exercise during pregnancy have improved cardiovascular function, limited weight gain and fat retention, improved attitude and mental state, easier and less complicated labor, and enhanced postpartum recovery. There is no evidence that increased activity increases the risk of spontaneous abortion in uncomplicated pregnancies. There are, however, theoretical risks to the fetus associated with increased core body temperatures that may occur with exercise, especially in the heat.

- The fetus may benefit from exercise during pregnancy in several ways, including an increased tolerance for the physiologic stresses of late pregnancy, labor and delivery.
- The safety of participation in individual sports by a pregnant woman should be dictated by the movements and physical demands required to compete in that sport and the previous activity level of the individual. The American College of Sports Medicine discourages heavy weight lifting or similar activities that require Sports Medicine or Valsalva.
- Exercise in the supine position after the first trimester may cause venous obstruction and conditioning or Sports Medicine exercises in this position should be avoided.

- Sports with increased incidences of bodily contact (basketball, ice hockey, field hockey, lacrosse, soccer, and rugby) or falling (gymnastics, equestrian, downhill skiing) are generally considered higher risk after the first trimester because of the potential risk of abdominal trauma. The student athlete's ability to compete may also be compromised due to changes in physiologic capacity and musculoskeletal issues unique to pregnancy. There is also concern that in the setting of intense competition a pregnant athlete will be less likely to respond to internal cues to moderate exercise and may feel pressure not to let down the team.
- The American College of Obstetrics and Gynecology states that competitive athletes can remain active during pregnancy but need to modify their activity as medically indicated and require close supervision.

2. If a student athlete chooses to compete while pregnant she should:

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

After delivery or pregnancy termination, medical clearance is recommended to ensure the student athlete's safe return to athletics. The physiologic changes of pregnancy persist four to six weeks postpartum; however, there have been no known maternal complications from resumption of Sports Medicine. Care should be taken to individualize return to practice and competition.

Medical issues related to participation should be discussed and a plan for participation may be created. Participation by the pregnant student-athlete will require approval from the obstetrician and the team physician. Following delivery or pregnancy termination, medical clearance is required to ensure the student athlete's safe return to athletics.

What if you are a male athlete whose partner becomes pregnant?

While male student athletes are not affected physically by pregnancy like female student-athletes, they can have stress over the pregnancy and worry about their pregnant partner and her fetus. Male student athletes may question whether they are ready for fatherhood and the personal and financial obligations associated with pregnancy. We encourage you to take advantage of CASC's counseling referral services. You should know that Title IX protects you from being discriminated against because of your partner's pregnancy or your status as a parent.

COVID-19 POLICY & UPDATES www.carlalbert.edu/covid/19

NAME, IMAGE, & LIKENESS BYLAW (New)

During the June 2021 NJCAA Board of Regents meeting, the Board voted to pass a new bylaw that will promote and provide opportunities for student athletes in the area of name, image, and likeness.

The NJCAA supports equitable opportunities consistent with the educational objectives of each member institution and student-athlete. The NJCAA recognizes the changing landscape of collegiate athletics and the intersection of student athletes' rights and athletic participation. The NJCAA has worked with state and federal government officials in an effort to create a consistent framework that allows for and supports the successful two-year college athletic experience and ensures the ability to transfer to the four-year school of a student-athlete's choosing.

Under the bylaw, the following acts shall not cause a student athlete to lose his or her amateur status in the NJCAA:

- Participating in radio or television programs for the purpose of promoting an amateur athletic event.
- Receiving compensation for supervision of physical education, playground, or recreational activities.
- Receiving compensation for use of name, image, or likeness to promote any commercial product or enterprise, or public or media appearance so long as it does not conflict with the institution's existing partnerships, sponsorships, and agreements.
- A member institution allowing a student athlete to receive compensation in compliance with their state law.

The following acts remain prohibited in the NJCAA:

- Institutional employees or boosters making direct payment to athletes; and
- Direct payments from the institution in exchange for athletic performance or as a recruiting inducement.

Revised 9/1/22