

**University of Kentucky Athletics Department
Student Athlete Handbook**

2021-22



Dear Wildcat,

It is my pleasure to greet our student-athletes as you return to campus and also welcome our new Wildcats to the University of Kentucky.

We are glad that you are part of the UK Athletics family and excited to help you achieve success in the classroom and in your athletics competition. Our department is committed to providing a first-class experience and this handbook is a valuable resource for you.

Three of the goals for UK Athletics are to achieve at a high level academically, win championships and prepare you for success after college.

Academically --

- 3.0 grade-point average: we strive for an overall 3.0 GPA for the entire department each semester, a benchmark we have achieved for 18 consecutive semesters.
- Graduation: our student-athletes graduate at a higher rate than the national average and we have set a school record for graduation rate every year since 2005.

Athletically –

- Our goal for every team is to win conference championships and compete among the nation's best at the NCAA level.
- UK has finished among the nation's Top-20 overall athletic programs four years in a row and has a goal of finishing in the Top 5 in the nation.

Life After UK – The Kentucky Road

- UK Athletics seeks to give each student-athlete the tools and experiences needed to succeed in the workforce, compete professionally or continue academically in graduate school.
- "The Kentucky Road" is UK Athletics' path of achievement – academics, athletics, community service, internships, job placement and more – helping you toward a lifetime of success, during and after college.

You are part of a special, unique family in UK Athletics. We are glad you are here and look forward to watching you grow and excel at the University of Kentucky – it's a great time to be a Wildcat!

Go Cats –



Mitch Barnhart
Director of Athletics



WIN THE MOMENT

WITH PEOPLE, PASSION & PRIDE

WHO WE ARE



OUR CORE VALUES

- CHARACTER:** Be the right person and you will do great things.
- INTEGRITY:** Possess great integrity and act responsibly.
- KNOWLEDGE:** Pursue competence through education and experience.
- STEWARDSHIP:** To whom much is given, much is expected.
- COMPETITIVE GREATNESS:** Perform at your absolute best every day.

Our Core Values represent the shared lasting beliefs and ideals for all levels of the UK Athletics Department. Our desired goal is to have these values reflected on a daily basis by all employees who represent UK Athletics.

HOW WE AIM TO SERVE

OUR QUALITY SERVICE STANDARDS



- SAFETY:** Protect the well-being of our guests, student-athletes, and staff.
- PROFESSIONALISM:** Do the right thing, the right way, at the right time.
- INTENTIONALITY:** Work on purpose, with a purpose, for a purpose.
- INNOVATION:** Pursue curiosity, wonder out loud, and imagine what could be.

Our Quality Service Standards represent the operating priorities that guide UKAD employees and representatives in our goal to provide world-class customer service to our patrons.

KENTUCKY  **ATHLETICS**

Wildcat Essentials

So, you're a Wildcat, now what?

Here's everything you need to know to set yourself up for success at the University of Kentucky:

Technology

Linkblue: Make sure your UKY [linkblue](#) is activated on all your devices and you have installed the DUO Mobile app to activate your Two-Factor Log-In. You'll use your linkblue account to log in to just about everything here at Kentucky. More information and directions can be found [here](#).



MyUK: Become familiar with the [myUK Portal](#) and myUK Mobile app.



Canvas: The University of Kentucky [Canvas](#) platform is where you will access all information regarding your classes.

Teamworks: All student-athletes and teams at Kentucky use [Teamworks](#) for communication and calendar features. Check with your coach about logging in to Teamworks.



iPad: Be sure to register for and pick up your Apple iPad, which is free for all first-year undergraduate students as part of the University's Smart Campus Initiative. More information can be found [here](#).

Wildcard ID Card



Everyone needs a WildCard ID card to use their meal plan, check out books at the library, and for complimentary admission to watch other UK sporting events. [Smile!](#)

Books

Student-athletes who are on a book scholarship will work with their CATS counselor to get their books and supplies. Those student-athletes who are not on book scholarship can purchase textbooks and supplies from [Barnes & Noble](#) or other vendors who supply textbooks.



Some books aren't books at all; they are digital course materials. One of the most popular versions of this is a program known as First Day from Barnes & Noble. Each professor can decide if they want to use the First Day option. The digital course materials will appear on the class account on your CANVAS account. Click [here](#) to learn more about First Day.

Admissions to Sporting Events

Complimentary Tickets for your Sport

The University of Kentucky may provide up to four complimentary admissions per home or away contests *in the sport in which the student-athlete participates*. These admissions must be provided under the following conditions:



- 1.) Admissions may only be provided through a pass list for the individuals you designate. “Hard tickets” will not be issued.
- 2.) The individual using the complimentary admission must present identification to the person who is supervising the use of the pass list at the admission gate.
- 3.) Student-athletes cannot receive anything of value for the use of their complimentary admissions.
- 4.) The student-athlete is required to only provide their complimentary admissions to individuals they know, such as family members, other students, etc.
- 5.) All student-athletes must use JumpForward to add and assign guests for their complimentary admissions.

Student Tickets

Use your WildCard for free admission into all regular-season home athletic events, except for football and men’s basketball, which require purchasing student tickets in advance. Click [here](#) for more information on student ticketing.

Football & Men’s Basketball Tickets

All students have the opportunity to purchase football and/or men’s basketball ticket packages when they go on sale each summer. Single game tickets will also be available for all home football and men’s basketball games according to a pre-determined schedule that is set prior to each season.



Student tickets may not be resold nor given to non-students to use. Misuse of student tickets may result in loss of ticket privileges or jeopardize eligibility.

You can purchase and access your tickets through the [UK Athletics App Ticketmaster App](#).

For questions related to any kind of student tickets, please visit <https://ukathleticstix.com/sports/stickets> or reach out to the UK Ticket Office by email at StudentTickets@uky.edu.

[CATS – Center for Academic & Tutorial Services](#)

The CATS facility is located next to Memorial Coliseum. Here, you have access to computers and free printing. CATS is also where you will meet with your assigned counselor and tutors.

Advising

You will be assigned a CATS academic counselor who will work with you to schedule classes and maintain requirements for eligibility and graduation. They will also assist in getting you tutors for classes you are needing help in.

Tutoring

Most freshmen have at least one tutor or mentor. Your CATS counselor will schedule your tutor sessions working around your class and practice schedule. You'll meet the same tutor at the same day and time each week for the duration of the semester. Talk to your CATS counselor for more information. Be sure you are familiar with the rules surrounding attending tutor sessions, which can be found in the Student Athlete Handbook.

[Performance Nutrition](#)

Get to know where the Nutrition Training Lab is located within the Nutter Training Center. You can learn how to prepare and cook healthy, performance impacting meals while having fun with your teammates and fellow Wildcats. You can also meet with our full-time sports dietician for more help or information on how to fuel your body. Nutritious, wholesome meals are also provided through Training Table at several locations on campus. Click [here](#) for an overview of the services available to you.

[Transportation and Parking](#)

Visit the [UK Transportation](#) website to learn more about how parking works, the bus routes, ride sharing and E-Scooters.

Get to know the on-campus bus routes so you can get around campus and never be late for class or practice. You can look [here](#) or download the [Transloc App](#) to see where each bus is located on campus in real-time. That way, you can plan when to be at the bus stop.

We know you would never get any parking tickets, but if you did, you can pay them [here](#).

Campus Safety

UKPD non-emergency numbers: (859) 257-8573, (859) 257-1616 (call for help anytime)



[LiveSafe App](#): A personal safety mobile app that University of Kentucky provides to all students, faculty, and staff for free. The app provides a quick, convenient, and discreet ways to communicate directly with University of Kentucky Police Department about potential risks and threats before they escalate, thereby enhancing your overall safety.

Need a ride? There are several free UK PD escort/transportation services:

[SAFECATS escort](#) - (Safe and Free Escort for Campus Area Traveling Students) is a safety escort service available to UK students and their guests Sunday - Thursday from 8:30pm to 1:30am except during official University holidays, breaks or during the summer. Students can arrange a free safety escort by calling (859) 257-SAFE (7233). Wait times are usually between 10 to 20 minutes.

[WildCab service](#) - Rides are just a tap away! Download the UK Wildcab app, available on the App Store and Google Play, to request a ride. Average wait times are between 10 to 15 minutes. Kentucky Wildcab runs Thursday through Saturday, from 10 p.m. until 3 a.m., when fall and spring semester classes are in session.



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OUR MISSION

DEVELOP LEADERS OF
CHARACTER
COMPETENCE
CONSEQUENCE
 FOR PLAY AND FOR LIFE

BELIEF SYSTEM

GUIDING PRINCIPLES

- BETTER PEOPLE MAKE BETTER WILDCATS
- DIRECTION DETERMINES DESTINATION
- WHO YOU'RE BECOMING DRIVES WHAT YOU'RE DOING
- DEVELOPMENT IS A DELIBERATE PROCESS AND A MUTUAL RESPONSIBILITY
- LEADERS DEVELOP LEADERS

CORE VALUES

- CHARACTER
- INTEGRITY
- KNOWLEDGE
- STEWARDSHIP
- COMPETITIVE GREATNESS

STRATEGY



OUTCOMES

- GRADUATE**
Earn a degree or have a plan to do so
- THINKER**
Think critically and creatively
- LEARNER**
Pursue excellence and life-long learning
- TEAMMATE**
Communicate and interact with others
- WINNER**
Demonstrate resilience and possess a winner's ethos
- CITIZEN**
Live honorably and embrace one's citizenship in BBN

The Kentucky Road

Student-Athlete Development

Along The Kentucky Road, we REVEAL RESOURCES and BUILD BRIDGES to developmental opportunities. YOU are an expert in YOU! If you want the best out of your experience as a student-athlete at the University of Kentucky, it will require you to drive intentionally along your path.

We are here to help you get to where you want to go, but we can't help unless you tell us where you're heading. To help guide the direction of your unique journey as a Kentucky Wildcat, we recommend that you use this ROADMAP as a tool.

Remember, at the completion of your time with us, you will be PRO in one of these three areas:

STUDENT | ATHLETE | CAREER

Be PRO-active in the approach to your desired destination!





YOUR JOURNEY STARTS HERE

THE KENTUCKY ROAD MISSION

To develop leaders of character, competence, and consequence for play and for life.

Visit thekentuckyroad.com and follow @TheKentuckyRoad on Twitter for celebrations, upcoming events, and all things Student-Athlete Experience!



PRO Pathways: Student | Athlete | Career

Whether it's in your sport, desired occupation, or the next step of your educational path, all your dreams are possible at UK. Whatever the future holds, you'll be ready.

CATS

Achieve optimal potential in the classroom by developing targeted academic plans with academic counselors and by utilizing the study services that tutors, mentors, and learning specialists provide. Be inspired to commit to an attitude of life-long learning!

THE KENTUCKY ROAD CANVAS SHELL

Access self-guided modules built in partnership with UK's Stuckert Career Center that target the following pillars: Finances, Career, Community/Citizenship, and Leadership.

STUDENT-ATHLETE CAREER FAIR

Annual event that opens the door to career networking, full-time employment, internships, and job shadowing.

STUDENT-ATHLETE NETWORK

A LinkedIn group for current and former Wildcats to connect and share resources and opportunities.

PRO-MANAGEMENT | NIL ERA

With specialized education and resources, student-athletes will be equipped to showcase who they are while at UK and when launching as a PRO.

MY NEW KENTUCKY HOME (MNBH)

A multi-week summer on-boarding program which helps ease the transition to college through experiential learning and peer mentoring.

TKR CONNECT

An all-in-one resource to view opportunities, upcoming events, information, and all things UKAD that can be helpful in the journey to turning PRO.

COMMUNITY ENGAGEMENT

Take part in opportunities to serve and impact the local community, the state of Kentucky, and beyond. Hours served are recorded and able to be referenced for future resume building, scholarships, and awards.

LEADER DEVELOPMENT

- **Team Sessions** - Learn the disciplines of leading self and the principles of leading others within a winning culture of growth and empowerment.
- **Whole Person Feedback** - Detailed self, peer, and coach assessments on both talent and character provide deliberate, purposeful feedback to improve self-awareness and identify performance gaps.
- **Individual Development Plans (IDPs)** - Prepare to deliver championship performances through customized goal-setting and associated action plans.
- **Emerging Leaders** - Represent your team in monthly leadership development sessions which explore and educate on how to lead yourself and others.
- **SAAC** - The UK Student-Athlete Advisory Committee ensures communication with UKAD leaders and promotes a complete student-athlete experience.
- **MNBH Ambassador** - Be a mentor for a small group of incoming student-athletes who are experiencing the transition to UK over the summer months.

PHYSICAL DEVELOPMENT

The arena is set for elite performances and championships as expert coaching unites with the support of professionals in the following specialties: Athletic Training, Nutrition, Sport Science, Sport & Clinical Psychology, and Strength & Conditioning.

Tell us where you are going or where you have been.
Your journey is always part of The Kentucky Road.

ALONG THE KENTUCKY ROAD, WE REVEAL RESOURCES AND BUILD BRIDGES TO BECOMING A PRO

Community Engagement

Community Engagement

Our student-athletes are encouraged to be active in our local, regional, national and international communities. Through giving back, we are able to positively impact lives and add value to those around us. We have developed partnerships that are intentionally selected to help us help others. We assist our student-athletes by providing opportunities to help us stay connected.

In order to best keep record of hours served, we ask that our student-athletes use the Community Engagement Form to log their hours. Through this collection platform, we are able to use it as a reference for resume building as well as award selection. It is the goal that each student-athlete serve at least a minimum of 5 hours per academic year.

UK Athletics God's Pantry Back Pack Program

In 2010, UK Athletics Director Mitch Barnhart created an athletics department- wide community service partnership with God's Pantry, a Lexington food bank. Once a week, UK student-athletes, coaches and staff volunteer their time to package food-filled "back packs" and hand deliver them to local elementary schools. The back packs are given to children who come from underprivileged families in the Lexington community. The program will return for its 12th year in 2021-22.

Student Athlete Advisory Committee (SAAC)

Mission Statement:

To serve as representatives among the student-athlete population, University of Kentucky Athletics Department (UKAD), the University of Kentucky (UK), the Southeastern Conference (SEC), and the National Collegiate Athletic Association (NCAA) to effectively communicate on and promote a complete student-athlete experience through the following:

- Protecting student-athlete well-being
- Fostering a positive student-athlete image
- Creating an inclusive and holistic student-athlete environment
- Encouraging and demonstrating student-athlete engagement at the national, conference, institutional and community levels

Outcome:

SAAC seeks to help grow and launch the following:

- Graduates
- Thinkers
- Learners
- Teammates
- Winners
- Citizens of Character

SAAC Guiding Principles:

- Ethics
- Integrity
- Fairness
- Respect for Diversity (Including: Gender, Race, Ethnicity, Sport)

SAAC Expectations:

- Attend ALL meetings ○ If a meeting needs to be missed, either the SAAC President or the Associate AD for Life Performance MUST be notified in advance of the meeting
- Come prepared to LEARN & PARTICIPATE
- Review the SAAC Mission Statement and UNDERSTAND YOUR ROLE
- Develop an EFFECTIVE COMMUNICATION STRATEGY with your team's other representative(s) AND with your team (this includes your coaches!)
- ASSIST & ADD SUPPORT as needed with events (ie – CATSPY's, Community Engagement Initiatives, Student-Athlete Orientation, etc.)

Constitution and Bylaws

Student Athlete Advisory Committee (SAAC)

University of Kentucky Athletics Department

PREAMBLE:

Intercollegiate athletics places unusual demands on student-athletes. Athletic and academic interests compete for the student-athlete's time, energy, and attention. The Student-Athlete Advisory Committee of the University of Kentucky believes that colleges and universities can and must provide the opportunity for student-athletes to be both successful students and fulfilled athletes. The University of Kentucky Student-Athlete Advisory Committee (SAAC) is the student-athlete organization that represents the student-athletes at the University of Kentucky. The SAAC seeks to ensure that the University of Kentucky Athletics Department (UKAD) provides each sport and every student-athlete with a quality environment and the essentials to be competitive as a student-athlete and a team. Further, the SAAC attempts to ensure that UKAD creates an honest and holistic environment that places the student-athletes' welfare as the central focus of the process—a process that provides each student-athlete the opportunity to learn how to be successful athletically, academically, and personally with the objective of each student-athlete improving his or her post-college quality of life.

ARTICLE 1 - NAME

This organization shall be known as the Student-Athlete Advisory Committee (SAAC).

ARTICLE 2 – PURPOSE AND OBJECTIVES

Section 2.1 - Purpose

- To provide support, leadership, direction, and a conduit of communication to the student-athletes at the University of Kentucky.
- To cultivate and improve the opportunities for athletic and academic achievement and personal growth for UK student-athletes.
- To enhance communication among the student-athletes and the UK athletic administration and coaches.
- To serve as an advisory source and the voice of all student-athletes to the Director of Athletics regarding any student-athlete concerns.

Section 2.2 – Objectives

- Generate a student-athlete voice and solicit student-athlete responses to proposed UKAD, campus, SEC, and NCAA legislation and/or policies.
- Promote efficient communication among athletics administration, coaches, staff, student-athletes, and campus personnel.
- Disseminate information to the respective sport team.
- Provide feedback and insight into athletics department issues.

- Build a sense of community and unify all athletics teams, coaches, staff and administrators within UKAD. Promote and encourage academic excellence, as well as personal and professional development.
- Promote and encourage academic excellence, as well as personal and professional development.
- Organize and promote community service initiatives amongst peers.
- Promote a positive student-athlete image within UKAD, on campus, and in the community.

ARTICLE 3 – MEMBERSHIP

Section 3.1 - Membership

- Representatives will be selected from each team to represent that respective team on the SAAC.
- The procedure for selecting SAAC representatives will be as follows:
 - Each team's current Primary Representative (representative that has served the longest) will identify interested members currently on their team. Volunteers will be solicited so as to develop a SAAC consisting of interested representatives who will actively participate in SAAC meetings and programming.
 - The names of interested team members will be approved by the head coach.
 - Each team may have a membership composed of one to three (1-3) representatives and will have a SAAC Primary Representative and Secondary Representative(s).
 - The Secondary Representative(s) may be a volunteer from any class (freshman/sophomore preferred).
 - All representatives (Primary and Secondary) will have the right to vote on issues.
 - There is no term limit for members, just officers. A representative must stay a member on a continual basis until any one of the following happens:

- A) His/her eligibility as a full-time student-athlete expires.
- B) He/she chooses to remove him/herself as a member of the group.
- C) His/her coach is unsupportive of his/her membership.

Section 3.2 – Qualifications

The following are minimum requirements for the membership to SAAC:

- Each member must maintain a 2.5 GPA or higher. If a representative drops below this grade point average, the representative will be put on probation for one semester. If the representative does not meet the required grade point average after that semester, he/she will be asked to resign as a member.
- All members must be full-time student-athletes.
- All teams are expected to be represented at all meetings. Excused absences must be approved in advance by the SAAC President and/or the UKAD Administrator/Advisor(s) overseeing SAAC. Excused absences include: competition, practice, tutor, class, illness, death in family, or meeting with a coach.
 - If a team and/or individual representative has one (1) unexcused absence, the representative will be contacted to be notified of the attendance policy.
 - If a team and/or individual representative has two (2) unexcused absences, the representative's name will be submitted to the Head Coach (or designee) and Sport Liaison to be put on probation with reconsideration for the following semester. At the discretion of the UKAD Administrator/Advisor(s) and the Executive Board Officers, the member may be granted an opportunity for reinstatement at the time he/she is put on probation, or he/she will be replaced by a teammate chosen by the Head Coach of that individual sport and UKAD Administrator/Advisor(s).
 - If a team and/or individual representative has three (3) unexcused absences, the representative's name will be submitted to the SAAC President for a vote for dismissal.

The vote for dismissal will be determined by a simple majority vote of the Executive Board Officers. Notification of dismissal will be forwarded to the representative's Head Coach and Sport Liaison.

- All the representatives (Primary and Secondary) can serve on Sub-Committees.
- SAAC meetings are open to all UK student-athletes.
- All representatives agree to uphold and to further the stated purpose (Article 2) of this SAAC.

Section 3.3 – Non-discrimination

In promoting and fostering diversity among its members, SAAC adheres to the University of Kentucky’s Statement on Diversity and Non-discrimination.

ARTICLE 4 – ORGANIZATIONAL LEADERSHIP | OFFICERS & DUTIES

Representatives of the Student-Athlete Advisory Committee will elect officers to the Executive Board each year at the end of Spring Semester (typically during the April meeting). All officers will begin to serve in their position during the summer months following the election. The following is a list of the officer positions and their duties:

President Assumed by President-Elect | Term: One Year

Roles & Responsibilities:

- Preside at all meetings of the membership.
- Attempt to be present on all SEC conference calls.
- Responsible for attending SEC Student-Athlete Advisory Committee meetings.
- Serves as the spokesperson of SAAC.
- Responsible for coordinating with the President-Elect and the UKAD Administrator/Advisor(s) for producing each meeting agenda.

President-Elect Term: One Year

Roles & Responsibilities:

- Exercise all the functions of the office of the President in the absence of the President.
- Monitor and work with the Sub-Committee Chairs as directed by the President.
- Succeed the President at the conclusion of his/her term, unless otherwise determined by the UKAD Administrator/Advisor(s).

Secretary

Term: One Year

Roles & Responsibilities:

- Responsible for taking and typing the minutes of each SAAC meeting.
- Coordinate with Sub-Committee Chairs to compile any minutes from those meetings and submitting the minutes to the SAAC representatives via e-mail.
- Coordinate with the UKAD Administrator/Advisor(s) and SAAC President to disseminate meeting minutes and other important information to members and/or coaches in a timely manner following meetings.
- Pass along an organized set of annual minutes to the Historian at the end of each year.

Historian

Term: One Year

Roles & Responsibilities:

- Archiving the annual records (minutes, reports, etc.) of the SAAC.
- Produce a compendium of SAAC activity at the end of each year, which will be presented to the UKAD Administrator/Advisor(s) and retained for historical reference.

Treasurer*

Term: One Year | **this position is only required if SAAC has been given its own budget*

Roles & Responsibilities:

- Monitor the financial aspects of any fundraising activity and coordinate this with the Senior Associate Athletics Director for Finance and the UKAD Administrator/Advisor(s).
- Maintain a SAAC budget, maintain financial records of all SAAC activities, and any other financial activities assigned by the President.

UKAD Administrator / Advisor(s)

Appointed by UKAD Athletics Director - *The Advisor(s) must be a full-time staff/employee of UKAD*

Roles & Responsibilities:

- Serve and support the SAAC Officers and membership with facilitation and execution of the organization.
- Assist with the creation of meeting agendas, advising to ensure compliance with UK policies and procedures, as well as NCAA regulations.
- Attend all general body meetings and Executive Officer meetings.
- Serve as a communication conduit to the Athletics Director and/or UKAD Executive Administration Team.

ARTICLE 5 - ELECTIONS AND VOTING

Section 5.1 – Election Process

A nominating committee, consisting of the President, President Elect, Secretary, and the Historian shall prepare a slate of candidates which will be presented in writing to the representatives. Nominees must be at least of second year status, must have been at UK for at least one year, and are of good academic standing.

1. All elections will take place during a spring meeting (usually March/April). Current officer/chairperson have to run each year, unless unanimously voted on by the Executive Board to take a new executive position. Active members of SAAC may nominate others or themselves for an officer/chairperson position.
2. All officer/chairperson shall be elected by a majority vote of eligible voting members of SAAC.
3. Each leadership position will be heard, voted on, and determined prior to consideration of the next leadership position. Votes will be done by anonymous ballot to be collected and tabulated by the organization's advisor(s). Order of leadership positions to be voted on: President, Vice President, Secretary, Historian, and then any Committee Chairpersons.
4. Newly elected officers/chairpersons will assume office at the conclusion of the spring semester for which they were elected. Officers/chairpersons elected mid-term will assume office immediately after their election.

Section 5.2 – Removal or Vacancy of Officers/Chairpersons

Any officer/chairperson of SAAC in violation of the organization's purpose or constitution or failure to fulfill duties as stated may be removed from office by the following process:

- A written request by at least two members of the organization.
- Written notification to the officer/chairperson of the request, asking the officer/chairperson to be present at the next Executive Board meeting prepared to speak in their own defense.
- 75% of the Executive Board must be in attendance to vote on removal of an officer. A two-thirds (2/3) majority is necessary to remove the officer.

The remaining Executive Officers, along with the UKAD Administrator/Advisor(s), shall make appointments to fill any uncompleted terms until the next general election.

Section 5.3 – Voting Procedures

All active representatives have the right to vote on any issue that may arise during a SAAC meeting. In order for an issue to pass, or an officer to be elected, a quorum must be present. A quorum is more than two-thirds of active members present at the general meeting. Only active members are able to run for office and vote; non-active members are excluded from holding office and voting.

Issues that arise during Sub-Committee meetings that need a vote by membership, will be voted during a regularly scheduled SAAC meeting or a meeting called by the President. A Sub-Committee is able to send a non-SAAC member to present on the issue, however that person will not be able to vote.

ARTICLE 6 – SUB-COMMITTEES

A standing Sub-Committee is a subunit of an organization that is established in a permanent fashion to aid the organization in accomplishing its duties and perform a special function that is beyond the authority or capacity of the current SAAC. Sub-Committees will be established and identified within the SAAC membership based on majority vote, need within a specific area, and at the President's discretion.

Sub-Committees promote leadership opportunities for SAAC members to be more directly involved while also serving as channels of engagement between various members. Any standing Sub-Committee Chairs shall be appointed by the President. The Sub-Committee Chairs or their designee, will report updates to SAAC during the regular meeting or a meeting called by the President.

In order for a Sub-Committee to be dissolved, the membership must have 2/3 attendance at the respective meeting and have a majority vote in order to make the change.

The following are EXAMPLES of possible Sub-Committees:

Community Outreach and Service Sub-Committee - Coordinate all Outreach Activities sponsored by the SAAC, ensuring that outreach activities are adequately supported by student-athletes, reporting at meetings on upcoming community outreach activities and providing a verbal report of past community outreach activities at each meeting. The Chair must work closely with the Life Performance Team.

Legislative Sub-Committee - Provide a calendar of NCAA/SEC legislative activities for the representatives, arranging timely meetings with the Compliance Office to review upcoming legislation and assist with presenting upcoming legislative proposals and/or reviewing potential and effective legislation with the representatives at SAAC meetings and via electronic media. The Chair should report at SAAC meetings when appropriate.

Student-Athlete Engagement Subcommittee – Organize and plan initiatives that focuses on creative ways to enhance student-athlete interaction between teams. Coordinate efforts to honor student-athletes and/or celebrate National Student-Athlete Day each spring (April 6th).

Campus Collaboration Subcommittee – Collaborate with campus organizations to identify initiatives that promote joint effort and participation between student-athletes and the general student body.

ARTICLE 7 – MEETINGS

- There shall be an organizational meeting of the officers of the SAAC and the UKAD Administrator and/or Advisor(s) to the SAAC as close to the start of school in the fall as possible. Several organizational issues will be discussed at this meeting including:
 - The schedule of meetings for the upcoming school year.

- Any vacancies of offices that may need to be filled.
- Any vacancies of representative positions that need to be filled.
- Frequency of SAAC meetings for the academic year.
- Brainstorming and Planning of activities for the coming year.
- Any other relevant discussion items.

- The SAAC shall meet once a month, or as necessary, during the fall and spring semesters of each academic calendar year. Meetings will be determined by the SAAC President and the UKAD Administrator/Advisor(s).

- Any established and SAAC approved Sub-Committees may meet outside of regular meetings. The days and times of these meetings will be established by the Sub-Committee Chairperson.

ARTICLE 8 – AMENDMENTS

This Constitution and Bylaws may be amended by a two-thirds vote of the representatives in good standing. No amendment shall be voted upon without written notification to the representatives at least one month in advance of the vote.

CATS -- Center for Academic and Tutorial Services

Mission Statement

The mission of the CATS program is to create an environment where all student-athletes have the opportunity to maximize their academic, personal and social growth and improve their post-college quality of life. You will have a CATS counselor and a campus advisor to make sure you are on target for completing your degree.

Overview

The Center for Academic and Tutorial Services (CATS) is a multi-purpose academic facility. The mission of the CATS support program is consistent with the overall mission of the athletics department and the University of Kentucky. The Center for Academic and Tutorial Services' staff strives to ensure that each student-athlete is at the heart of the program.

Every student-athlete has needs that are fulfilled by personal, athletic and academic success. The ultimate goal of the CATS staff is to ensure that the athletic department provides each student-athlete with the opportunity to mature and grow personally and academically while pursuing athletic excellence.

The Center for Academic and Tutorial Services has been recognized as a national model of academic advising for student-athletes. The staff is committed to continued prominence in the field. Many members of the CATS staff have been elected to leadership positions within the National Association of Academic and Student-Athlete Development Professionals (N4A) including the President of the N4A, Secretary, Regional Representative, Treasurer and Committee Chairs. Honors received by CATS staff include the National Outstanding Advisor Award, the Professional Promise Award, and the Distinguished Service Award.

Every facet of our program is directed toward fulfilling the promises that coaches and the athletics department personnel make in the recruiting process and ensuring that each student-athlete has every opportunity to succeed.

Our mission as it relates to our Student-Athletes

The University of Kentucky Athletics Department is committed to providing student-athletes with high quality services. The staff of the Center for Academic and Tutorial Services will make every effort to create a wholesome learning environment and will be fair, courteous and professional. The staff will be sensitive to any student-athlete's special academic needs.

Our mission as it relates to our Coaches

Unlike coaches in professional sports, college coaches are responsible not only for the athletic success of their student-athletes but also the personal and academic development of the individuals they recruit. The CATS staff can do very little to affect a student-athlete's educational, personal and social development unless that staff is empowered by the coaches.

College coaches are in a unique position and under unique pressures. If coaches express interest in the academic, educational and personal growth of the prospect during the recruiting process, they have a responsibility to ensure that they provide support and guidance to the student-athletes in each of these areas. Coaches must be aware of the University's academic profile and recruit students who they believe can succeed academically. It is the head coach's responsibility to ensure that student-athletes graduate and have the opportunity for personal and social growth.

Our mission as it relates to our Staff

We are committed to the recruitment and development of the best individuals in our profession. We provide our staff the opportunity to grow professionally as we have a vested interest in the individuals who ensure the success of the student-athlete support program. We maintain an open door policy at all levels, encouraging the flow of communication and exchange of ideas. We recognize the importance of each individual in the completion of our mission.

CATS Services

Advising

We have eight academic counselors and two other administrators who have team counseling responsibilities as well as 10 part-time academic services assistants who work to provide holistic and productive advising services. Academic counselors are assigned to specific teams ensuring that each student-athlete's schedule meets the requirements for eligibility and graduation and that athletic conflicts are avoided, where possible. Academic services assistants communicate with professors regarding the academic progress of student-athletes, check classes and serve as peer counselors for student-athletes.

Tutoring

A full-time tutor coordinator manages the tutoring program. Tutors are available for any subject and can be provided to any student-athlete, scholarship or walk-on. We draw our tutors from the University and the community. The individuals who provide tutoring may be graduate students and undergraduates who are well qualified as well as teachers and professionals from the community.

Mentoring

Many students, not just student-athletes, come to college with limited organizational skills. As a result, many first-year student-athletes are assigned a mentor. Mentors assist in the transition from high school to college in terms of organizing, time management, prioritization and assignment awareness. During meetings, mentors monitor the progress of student-athletes throughout the week, helping them set a plan for completing assignments and preparing for exams. Mentors come from our corps of veteran adult tutors including veteran school teachers and members of the community.

Hours of Operation

Monday-Thursday: 8:00 a.m.- 10:00 p.m.

Friday: 8:00 a.m.- 5:00 p.m.

Sunday: 12:00p.m.- 10:00 p.m.

CATS Staff

- Associate Athletics Director for Academics
- Assistant Athletics Director for Admissions & Eligibility
- Director of Learning Services
- 9 full-time professional advising staff
- Tutor Coordinator
- Academic Services Assistants (post graduate interns)
- Tutors and Mentors

Missing class for travel and competition

Excused Absences

The University allows for travel and competition in intercollegiate athletic events to be deemed an excused absence. Your CATS counselor and ASA will provide you with a travel letter that verifies your role on the team. It will describe the dates of travel and the dates you will miss class. It is your responsibility to share this letter with your professor or instructor and make arrangements to make up any missed work.

The language below specifically describes excused absences:

Trips for members of student organizations sponsored by an educational unit, trips for University classes, and trips for participation in intercollegiate athletic events, including club sports registered with the university as well as varsity sports. When feasible, the student must notify the Instructor of Record prior to the occurrence of such absences, but in no case shall such notification occur more than one week after the absence. Instructors of Record may request formal notification from appropriate university personnel to document the student's participation in such trips.

What You Can Do to Help Yourself as a Student-Athlete

| Semesters 1-3 | | Semesters 3-5 | |
|-----------------------------------|--|--|--|
| Open Checking & Savings Acct | *Register to Vote | Save % of Income | Attend a Diversity/Inclusion Event |
| Set Up Direct Deposit | Develop 5+ Friends that are NON-SA's | Attend Financial Ed Session | Develop 5+ Friends that are NON-SA's |
| Build Out Budget | Complete & Log 10+ Hours of Community Engagement | Begin Building Credit | Learn about a UKAD Staff Person |
| Save % of Income | | Build Out Budget | Complete & Log 10+ Hours of Community Engagement |
| Attend Financial Ed Session | *Attend Team Leadership Sessions | Complete Resume Module | Set Your Short & Long Term Goals |
| *Explore / Research Career Paths | Personality Test or DISC Assessment | Complete Cover Letter Module | *Attend Team Leadership Sessions |
| *Take Interest & Ability Survey | Develop & Use an Organizational System / Tool | Set Up Handshake Account | *Complete Peer Reviews |
| Public Speaking | | Apply for Internship / Shadow Experience | Select Your Board Members |
| Attend a Campus Event of Interest | *Complete Peer Reviews | Attend Job & Internship Fair | *Emerging Leaders Course |

What You Can Do to Help Yourself as a Student-Athlete

| Semesters 5-7 | | Semesters 6-8 | |
|--|--|---|---|
| Save % of Income | Attend Job & Internship Fair | Save % of Income | Develop & Cultivate Professional Network |
| Build Out Budget | Meet 1:1 w/ Career Counselor | Build Out Budget | Complete & Log 10+ Hours of Community Engagement |
| Attend Financial Ed Session | Attend Etiquette Dinner | Attend Financial Ed Session | Set Your Short & Long Term Goals |
| Check Credit Score | *Meet w/ Internship Coord in your College | Prepare for Large Purchase (Car, Loans) | |
| Conduct an Informational Employer Interviews | Apply for Internship / Shadow Experience | Open Roth IRA | Serve as a MNKH Ambassador or Team Mentor |
| | Complete & Log 10+ Hours of Community Engagement | Attend Mock Interview Session | Review Your Board Members |
| Complete LinkedIn Profile & Connect to 5+ People | Attend a Service Trip (Domestic or Abroad) | Attend Job & Internship Fair | |
| Attend Mock Interview Session | Serve as a MNKH Ambassador or Team Mentor | Attend Career Clothing Event |  |
| Develop Elevator Pitch | *Emerging Leaders Course | PRO Career Student Athlete Plan | |

Impact Leadership Program

The Impact Leadership Program falls under the Student-Athlete Experience Division and is directed by Shawn Umbrell. He can be reached at shawn.umbrell@uky.edu. The Program provides leadership development opportunities for student-athletes, coaches and staff members through a deliberative process of engagement, equipping, experience and examination.

.Specific opportunities for student-athletes include:

Team Captains and Emerging Leaders Course

The Team Captains and Emerging Leaders Course is designed to bring student-athletes together as part of a comprehensive program to prepare them for the mantle of leadership. The course is highly interactive and is framed around leadership case studies, articles, small group discussions, and teaching. The purpose of the course is to infuse the strategies and skills necessary to be effective leaders in the current and future leadership roles. The course consists of six sessions; three in the fall and three in the spring.

Team Dynamics Sessions

These team sessions are unique to each team. They are designed to drive team discussions about topics that are important to the team. The purpose of these sessions is to increase the team's awareness and performance in the intangible dynamics that the team must possess in order to achieve its fullest potential.

Whole Person and Peer Assessments

Whole Person Assessments are feedback tools designed to drive developmental discussions between student-athletes and their coaches. These assessments focus on four dimensions of student-athlete development. These dimensions are physical, mental, technical, and behavioral. These assessments are unique to each team and the needs of the coaches and student-athletes.

Peer Assessments are feedback tools designed to drive developmental discussion between student-athletes and their coaches. These assessments focus specifically on the behavioral dimension of performance. These assessments are unique to each team and the "intangible" attributes required from each student-athlete to be the best teammate he or she could be.

UNIVERSITY ACADEMIC POLICIES

The operations of the University's educational program are based upon certain academic requirements and procedures with which you should familiarize yourself. Additional information is available in the University of Kentucky's Undergraduate Bulletin, the Schedule of Classes and other publications of the University.

Confidentiality of Student Records

In accordance with the Family Education Rights and Privacy Act of 1974, University of Kentucky students have the right to review, inspect, and challenge the accuracy of information kept in a cumulative file by the institution unless the student waives this right in writing.

However, the law provides disclosure without a student's consent to:

- Other school officials, including faculty within the educational institution or local educational agency who have legitimate educational interests – this would include CATS staff members.
- Officials of other schools or school systems in which the student intends to enroll
- Accrediting organizations
- Organizations doing certain studies for or on behalf of the University
- Parents when a student over 18 is still a dependent
- Certain government officials of the U.S. Department of Education, the Comptroller General, and state and local educational authorities, in connection with an audit, authorized representatives of the U.S. Attorney General for law enforcement purposes or state or federally supported education programs
- Individuals who have obtained a judicial order or subpoena
- Appropriate parties who need to know in cases of health and safety emergencies when necessary to protect the health and safety of the student and/or others
- State and local authorities, within the juvenile justice system, pursuant to specific state law
- Alleged victim of a crime of violence the results of a disciplinary proceeding with respect to that crime
- Parent or legal guardian of a student under the age of 21, information regarding any violation of university police or state, federal or local law, governing the use of possession of alcohol or a controlled substance
- Appropriate parties in connection with financial aid to a student to determine eligibility, amount or conditions of financial aid, or to enforce the terms and conditions of aid, and
- Those requesting "directory information" on a student provided the student has not requested his or her information be withheld

Under FERPA (federal law), the following items are considered directory information:

- Address
- Telephone listings
- E-mail address
- Photograph
- Major Field of Study
- Participation in officially recognized activities and sports
- Weight and height of members of athletic teams
- Dates of Attendance
- Enrollment Status
- Degrees and awards received
- Most recent previous educational institution attended by the student

In addition, you will be asked to sign a written consent which allows authorized representatives of the University of Kentucky Athletics Department and your parents access to all documents and information pertaining to your University and NCAA eligibility.

Academic Eligibility, Grade Classification and Graduation

The NCAA has many rules regarding eligibility for student-athletes. Please refer to the Continuing Eligibility section for regulations specific to your eligibility status at the University such as: percent of degree, GPA, hours per year and hours per semester, etc.

Also, you must carry twelve (12) semester credit hours each term in order to be classified as full-time. Dropping below the full-time load (12 hours) will result in the student-athlete being immediately ineligible for practice and competition. Most degree programs require the completion of at least one hundred twenty (120) hours. This is thirty (30) hours each year over a four-year period or fifteen (15) hours per semester. Graduate students must be enrolled in 9 credit hours per term to be considered full-time.

Petition to take Courses at Another School

You must obtain prior approval from your academic counselor at CATS before taking a course at another school. Your counselor will help you choose a course, check to see if it has an existing equivalent course documented in the University of Kentucky system and/or request an evaluation through the Registrar's office. By completing this process prior to enrolling at the other school, you are assured that your credits will count when you return to the University of Kentucky. This process should be completed for any non-University of Kentucky course taken in the fall, spring or summer.

Unilateral removal for failure to attend a course

You can be unenrolled from a class by the Instructor if you do not attend or participate in the first two weeks of class.

If from the first day of classes to the last day to add a class, students neither show evidence of participation in the course nor notify the Instructor of Record of their intent to complete the course, the Instructor of Record may report these students to the Registrar who shall remove the students from the class roll and who shall inform such students that they have been removed. The students will have no record of the class appear on their transcripts.

Repeat Option

An undergraduate student has the option to repeat once as many as three different completed courses with only the grade, credit hours, and quality points for the second completion used in computing the student's academic standing and credit for graduation. The limit of three repeat options holds for a student's entire undergraduate career, no matter how many degrees or programs are attempted. A student may not use the repeat option when retaking a course on a Pass/Fail basis if the course was originally taken for a letter grade. A student may use a repeat option when repeating a course for a letter grade if the course was originally taken pass/fail. A student exercising the repeat option must consult the student's College advisor and must notify the Office of the Registrar. A student may exercise the repeat option at any time prior to graduation and must be enrolled at UK.

Academic Integrity

Students are expected to pursue their studies with steadfast commitment to intellectual honesty and personal integrity. The University defines as an academic offense any act of plagiarism, cheating, or falsification or misuse of academic records.

Plagiarism

All academic work, written or otherwise, submitted by students to their instructors or other academic supervisors, is expected to be the result of their own thought, research, or self-expression. In cases where students feel unsure about a question of plagiarism involving their work, they are obliged to consult their instructors on the matter before submission.

Cheating

Cheating is defined by its general usage. It includes, but is not limited to, the wrongfully giving, taking, or presenting any information or material by a student with the intent of aiding himself/herself or another on any academic work which is considered in any way in the determination of the final grade.

Falsification or Misuse of Academic Records

Maintaining the integrity, accuracy, and appropriate privacy of student academic records is an essential administrative function of the University and a basic protection of all students. Accordingly, the actual or attempted falsification, theft, misrepresentation or other alteration or misuse of any official academic record of the University, specifically including knowingly having unauthorized access to such records or the unauthorized disclosure of information contained in such records, is a serious academic offense. As used in this context, "academic record" includes all paper and electronic versions of the partial or complete permanent academic record, all official and unofficial academic transcripts, application documents and admission credentials, and all academic record transaction documents.

All incidents of cheating and plagiarism are taken very seriously at the University of Kentucky, and there are specific policies and procedures in place to prosecute them. A student accused of an academic conduct offense may not withdraw from the class in which the academic conduct violation is alleged to have occurred.

If a student is formally accused of and found responsible for an academic offense, the individual will be informed in writing and given 10 days to appeal the ruling by contacting the Office of the Academic Ombud. Penalties for academic offenses range from a zero on the assignment (for a first offense) to suspension or expulsion. A record of an academic offense for which a student is found responsible will be filed in the University Registrar's Office, and in some cases may be recorded on the offending student's transcript.

A student charged with an academic offense may contact the Office of the Academic Ombud for an explanation of the procedural steps in cases involving academic offenses, including the processes for appealing one's responsibility or the severity of the sanction being imposed. Students shall have the right to attend classes, to pursue their academic programs, and to participate in University functions during the consideration of any appeal.

More information can be found at the Academic Ombud Services website:

<https://www.uky.edu/ombud/academic-offense-information>

SCHOLASTIC PROBATION, ACADEMIC SUSPENSION AND REINSTATEMENT

General Regulations for Undergraduate Students

Academic Probation and Suspension

The academic probation and suspension standards that are used to determine a student's academic standing University-wide are based on grade-point average.

Individual colleges may establish policies regarding academic probation and suspension with regard to a student's academic standing within the college in addition to the University-wide policies prescribed in Senate Rule 5.3.1. If a college establishes such a policy, the policy must be approved by the University Senate and made available in writing to the students.

Specific details of the Academic Suspension and Probation policies of various Colleges within the University can be found on page 76 of the Undergraduate Bulletin.

<https://www.uky.edu/registrar/sites/www.uky.edu.registrar/files/academic%20requirements.pdf>

A student suspended from a college or program may transfer to another college or program which has a 2.0 grade-point average admission requirement for transfer students, even if the student has a GPA lower than 2.0, provided he or she is not subject to the provisions for suspension from the University. However, the student must meet all other admission criteria established by the college or program. If the student would have been placed on academic probation by the college to which he or she is transferring had he or she been previously enrolled in that college, then the college may place the student on probation at the time of admission.

Academic Probation

Students are placed on probation if:

1. Their cumulative grade-point average (GPA) falls below 2.0. Students on probation for this reason who achieve a cumulative 2.0 GPA or higher shall be removed from probation.
2. They have two consecutive UK academic terms with term GPAs below 2.0 regardless of their cumulative GPA. Students who achieve a 2.0 or better in the next term and have a cumulative GPA of 2.0 or higher will be removed from probation.
3. If the student has completed all the academic and procedural requirements for the degree while still maintaining an overall GPA of 2.0 or higher (or the minimum GPA established by a specific college), the degree shall be awarded and the student placed in good standing.
4. The Summer Session and Summer Term are considered two separate academic terms and are subject to the same probation and suspension provisions as Spring and Fall.

Removal from Probation

Except as provided for by specific college probation policy, an undergraduate student may be removed from probation by the dean of the college when the student on scholastic probation has earned 90 semester hours (senior standing), and at the end of a semester or session has a cumulative grade-point standing of 2.0.

Academic Suspension

Students are suspended if:

1. They fail to earn a 2.0 term GPA for any term while on probation;
 2. They have three consecutive UK terms in which their cumulative GPA remains below 2.0;
- or
3. Their GPA is below 0.6 after their first term, if the semester's GPA is based on at least 9 hours of grades, A, B, C, D or E.

Notwithstanding the provisions above, in the case of a student eligible for suspension, the dean of the student's college may continue a student on academic probation if the individual case so justifies with notification to the Director of Undergraduate Studies.

General Rules Pertaining to Students Under Academic Suspension

A student academically suspended from the University may not enroll in any courses offered by the University, nor take any special examination for University credit.

A student academically suspended from the University a second time shall not be readmitted to the University except in unusual circumstances and then only upon recommendation of the dean of the college in which the student plans to enroll and approval of the University Senate Council.

Once reported to the Registrar, an academic suspension may be rescinded by the dean only in the event of an error in the determination of the student's eligibility for suspension, an official grade change that alters the student's suspension eligibility, or exceptional circumstances.

Reinstatement

After they have remained out of the University for at least a semester and a summer session (a semester for students academically suspended at the end of a summer session), students who have been academically suspended may only be reinstated by the dean of the college in which they plan to enroll when they present evidence that they are capable of performing at the level required to prevent being suspended a second time. The deadline for students to schedule an appointment for reinstatement in all colleges is May 15 for the fall semester and October 1 for the spring semester.

Academic Ombud Services

<https://www.uky.edu/ombud/>

One of the first things you should do to improve your chances of academic success is become familiar with the offices and the people on campus who can lend a helpful hand or an attentive ear. The Academic Ombud's office is one of those places.

The Academic Ombud helps resolve academic disagreements between students and faculty or administration. When students are unable to resolve grievances through normal resolution processes, the Ombud may be able to expedite the process or advise the student about the proper procedures to follow. All cases are held in strict confidence.

The Office of Academic Ombud Services is open from 8 A.M. to 4:30 P.M. and is located in 109 Bradley Hall. For information, questions, or appointments, call (859) 257-3737 or email: Ombud@uky.edu.

Some examples of academic problems that the Ombud deals with are:

- Admission/registration problems
- Violation of students' academic rights
- Unfair teaching and grading practices
- Cheating and plagiarism

Some Helpful Suggestions for Avoiding Problems Are:

In order to know if academic rights have been violated, become familiar with the Code of Student Conduct found online at <https://www.uky.edu/studentconduct/code-student-conduct>

Be aware of program requirements, deadlines, and examination dates.

Keep all tests, quizzes, homework, term papers, handouts and syllabi as supportive material until a satisfactory grade has been awarded.

Be sure to keep communication open between you and your instructor. Take advantage of appropriate channels within the college, such as the course coordinator, department chairperson and representatives of the dean's office. If there are difficulties in communicating, contact the Ombudsman's Office. Remember, when voicing a complaint, a student must have sufficient evidence to support his or her case.

Registration and Add/Drop

Registering for classes involves three basic steps:

Contact your CATS counselor in October (fall semester) or March (spring semester) for advising instructions specific to your college and major.

Set up an appointment and meet with your campus advisor prior to your priority registration date. Most appointments can be made through your myUK portal.

Review planned schedule with your CATS counselor. You have approximately three weeks from the time your window opens to register for classes. It is to your advantage to register as soon as possible. You do not need to miss classes in order to advance register. Advance registration is not an excused absence.

If you need to change your schedule (add/drop) after you have registered, contact your CATS counselor for instructions.

Procedures for Dropping a Class

1. Visit your CATS counselor to discuss the impact on eligibility and graduation timing.
2. The Petition to Drop a Course form will be completed via your Teamworks profile. Your counselor will arrange the automated form, which will require your signature, your coach's signature and your counselor's signature as well as the Assistant AD for Academics & Eligibility.
3. Once all parties have digitally signed the form, your CATS counselor will electronically drop the course.
4. All textbooks from the courses dropped must be returned to CATS.

Withdrawal from the University

Specific steps can be found here:

<https://www.uky.edu/registrar/withdrawal>

If you plan on leaving UK before graduation (transfer, no longer attend any university, join the military, declare for a professional sport draft) make sure you check out with your CATS advisor. You MUST withdraw from classes if you make the decision to withdraw and/or transfer from UK.

Meeting with your advisor can ensure that you do not make any mistakes. We want to know if we can help you in any way.

Important note: If you withdraw from the University and plan on returning, you must reapply for admission. Failure to properly withdraw from the semester, may result in failing grades for each of your classes for the semester. All full withdrawals beginning the first day of class must be submitted to the Office of the Registrar.

University of Kentucky Athletics

Class Attendance Policy – 2021-22 Academic Year

Class attendance is an expectation for all student-athletes at the University of Kentucky. Attendance in all of its forms is expected of student-athletes, whether the class is in-person, hybrid or completely online. As such, the Class Attendance Policy outlined below applies to all student-athletes.

Student-athletes must make themselves aware of the expectations of their professors and instructors regarding class attendance policies. Students may be expected to virtually attend a class at a synchronous time via Zoom or some other platform, or they may be permitted to virtually watch class at their convenience (asynchronous). Each class will have its own policy and point system for attendance and participation.

There are times that an emergency or illness is just cause for missing classes. These will be handled on a case-by-case basis, and you should make your CATS counselor aware of these absences.

The CATS counselor will produce a Travel Letter that states the travel and competition dates for the semester. The CATS counselor will give each student-athlete the letter, as a hard or digital copy, to share with his/her professors.

In the case of 'in-person' modality of class delivery, the professors will be asked to sign off, so as to acknowledge receipt of the dates of travel and competition. In the case of 'fully online' or 'hybrid' course delivery, student-athletes should make every attempt to virtually attend any synchronous class meetings while away from campus. If the student-athlete is in training while away from campus or in a competition, he/she does not need to virtually attend a synchronous class. However, the student-athlete is responsible for communicating with his or her professors in advance of any authorized travel and for making arrangements to make up attendance by watching any available recordings as well as completing all missed assignments. The student-athlete must report any potential problems with completing required assignments to his/her CATS Counselor.

All student-athletes are subject to the following class attendance policy regardless of academic standing or grade point average. The policy will be enforced in the fall, winter intercession, spring and summer sessions.

UK Athletics NIL Policy Reminder – student-athletes shall not miss classes or other academic obligations (such as tutors and mentors) to participate in a promotional activity for compensation.

The Center for Academic and Tutorial Services (CATS) will have the responsibility for (1) monitoring class attendance and (2) notifying all pertinent parties in a timely fashion. CATS staff will check the classes of monitored and unmonitored student-athletes to ensure class attendance. CANVAS will be relied upon as the main source of class attendance monitoring for any class that is completely online. On occasion, CATS staff will email faculty members to inquire about class attendance,

virtually or in-person. Faculty reports will be utilized to identify potential attendance problems. CATS counselors are responsible for informing students of what constitutes a class miss:

- If the course modality is 'in-person' and the student-athlete does not physically attend or virtually attend (as permitted by instructor), this is considered a class miss.
- If the course modality is 'hybrid' and the student-athlete does not physically attend or virtually attend (as permitted by instructor), this is considered a class miss.
- If the course modality is 'fully online' and the student-athlete does not virtually attend (as defined by instructor), this is considered a class miss.

The following are the penalties for unexcused absences from classes:

- **First absence in a course** - Reported by the academic counselor to head coach and/or position/event coach, the operations director and/or liaison to the sport. Discipline will be determined by the head coach or position coach / event coach (if relevant).
- **Second absence in the same course** - Reported by the academic counselor to head coach and/or position/event coach, the operations director and/or liaison to the sport. Discipline will be determined by the head coach or position coach / event coach (if relevant).
- **Third absence in the same course** - Reported by the academic counselor to head coach and/or position/event coach, the operations director and/or liaison to the sport, the Associate Athletics Director for Academics and the Executive Associate Athletics Director for Student Athlete Experience. The parents will be notified via phone or e-mail (if possible) notifying them that subsequent absences will result in the student-athlete being penalized and describing all future penalties. The head coach or position coach / event coach and sport liaison will meet with the student. Discipline will be determined by the head coach or position coach / event coach (if relevant).
- **Fourth absence in the same course** - Reported by the academic counselor to head coach and/or position/event coach, the operations director and/or liaison to the sport, the Associate Athletics Director for Academics, the Executive Associate Athletics Director for Student Athlete Experience and the Director of Athletics. The parents will be notified via phone or e-mail (if possible) notifying them that a subsequent absence will result in the student-athlete being penalized and describing all future penalties. The head coach and sport liaison will meet with the student. Discipline will be determined by the head coach and sport liaison. The student will be made aware of the penalties for the fifth absence.
- **Fifth Absence in the same course** - Reported by the academic counselor to head coach and/or position/event coach, the operations director and/or liaison to the sport, the Associate Athletics Director for Academics, the Executive Associate Athletics Director for Student Athlete Experience and the Director of Athletics. The parents will be notified of the penalties via phone or e-mail (if possible).

The minimum penalty for a 5th unexcused absence in the same course is:

Suspension from participation - The student-athlete will be suspended from 10% of the maximum number of contests for that sport for which the student-athlete is otherwise eligible. This penalty will be assessed from the next 25% of available contests, including post season, and potentially, the following season.

The student-athlete will also be required to meet with the Director of Athletics.

- In consultation with the Associate Athletics Director for Academics, the head coach and sport liaison will determine when the penalty is to be applied. Once this is determined, the student-athlete will be notified verbally and receive an email to their official UKY email account from the Associate Athletics Director for Academics.

Appeals:

To appeal a specific absence: If a student-athlete believes that the information related to a specific absence is inaccurate, the student-athlete has 24 hours from the receipt of the email notification from CATS to inform his/her CATS counselor that he/she will appeal the absence.

To appeal the class absence penalty: The student-athlete has three business days from the receipt of the absence penalty notification via their UKY email to contact the Associate Athletics Director for Academics and provide documentation for the appeal. After receiving documentation, the Associate Athletics Director for Academics will provide the materials to the Appeals Committee for review and a decision. The Appeals Committee is comprised of the Athletic Director, the Faculty Athletic Representative and the Executive Associate Athletics Director for Student Athlete Experience, with the Associate Athletics Director for Academics and the sport liaison as non-voting members.

Suspension criteria:

- The 10% suspension must be completed within the next 25% of available contests, including post-season competition.
- The student-athlete and the head coach must have received written notification (letter or e-mail) from the Associate Athletics Director for Academics prior to the student-athlete being suspended from competition.
- The Director of Athletics may modify the suspension based on additional information that supports the implementation of other action.

A head coach may have a more restrictive policy, but the Athletics Department's Class Attendance Policy will be the minimum acceptable policy for all sports.

Current policy as of 8/9/21 - VPD & STS

All student-athletes are subject to the following tutoring agreement and tutor attendance policy regardless of academic standing or grade point average. This agreement is in place whether the session is an in-person session or a virtual session. Tutoring for the Fall 2021 semester will mainly be scheduled as in-person sessions. If either the tutor or the student-athlete are not vaccinated for COVID-19, the tutoring session must be conducted virtually or in a large room that allows for social distancing, with both parties wearing a mask.

Attendance at all scheduled tutoring sessions is an expectation for all student-athletes (monitored/non-monitored and scholarship/non-scholarship) at the University of Kentucky. If a student-athlete misses tutoring for the same course four (4) times in the same semester, the student-athlete will lose the opportunity for tutoring for that course. If a student-athlete is not away from campus for competition or has not been previously excused from a tutoring session, the student-athlete is required to report to the tutoring session on time. If a student-athlete is feeling well enough to attend practice, they are expected to attend tutoring.

24-hour Rule – If you would like to cancel or reschedule a tutoring session, you must notify your Academic Counselor or ASA (Academic Services Assistant) at least 24 hours in advance to discuss options. This does not guarantee the session will be cancelled or rescheduled. You cannot change or cancel a tutoring session directly with your tutor. There are times that an emergency or illness is an acceptable cause for missing a tutor. These will be handled on a case-by-case basis, but you must communicate with your Academic Counselor or ASA as soon as possible when missing for an emergency or illness.

UK Athletics NIL Policy Reminder – student-athletes shall not miss classes or other academic obligations (such as tutors and mentors) to participate in a promotional activity for compensation.

Student-Athlete's Expectations & Understanding:

- Report to all tutoring sessions on time, in-person or in a virtual environment, having access to any relevant textbooks, notes, calculators, other course materials or online course access.
- If the session is a virtual session, arrange for a private and conducive location. You may use CATS for virtual tutoring and are encouraged to do so during normal business hours.
- All virtual tutoring will be delivered via the University of Kentucky Zoom application and website. All sessions will be video and audio recorded via Zoom and stored electronically. Students may contact their academic counselor to request recordings in order to watch them again for repetition. Video segments may be used for tutor training and recordings may be viewed for compliance, as necessary.
- Complete assigned readings and course assignments between sessions in order to be more prepared and efficient in the next session. If you would like to review a reading with a tutor, you must provide that to your tutor beforehand so that he/she can prepare for the session.
- Maintain academic integrity while completing assignments – do not cheat or plagiarize.
- Report any concerns regarding your tutor to your ASA or Academic Counselor.
- Communicate with your tutors during sessions if you will miss the next tutoring session due to authorized travel for competition.
- Do not communicate with your tutor away from your session – i.e., texting or social media.

Student-Athlete Log-in Process: *In-Person* session

- Log in at the computer station with your student ID#. You can log in no earlier than 10 minutes before the scheduled time of your session.

- Wait in the reception area up to 20 minutes for your tutor.
- Remain in tutoring session for the entire duration of 50 minutes.
- Student-athletes and tutors CANNOT log in for each other.
- All tutoring that takes place in CATS must occur during normal business hours.

Student-Athlete Log-in Process: *Virtual session conducted at CATS*

- Log in at the computer station with your student ID#. You can log in no earlier than 10 minutes before the scheduled time of your session.
- You will be assigned a room and may proceed to prepare computer/device and necessary books & notes.
- Your tutor should email to your UKY account with a calendar invitation to a ZOOM session. You click on the link provided to log in to Zoom.
- Camera, microphone and speakers need to be on and functioning for an efficient session. You may use the CATS computers or your personal device.
- Remain in tutoring session for the entire duration of 50 minutes.

Student-Athlete Log-in Process: *Virtual session NOT conducted at CATS*

- Your tutor should email to your UKY account with a calendar invitation to a ZOOM session. You click on the link provided to log in to Zoom.
- Camera, microphone and speakers need to be on and functioning for an efficient session.
- Remain in tutoring session for the entire duration of 50 minutes.

Tutor's Expectations & Understanding:

- Report to all tutoring sessions on time and prepared for the session – virtual or in-person.
- Arrange for a private and conducive location in the event of virtual tutoring.
- Assist student-athletes in understanding course material while promoting independent learning.
- Maintain a high level of knowledge in academic content area.
- All virtual tutoring will be recorded via Zoom and stored electronically. Students may request recordings in order to watch them again for repetition, video segments may be used for tutor training and recordings may be viewed for compliance.
- Maintain the academic, athletic and personal confidentiality of all student-athletes.
- Maintain academic integrity at all times.
- Complete and submit accurate tutor report forms in a timely manner.
- Do not communicate with student-athletes away from sessions - i.e., texting or social media.

PENALTIES FOR MISSED TUTORING SESSIONS

The Center for Academic and Tutorial Services (CATS) will have the sole responsibility for (1) monitoring tutoring session attendance and (2) notifying all pertinent parties in a timely fashion.

Missing four (4) tutor sessions for the same course will result in losing the opportunity for tutoring for that course for the rest of the semester.

If you arrive over 10 minutes beyond the scheduled start time, this will be considered a missed session.

First Tutoring Session Missed in the Same Course:

Warning to student-athlete, coach and sport liaison

The student-athlete will be issued a "Missed Tutoring Session Warning" via their official UK e-mail account. A copy of the warning will be sent to the academic counselor, head coach and/or position/event coach and the sport liaison.

Second Tutoring Session Missed in The Same Course:

Student-athlete will meet with Academic Counselor & Associate Athletic Director for Academics

The student-athlete will be issued a "Missed Tutor Session Notification" via their official UK e-mail account. A notification will also be sent to the academic counselor, head coach and/or position/event coach, the sport liaison and the Associate Athletics Director for Academics (or designee). The Associate AD will arrange a meeting of the academic counselor and the student-athlete to discuss missed sessions.

Third Tutoring Session Missed in The Same Course:

Student-athlete will meet with Counselor, Head Coach, Sport Liaison & Associate Athletics Director for Academics

The student-athlete will be forwarded a "Missed Tutor Session Notification" via their official UK e-mail account. A notification will also be sent to the academic counselor, head coach and/or position/event coach, the sport liaison, Associate AD for Academics and the Executive Associate Athletics Director for Student-Athlete Experience (or designee). The student-athlete will be informed that upon his/her 4th miss for a specific course, all remaining tutoring sessions for that specific subject will be terminated for the remainder of the semester. The Associate AD will arrange a meeting of the academic counselor, head coach and/or position/event coach, sport liaison and student-athlete.

Fourth Tutoring Session Missed in The Same Course:

Student-athlete will lose tutoring opportunity

The student-athlete will be forwarded a "Missed Tutor Session Notification" via their official UK e-mail account. A notification will also be sent to the head coach, the position/event coach, the sport liaison, Associate AD for Academics and the Executive Associate Athletics Director for Student-Athlete Experience (or designee) describing the removal of all future tutoring sessions. The CATS counselor and CATS tutor coordinator may remove the scheduled tutoring session(s).

Appeals Process:

Appealing a missed session -- If a student-athlete believes that the information related to a specific missed tutoring session is inaccurate, the student-athlete has 24 hours from the time of e-mail notification to contact his/her CATS academic counselor and provide the counselor with an acceptable explanation. If the counselor is not available, the student-athlete must speak with his/her Academic Services Assistant (ASA).

Appealing the removal of tutoring sessions -- If a student-athlete would like to appeal the penalty of the removal of tutoring sessions, he/she has 24 hours from the time of notification of the penalty to appeal to the Associate Athletics Director of Academics. The Associate AD will arrange a meeting of the Academic Counselor and Sport Liaison to discuss the appeal. The following will be considered:

- Student-athlete overall GPA
- Student-athlete standing in current classes
- Past penalties for missing tutors and missing classes

The Associate AD for Academics will inform the student-athlete of the decision via their official UK e-mail account. A copy of the decision will be sent to the academic counselor, head coach and the sport liaison.

A head coach may have a more restrictive policy, but the Athletics Department's Tutoring Session Agreement will be the minimum acceptable policy for all sports.

Diversity, Equity and Inclusion Division

The Diversity, Equity and Inclusion Division is led by Executive Associate Athletics Director Ray “Rock” Oliver. The division prioritizes facilitating education and professional opportunities for underrepresented communities. This includes our student-athletes, staff, the Lexington community and beyond.

Diversity Advocacy Committee

The Diversity Advocacy Committee is co-chaired by Rock Oliver and Tiffany Hayden, Assistant Athletic Director for Diversity, Equity and Inclusion. The committee is composed of 10 veteran members of the Athletic Department, many of whom were Wildcat student-athletes.

Mission Statement

We are a team of advocates for Diversity for our Student-Athletes, Athletics staff, and Coaches.

We are committed to educating UK Athletics on issues facing, Student-Athletes, athletics staff, and coaches with Diverse backgrounds.

We are committed to listening.

We are committed to identifying ways to create a more diverse athletics department.

We are committed to training all student-athletes, staff and coaches to identify their own biases.

We are committed to our underrepresented voices being heard.

We are committed to creating a strong diverse culture, one that is reflective of all the people in the Department.

Our different backgrounds, experiences, and history make us better.



AREAS OF FOCUS

EDUCATION

INTENTIONAL HIRING

ZERO TOLERANCE

STUDENT ATHLETE DEVELOPMENT

INCLUSIVENESS

WK ATHLETICS

DIVERSITY ADVOCACY COMMITTEE

Information from the Athletic Compliance Office (ACO)

The NCAA and SEC Manuals contain many rules and regulations which have a direct effect on your eligibility to participate in intercollegiate athletics.

It is very important that you become familiar enough with these rules to recognize a situation that might affect your eligibility.

The following is a summary of some, but not all, of the rules which concern the enrolled student-athlete. These rules generally fall into five categories: (1) amateurism; (2) recruiting; (3) eligibility; (4) financial aid, and (5) awards and benefits. Please take the time to read this summary carefully.

The ACO is located on the first floor of the Joe Craft Center and staff members are always available to answer questions about your eligibility or any other concern that you might have. Please feel free to stop by the office or call either of the individuals listed below:

UK Compliance Staff

Rachel Baker

Executive Associate Athletic Director/Compliance
859-257-8604

Kevin Sergent

Associate Athletics Director/Compliance
859-323-4930

Jenna Wesley

Compliance Director
859-257-8604

Cody Weber

Assistant Director
859-257-8604

Brittany Mullins

Compliance Director
859-257-4105

Comply Cats Hotline

877-898-6072

In 2001, the University of Kentucky athletics department unveiled an enhancement to the UK Athletic Department's Compliance Program entitled "Comply Cats" a toll-free telephone number that will allow employees, student-athletes and the general public to report potential misconduct or ask compliance-related questions anonymously

Amateurism

Only an amateur student-athlete is eligible to compete in intercollegiate athletics in a particular sport. This amateur status may be lost if the student- athlete:

1. Accepts pay or promise of pay for using his/her athletic ability
2. Signs a contract or any other type of agreement to play professional athletics
3. Competes on a professional team, even if no pay is received
4. Enters into a professional draft or an oral or written agreement with an agent to negotiate a professional contract

The “pay” mentioned above is not limited to the receipt of cash but may also be:

1. Excessive or improper expenses
2. Some forms of educational expenses based on athletic ability
3. Special treatment or services
4. Other awards or benefits

Be careful about accepting any type of “award” based on your athletic ability. When in doubt, check with the ACO before signing or accepting anything.

Agents

Student-athletes are permitted use an athlete agent solely for purposes of assisting with contracts for compensation. The use of an “athlete agent” for purposes of assisting with contracts for compensation for the student athlete’s name, image and likeness shall conform to KRS 164.6901-.6935 and comply with the Sports Agent Responsibility and Trust Act established in 15 U.S.C. Section 7801, et seq.

Student-athletes are not permitted to use an athlete agent for purposes of marketing athletics ability or reputation in that sport.

Any individual aspiring to do business with UK student-athletes should be registered with the UK Athletics Compliance Office and the Commonwealth of Kentucky. In the sport of men’s basketball, any agent must also be certified and maintain active certification per the policies and procedures of the NCAA agent certification program.

Other than assisting with contracts for compensation for the student-athlete’s name, image and likeness, the rule concerning agents states that amateur status will be lost if a student-athlete:

1. Agrees that an agent can represent him/her either now or after his/her eligibility is completed;
2. Accepts from an agent any benefit (examples include but not limited to: transportation, cash, meals, concert tickets, clothing/shoes, etc.) to the athlete or his/her family or friends

Please note there are specific rules in the sports of men’s basketball and baseball in which being represented by an agent for reasons other than name, image and likeness may be permissible. Please contact the ACO before entering into any agreement.

*All student-athletes who have been contacted by agents should immediately inform Rachel Baker in order to make sure that all NCAA compliance and Kentucky state regulations have been met.

Employment

It is permissible for a student-athlete to work. A student-athlete may work and receive earnings from a legitimate on or off campus employer including outside camps. There is no limit on the amount of money a student-athlete can earn provided the student-athlete is only paid at a rate commensurate with the going rate in that locality for similar services.

A student-athlete may receive compensation for teaching or coaching skills or techniques in his or her sport on a fee-for-lesson basis, provided:

1. UK athletic facilities are not used
2. Playing lessons are not permitted (Example: A tennis student-athlete could not just play a match and receive compensation)
3. The student-athlete submits documentation of the recipient of the lesson(s) and the fee charged for the lesson(s) via the Student-Athlete Employment Form
4. The compensation is paid by the lesson recipient (or the recipient's family) and not another individual or entity

Prior approval with completion of the Student-Athlete Employment Form are required for any employment including camps other than UK camps/lesson arrangement to protect your eligibility. The form is located in Teamworks or contact Jenna Wesley, Director of Compliance, at jenna.wesley@uky.edu.

University of Kentucky Name, Image & Likeness (NIL) Policy and FAQ for Student-Athletes
Please click this [link](#) for the NIL Policy and FAQ.

Institutional Promotional Activities

At times, you may be requested by UK or a charitable organization to participate in some type of promotional activity. Please remember the following:

1. Any activity that does not involve UK in which you are invited to participate must be cleared through the ACO via the Promotional Activity Form which is coordinated with the Life Skills Department in CATS.
2. Your name, picture or appearance may only be used with the approval of an athletic department contact and the ACO.
3. Failure to complete the form may result in immediate ineligibility.
4. Radio and television appearances should be approved by your sports Athletics Communications and Public Relations Director.

Recruiting

Permissible Contacts

1. During the 2021-22 academic year, you may communicate with prospects at the direction of the coach provided it is within TMP regulations and not on a required day off.
2. You may have person-to-person contact with a prospect who is on campus for his/her official or unofficial visit.

Student Host

When you are requested by the coaching staff to serve as student host to a prospect on campus for his/her official visit:

1. You may receive a maximum of \$75 for each day of the visit to cover the actual costs of entertaining the prospect. This money may not be used for the purchase of souvenirs such as T-shirts or other items.
2. You may receive a complimentary admission to a campus athletic event, if the admission is used to accompany the prospect.
3. If more than one student-athlete is hosting the recruit, each student-athlete must be educated regarding the rules for Official Visits. This rules education must be completed with the ACO Staff regardless of whether or not the host is receiving expense money.
4. The student host expense money can be allocated to more than one student host during the visit of a prospect.
5. A non-qualifier may not serve as a student host during his/her first year of residence.
6. You may not accept the use of an automobile from UK or a donor.
7. You may not transport or entertain the prospect more than 30 miles from the campus.
8. You and the prospect shall not participate in any sports wagering, or gambling activities

- during the visit.
9. You and the prospect shall not engage in any activities or events at any location that are improper, illegal, or representative of any sense of impropriety (e.g. use of escorts, exotic dancers/strippers and visiting adult entertainment establishments are not permitted).
 10. The prospect will have a curfew of 12:00 a.m. unless they are participating in activities supervised by the UKAD coaching staff or administration. The head coach in each sport can establish earlier curfew times at his/her discretion.

Before receiving the host money, you will be required to watch the Host Education video, which reviews these rules. In addition, at the end of the visit, the prospective student-athlete and the student host will affirm by signature on the Post Official Affirmation Form that all rules, regulations, and policies were followed during the Official Visit. If you have any questions about your role as student host, please contact the ACO.

Eligibility

Full-time Enrollment

To be eligible for practice and competition, a student-athlete must be enrolled in a minimum of twelve (12) credit hours throughout the semester. If you drop below 12 hours at any time during the semester, you immediately become ineligible for both practice and competition. The only exceptions to this rule are as follows:

1. A senior in his/her last semester who needs fewer than twelve hours to complete his/her degree.
2. Graduate students who only need nine hours to be considered full-time.

Seasons of Competition

You are allowed to compete in four seasons of competition in any one sport. These four seasons of participation must be completed within five calendar years from the beginning of your first semester of full-time enrollment at any collegiate institution. There are exceptions related to COVID-19. Time spent in the armed services, on official church missions or with recognized foreign aid services of the United States government is exempted from the application of the five-year rule.

Continuing Eligibility

Those student-athletes first entering any collegiate institution (junior college, four year college, etc.) as a full-time student must satisfy the following satisfactory progress requirements:

1. Grade-Point Average
 - a. 90 percent (1.80) of the institution's overall minimum grade-point average required for graduation for a student athlete entering his or her second year (third full-time term) of collegiate enrollment;
 - b. 95 percent (1.90) of the institution's overall minimum grade-point average required for graduation for a student-athlete entering his or her third year (fifth full-time term) of collegiate enrollment;
 - c. 100 percent (2.00) of the institution's overall minimum grade-point average required for graduation for a student-athlete entering his or her fourth year (seventh full-time term) and any subsequent year of collegiate enrollment.
2. Percent of Degree:
 - a. Complete 40 percent of his or her degree program by the start of his or her third year (fifth full-time term) of collegiate enrollment (33 percent for a five-year degree program);
 - b. Complete 60 percent of his or her degree program by the start of his/her fourth year (seventh full-time term) of collegiate enrollment (50 percent for a five-year degree program);
 - c. Complete 80 percent of his or her degree program by the start of his or her fifth year (ninth full-time term) of collegiate enrollment (67 percent for a five-year degree program).

3. Satisfactory progress:
 - a. Satisfactorily complete 24 semester or 36 quarter hours of academic credit prior to the start of the institution's third semester or fourth quarter following the student-athlete's initial full-time enrollment;
 - b. For each academic year, complete 18 semester or 27 quarter hours during the regular academic year or previous two semester or three quarters (excluding summer);and
 - c. For each regular academic term, earn six semester or quarter hours to be eligible for the next regular academic term. Summer hours cannot be used to fulfill this requirement.

Post Season Competition and Continuing Eligibility

To be eligible to represent an SEC institution in post-season competition a student-athlete must pass (6) hours of degree credit in the academic term that concluded immediately prior to the post-season completion regardless of whether the competition occurs at the end of the term or during the subsequent term. The credit hours must be earned during the academic year.

If at any point in your college career, you decide to change your major, you should discuss any major changes with your CATS counselor prior to officially changing the major, as this change could impact your eligibility and graduation plan.

Transfer Written Policy

NCAA Bylaw 13.1.1.3.1 states that a student-athlete "may initiate the notification of transfer process by providing his or her institution with a written notification of transfer at any time." An institution must have a policy related to the implications of a student-athlete providing written notification of transfer, including a description of services and benefits that will or will not be provided to a student-athlete after a notification is received. This section outlines the notification process, the appeals process, incoming prospects permission to contact.

- a. **Student-Athlete Notification of Transfer**— a student-athlete is permitted to confidentially consult the Athletic Compliance Office (ACO) on NCAA & SEC legislation regarding transfer. An institution is not permitted to restrict a student-athlete's ability to speak with any other institution. However, NCAA Bylaw 13.1.1.3.1 states that a student-athlete may "initiate notification of transfer process by providing his or her institution with a written notification of transfer at any time. An institution is required to upload the student-athlete's notification to the NCAA Transfer Portal within two business days. In order for a request to be valid, the student-athlete must contact the ACO, request and complete the UK Student-Athlete Transfer Notification Form (Exhibit F). Requests to a coach or staff member, even in written form, does not trigger the notification or the start of the two business days, it must be submitted to the ACO.

Once an official notification is received by the ACO, the following steps must occur:

- i. A student-athlete must complete a UK Student-Athlete Transfer Notification Form and NCAA education module (once available).
 1. Prior to completion, the ACO will provide applicable NCAA legislation;
 2. The student-athlete must acknowledge review of the legislation, including their understanding that their athletically related financial aid may be cancelled, effective at the end of the term.
 3. The ACO will notify the Head Coach and Sport Liaison upon receipt of an official notification form and ask the following questions.
 - a. The Head Coach and Sport Liaison must confirm whether or not they want to cancel the student-athlete's financial aid;
 - b. If the aid is cancelled, the ACO will notify the UK Financial Aid Office of the cancellation and the need for a cancellation letter to be generated and sent

- to the student-athlete;
4. Within two business days of receipt of the notification, the ACO will upload the student-athlete's information to the NCAA Transfer Portal.
 - a. Upon being loaded to the portal, the student-athlete will automatically be notified by the NCAA via email.

ii. Student-Athlete Services

1. Scholarship student-athletes who notify UK of their intent to transfer will be permitted to maintain all services and benefits (e.g., CATS academic support, access to athletic facilities) for the remainder of the academic year.
 - a. Any student-athlete utilizing these services remains subject to all University of Kentucky, SEC, and NCAA rules and regulations.
 - b. The coaching staff will have discretion as to the times and locations that these services and benefits may be offered (e.g., use CATS during practice time, use an alternative weight room).
 - c. If a student-athlete receives room and board from athletics, at the coach's discretion, they may no longer be permitted to attend training table and must eat at institutional dining facilities. If the student-athlete has paid for training table, those funds will be refunded to their student account.
 - d. After the academic year, it will be up to the coaching staff as to whether or not to continue these services.
 - e. If there is a violation of NCAA, SEC, institutional or athletic team rules, state or federal law, the services and benefits may be discontinued at the time the Transfer Notification Form is submitted.
2. Non-scholarship student-athletes - It will be at the discretion of the coaching staff as to whether or non-scholarship student-athlete will be permitted to maintain all services and benefits (e.g., CATS academic support, access to athletic facilities, training table) once notification is provided.
 - a. Any student-athlete utilizing these services would still be subject to all University of Kentucky, SEC, and NCAA rules and regulations.
 - b. The coaching staff may permit these services and benefits to continue and has the discretion to the times and locations that these services and benefits may be offered (e.g., use CATS during practice time, use an alternative weight room).
 - c. Following the completion of the academic year, the services will no longer be provided.

Ineligibility

If you become ineligible, UK is obligated to withhold you from all intercollegiate competition. If the University decides that the circumstances warrant restoration of your eligibility, we will appeal to the NCAA Eligibility Committee on your behalf.

Academic Progress Rate (APR)

The academic progress rate (APR) is a term-by-term measure of eligibility, retention and graduation for student-athletes who have received athletics scholarships during each academic term (Fall and Spring semesters). Each student-athlete who receives athletics aid during each semester is awarded two points if they meet academic eligibility standards and remain with the institution. A team's APR score is the points earned by the team during the year divided by the total points possible. An APR score of 930 for each team is the cut score. If the team is under the 930 and loses a student-athlete who was academically ineligible and did not return to the institution, the team cannot reward that grant-in-aid to another player for one year.

The APR is still in effect for student-athletes who have exhausted eligibility but continue to receive athletics aid. Each student-athlete can affect the APR score of the entire team. There is an expectation that the student-athlete receive his/ her undergraduate degree within ten semesters. Before making any decisions concerning

changing your academic major, leaving the institution for any reason (e.g. going professional, transferring), or any other situation, please contact the Compliance Office so they can assist you with making the best decision for the team and yourself.

Financial Aid

Student-athletes who are receiving financial aid fall into three full athletics grant-in-aid, partial athletics grant-in-aid, and receiving no athletics aid. Student-athletes receiving athletics aid can have their scholarship cover all or part of the following aid elements; tuition and fees, room, board, and required course related books.

There are four major types of financial aid for student-athletes; athletics grant-in-aid, federal and state aid (i.e. Pell grants), institutional aid (i.e. Academic scholarships), and other types of financial aid from outside organizations. If you receive other forms of financial aid that are not from the athletics department, the institution, federal or state government you must inform the University Financial Aid Office and the Compliance Office to ensure

that the student-athlete is within NCAA and federal individual aid limitations. Receiving excessive or impermissible types of aid can result in a student athlete being declared ineligible.

Types of Aid

- (1) Athletics Grant-in-Aid: This award is an athletic based scholarship issued to a student-athlete by the sport to compete at the conference and NCAA level. This athletic grant-in-aid is awarded for a maximum period of one academic year, fall through spring.
- (2) Federal Aid: These awards consist of grants, loans, and work study. Federal financial aid may be offered for not less than a semester and not longer than two semesters at a time. All students are encouraged to apply for federal aid through the Free Application for Federal Student Aid (FASFA). The FASFA application is available online at www.fafsa.gov. This application must be completed each year to qualify for federal and state grants and loans. The Federal Pell Grant may be accepted on top of any athletics aid.
- (3) State Aid: For in-state students, the state of Kentucky has the KEES program that provides aid that is awarded by the grade point average and the ACT test score the student achieved in high school. This award is not need based. The KAPS program is a need based state award and is given to qualified students who complete the federal financial aid application (FASFA).
- (4) Institutional Aid: The University of Kentucky has numerous scholarships for students. Each scholarship has requirements for receiving the aid and in some cases renewing the aid. If the institutional aid is considered countable by the financial aid office, it may be considered as part of the student's institutional scholarship package.
- (5) Financial Aid from Outside Sources: Scholarships that are awarded from an outside organization, company, or entity to the student-athlete must be sent to the UK Financial Aid Office for disbursement. The financial aid office will evaluate the aid to determine if it meets the institutional, NCAA, and Federal regulations for student aid.

Financial Aid Limit

Athletics aid and other countable aid have a dollar value as well as an equivalency value for the individual student-athlete and for the sport in which he/she is a member. NCAA rules and regulations have maximum equivalency values for all sports at the University of Kentucky. Other forms of aid the student-athletes receive can affect the equivalency value of both the student athlete and the sport. All forms of aid must be reported to

the Compliance Office and the Financial Aid Office to determine its status for the individual and the team limit.

Countable aid is aid received by the student-athlete that must be counted against the individual's limit and the sport's limit. The combination of this aid cannot exceed a full grant-in-aid. Examples of countable are:

- (1.) Athletics aid issued by the athletics department
- (2.) Non academic institutional aid
- (3.) Tuition waivers

Non countable aid are funds that the student-athlete can receive without its counting against the team's scholarship limit. Non countable aid can also exceed the cost of a full athletics grant up to the institution's cost of attendance. The cost of attendance varies each year and is slightly different for in-state and out-of-state students. The combination of all aid received cannot exceed the cost of attendance. The only exception to exceeding the cost of attendance amount is a Pell Grant. The passage of new NCAA legislation in 2011 has made more types of aid be considered as non-countable. Examples of non-countable aid are:

- (1.) Pell Grant
- (2.) Federal SEOG
- (3.) KEES
- (4.) Academic Scholarships that meet the NCAA GPA and/or test score requirements
- (5.) Loans from the Federal Government

Any financial assistance in addition to your athletics grant-in-aid must be reported and approved by the Financial Aid Office to ensure that the grant or loan sought is in accordance with NCAA, UK, and SEC regulations. Student athletes have the opportunity to document this information when they complete the UK Student-Athlete Statement which is sent each year online. Failure to report any such aid could affect your athletic eligibility.

Renewal, Reduction, or Non-Renewal of Aid

NCAA regulations require the renewal of institutional athletics financial aid be made on or before July 1 prior to the academic year in which it will be used. If you received athletically related financial aid the previous academic year and still have eligibility remaining, you will be notified in writing whether your aid has been renewed, reduced, or cancelled. At the end of each academic year, aid may be renewed, reduced, or cancelled for any non-athletics reason. Institutional athletics aid is a performance based scholarship. All student-athletes are expected to be good citizens, good students, and meet

performance expectations in their sport. Failure to meet any one of these three requirements may result in a loss of athletics aid. Should your athletics aid be reduced or cancelled, you have a right to a hearing upon request.

During the academic year of the award, your institutional athletics financial aid may be reduced or cancelled if the recipient:

- 1.) Renders himself or herself ineligible for intercollegiate competition.
- 2.) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement.
- 3.) Engages in serious misconduct warranting substantial disciplinary penalty.
- 4.) Voluntarily withdraws from a sport for personal reasons.

Institutional athletics financial aid may not be reduced or cancelled during the academic year of its award:

- 1.) On the basis of a student's athletic ability, performance, or contribution to a team's success.
- 2.) Because of an injury that prevents the participant from participating in athletics.
- 3.) For any other athletics reason.

Procedures for Receiving Summer Financial Aid

Financial Aid for Student-Athletes with Eligibility Remaining

A student-athlete who has eligibility remaining and received athletics aid during the academic year prior to the summer terms shall meet with his/her coach. The coach will approve the student-athletes who will receive athletics aid to attend a summer term(s). The student-athlete will meet with their CATS academic counselor to

determine available classes. The classes must be towards the student-athlete's degree and also meet NCAA and UK eligibility requirements. The student-athlete's athletics aid may be awarded up to the proportion of the athletically related financial aid he/she received during previous academic year. For student-athletes who were on the team during the academic year prior to the summer and have subsequently exhausted his/her eligibility, would still need to get the approval of the sport's coach in order to receive athletics aid for the summer term(s).

Post Eligibility Grants-In-Aid

The following procedures pertain to Financial Aid for student-athletes who have exhausted their five years of athletics grant-in-aid within six years of their initial eligibility or are requesting aid for a term beginning six years after their initial attendance at the University of Kentucky (post-eligibility student athletes):

Financial Aid for Student-athletes who have Exhausted Eligibility

Student-athletes who received athletics financial aid while they were eligible to compete in their sport may receive athletics aid after their athletics eligibility has expired to complete their undergraduate degree. These are student-athletes who are not part of the sport's NCAA Academic Performance Report.

Procedures for Receiving Exhausted Eligibility Financial Aid to Complete Undergraduate Degree

1. To request exhausted eligibility financial aid from the athletics department, the student-athlete shall complete a fifth year application that is available through the Associate Athletics Director for Student Services. The student-athlete shall take the application to the head coach in the sport in which they competed to get the coaches recommendation. The student-athlete will then take the application to his/her advisor in their college to have their courses evaluated for graduation. The completed application is then given to the Associate Athletics Director for Student Services. The application is reviewed and a recommendation is made concerning athletics aid being awarded for the period.
2. The student-athlete is responsible for applying and receiving approval from the Associate Athletics Director for Student Services before athletics financial aid is granted. The period of the award is on a semester-by-semester basis. The student will be evaluated after each semester concerning his/her progress towards completion of their degree.
3. Exhausted eligibility athletic aid will be awarded in proportion to the amount of athletically-related aid received by the student-athlete during the last academic year in which the student-athlete was eligible.

Updated 3/19 jb

Awards and Benefits

Athletic Awards

Athletic awards given to individual student-athletes are limited to those approved or administered by UK, the SEC, the NCAA, or an approved agency.

The NCAA issued the following official interpretation regarding student athletes and the selling of athletic awards: "A student-athlete shall not sell any item received for intercollegiate athletics participation or exchange or assign such an item for another item of value, even if the student-athlete's name or picture does not appear on the item received for intercollegiate athletics participation."

Remember, it is important for you not to jeopardize your amateur status by accepting any gift or benefit that is not available to other students at the University, even if the offer is termed “an award.” Gifts or awards from donors and/or professional athletic associations are restricted by NCAA rules and regulations. If you are in doubt, ask the ACO or your Head Coach.

Complimentary Admissions

The University of Kentucky may provide up to four complimentary admissions per home or away contests in the sport in which the student-athlete participates. These admissions must be provided under the following conditions:

- 1.) Admissions may only be provided through a pass list for the individuals you designate. “Hard tickets” will not be issued.
- 2.) The individual using the complimentary admission must present identification to the person who is supervising the use of the pass list at the admission gate.
- 3.) Student-athletes cannot receive anything of value for the use of their complimentary admissions.

Benefits, Gifts and Services

Please note that NCAA extra benefits legislation is still effective, and “benefits” may only be received as part of permissible NIL compensation and therefore reported through the INFLCR platform. Refer to the Name, Image and Likeness Section for more information.

An enrolled student-athlete may not receive any extra benefit. “Extra benefit” is defined as any special arrangement to provide your relatives or friends with a benefit that is not authorized by the NCAA. The following is a list of some of the things that are permissible for you to receive and a list of some that are not:

Permissible:

- 1.) You may have an occasional meal at the home of a coach or staff member or a donor’s. However, the meal may not occur at any site other than the donor’s home or on-campus.
- 2.) You may accept transportation and meal expenses when participating in a luncheon meeting of a booster club or civic organization.

Impermissible:

- 1.) You may not receive a special discount, payment arrangement or credit on a purchase (e.g. airline ticket, clothing) or a service (e.g. laundry, dry cleaning).
- 2.) Professional services provided at less than the normal rate or at no expense to you are considered an extra benefit unless they are available on the same basis to the general student body.
- 3.) You may not use a telephone or credit card for personal reasons without charge or at a reduced cost.
- 4.) You may not receive services (e.g. movie tickets, dinners, use of car) from commercial agencies (e.g. movie theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional sports organizations, unless such services are available to the student body in general.
- 5.) An employee of UK or representative of UK’s athlete interests may not provide you with extra benefits or services including, but not limited to:
 - (a.) A loan of money
 - (b.) A guarantee of bond
 - (c.) The use of an automobile
 - (d.) Signing or co-signing a note

Note: You may not receive preferential treatment, benefits or services (e.g. loans on a deferred pay-back basis) for your athletic reputation or skill or pay back potential as a future professional athlete. Also, you may not accept athletic equipment, supplies or clothing (e.g. tennis racquets, golf clubs, balls, shirts) from a manufacturer or commercial enterprise. Such items may be provided. If you find yourself in a situation that does not seem to be covered by any of the above rules, please contact the ACO.

Playing and Practice Seasons

Weekly Hour Limitations

- In-season sports will be limited to 20 hours of CARA per week
- Out-of-season sports will be limited to 8 hours of CARA per week

Countable athletically related activities (CARA) - any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by, one or more of an institution's coaching staff (including strength and conditioning coaches).

Required athletically related activities (RARA) - include any activities, including those that are countable in the daily and weekly limitations, that are required of a student-athlete.

| COUNTABLE ATHLETICALLY RELATED ACTIVITIES CARA | REQUIRED ATHLETICALLY RELATED ACTIVITIES RARA**** | Excluded from CARA and RARA |
|--|---|---|
| Practice | Compliance meetings in which the primary purpose is to complete required forms and/or provide rules education | Compliance meetings that occur with SAs on a case-by-case basis in which the primary purpose is to monitor or resolve compliance-related issues |
| Discussion or review of game films | Promotional activities | Academically related activities (tutors, class, study hall time, etc.) |
| Competition (Field, floor or on-court activity) | Community service | Health and medical activities (training room/rehab, surgery, treatment, massages, required drug testing, mental health evaluations, etc.) |
| Required weightlifting/strength and conditioning | Media activities | SAAC activities |
| Athletics meetings with a coach initiated or required by a coach | Recruiting activities, including student host duties*** | Formally organized multisport life skills activities |
| Required participation in camps/clinics | Fundraising activities | |
| Skill-related instruction outside of the playing season | Team Building activities | |
| Visiting the competition site in cross country and golf | Travel to and from away from home competition | |
| | Performing field or facility preparation or maintenance | |
| | Team entertainment activities | |

Required and Flex Required Days off

- 2 days are required to be off per week during out-of-season
- 1 day is required to be off per week during in-season (**Exception: during participation in one conference and postseason championship and any postseason bowl games or National Invitation Tournaments and during participation in NCAA championships.**)
- Student-Athletes are also given an additional **14 days off** separate from their required days off throughout the year as well as an additional **7 days off** after their season has concluded.

***NOTE: NO RARA OR CARA can occur on a day off for the student-athlete ***

Time Management and Adequate Notice

UK athletics will develop a student-athlete time management plan for each student-athlete. The student-athlete time management plan shall include, at a minimum, policies to ensure that:

- Student-athletes are provided adequate notice of all CARA and RARA
- Schedules for all CARA and RARA are developed through a collaborative process involving the following individuals at a minimum: one student-athlete representative per sport, the head coach and the sport liaison.
- Schedules are provided to student-athletes via Teamworks by Sunday at 5 p.m. for the following Monday through Sunday.
- A 24-hour notice for any schedule change with the exception of extenuating circumstances (for example: weather, facility change, etc.) for any change other than making activities shorter or canceling activities.

What activities will be in your student-athlete time management plan?

All activities, with the exception of academic and health/medical, must be included in the time management plan. This includes but is not limited to: compliance meetings, Life Skills meeting and events, promotional activities, fundraising events, entertainment, student hosting duties. Academic and health/medical activities are encouraged to also be added to the time management plan.

Outside Competition

- The general rule is student-athletes are not permitted to participate in outside competition during the academic year.
- To participate in competition while not representing UK during the academic year or during any vacation period, a student-athlete must obtain prior written approval from the ACO.
- A student-athlete should submit a form to the ACO no later than one week prior to the start of competition. The form is located in the Files section of Teamworks.

Medical Information

Every student-athlete at the University of Kentucky is entitled to state-of-the-art medical care while participating as a Kentucky Wildcat. The Athletic Training/Medical Staff coordinates and delivers professional and comprehensive preventative, treatment, rehabilitation and counseling services to all UK athletes.

The goal of the Athletic Medicine Program is to keep each student-athlete healthy and injury free. In the unfortunate case of injury or illness, the staff will provide quality medical care enabling the athlete to return to participation both as a student and athlete.

There are specific guidelines the Athletics Department, team physicians, athletic trainers, coaches and athletes follow to comply with NCAA, SEC, University and Athletics Department rules and regulations. A summary of those guidelines are contained in this handbook. The latest edition of the NCAA Sports Medicine Handbook is available to student-athletes. Any staff athletic trainer can provide a copy upon request.

The Athletic Medicine Program

The Athletic Medicine Program provides comprehensive sports medicine care for athletically related illnesses and injuries. This is subject to NCAA, SEC and Athletic Department rules and within the limitations of the Athletic Department's insurance policies.

The Athletic Medical Staff is comprised of a Head Team Physician, Sports Medicine Team Physicians and Orthopedic Team Physicians. Our Team Physicians are in the University Health Service and UK Sports Medicine Clinic. Physicians in other specialty areas are available to our Team Physicians for consultations. A Team Physician and a Staff Athletic Trainer will coordinate all consultation appointments. The consulting physician will evaluate the athlete's injury and prepare a report for our Team Physician who will then determine the appropriate course of action for the injured athlete to follow.

The full-time certified Athletic Training Staff consists of an Executive Associate Athletic Director for Sports Medicine, a Director of Sports Medicine, and thirteen Staff Assistants. There are also two Graduate Assistants who are certified or eligible for certification and four certified Athletic Training Fellows. Undergraduate students also play a vital role in our athletic training program.

After the athletic training staff evaluates an injured student-athlete, specific guidelines are followed for medical referral. Following evaluation, treatment and rehabilitation programs are developed specifically for the illness or injury.

The Athletic Training Department maintains multiple athletic training rooms to meet athletes' needs. The four main athletic training rooms are located in the E.J. Nutter Training Facility, Shively Sports Center, Joe Craft Football Training Center and the Joe Craft Center (Basketball, Volleyball and Administration). Each contains state-of-the-art equipment for the treatment and rehabilitation of athletic injuries. Other satellite athletic training rooms are equipped to handle routine athletic training needs and treatments. All advanced treatment and rehabilitation are performed under the supervision of members of the fulltime athletic training staff.

Role of the Athletic Trainer

The Athletic Trainer is a health care professional specifically educated and trained in the total health care of the athlete. Along with an advanced college degree, he/she must pass a National certification examination and be state licensed as well as maintain continuing education units.

The Certified Athletic Trainer works under the direction of a licensed physician when practicing the art and

science of athletic training. All University of Kentucky Staff Athletic Trainers are nationally certified and state licensed.

Your Rights as a University of Kentucky Athlete

As a University of Kentucky athlete being treated by a member of the University of Kentucky Athletic Training-Medical Staff, you have the right to:

- A. Considerate and respectful treatment and care
- B. Complete information regarding your condition, treatment, rehabilitation and prognosis in terms and language you can understand
- C. Participate in the planning of your medical treatment and rehabilitation program
- D. Confidential treatment of your personal and medical records
- E. Approve or refuse the release of your personal records and medical information
- F. Expect the Athletic Trainers and Medical Staff to make a reasonable response to your requests
- G. Expect continuity of care

Your Responsibility as a University of Kentucky Athlete

In order to achieve the objective of quality medical care, each athlete has a responsibility to:

- A. Be honest and direct with the athletic trainers caring for you.
- B. Report all injuries and illnesses immediately including signs and symptoms of a concussion.
- C. Follow the treatment and rehabilitation plan prescribed. It is your responsibility to advise the athletic trainers if there is any problem or reason why you cannot follow the plan.
- D. Report to the athletic training room daily for treatment until you are cleared by the athletic training/medical staff.
- E. Report any change in condition to a staff athletic trainer.
- F. Understand your health problem and the treatment and rehabilitation program to your satisfaction.

If you do not understand any part of your program, ask a staff athletic trainer or physician. Be sure you know what is expected of you.

University Health Service

All full-time students attending UK pay a mandatory health service fee during the fall and spring semesters. This fee entitles the student to be evaluated and treated without cost for most services and with minimal charges for others.

The health service fee is optional in the summer. The Athletics Department STRONGLY recommends all student-athletes attending summer school pay the optional health service fee.

The University Health Service is located in the building adjacent to the Kentucky Clinic. Students may use the parking garage at the North end of the plaza (there is a parking fee). You should bring your student ID card and any necessary paperwork from the athletic training room with you.

University Health is open from 8:00 a.m. to 6:00 p.m., Monday through Friday, and 9 a.m. to 11 a.m. on Saturdays during the school year. Summer hours are 8:00 a.m. to 4:30 p.m. Monday through Friday and closed on Saturdays. These times are subject to change.

All appointments must be made upon approval by the Athletic Training Staff. Be sure your appointment does not conflict with classes or tutoring sessions.

Medical Insurance

The University of Kentucky Athletics Department provides secondary and catastrophic medical insurance **ONLY**. The student-athletes' or their parents' medical insurance will serve as primary for all

injuries and illnesses. If you are not covered by an insurance plan, verification may be required. UKAD will be responsible for any deductible or balance after the student-athlete's insurance policy has paid. This will only apply for **athletic related** injuries, which occur during an organized and supervised workout, practice or competition.

Insurance information must be on file prior to the start of practice. Student-athletes who do not have their insurance information on file or made special arrangements will not be permitted to participate in any activity. All scholarship and non-scholarship athletes **should** be covered by personal or family health insurance, especially for bills resulting from injuries or illnesses not covered by the UKAD policy. UKAD will coordinate all benefits for athletic related injuries and illnesses. If you have any questions, please contact our insurance coordinator, Misty Conrad, 859-257-6521.

Preseason Physicals

All student-athletes must pass a physical examination before being allowed to participate. Returning athletes will receive their annual physicals near the end of the spring semester for the following academic year. New student-athletes must have a physical administered by a University of Kentucky Team Physician AND a sickle cell result prior to participating in ANY type of physical activity in UK athletics facilities. Every effort will be made to complete both requirements as soon as the student-athlete arrives on our campus for organized team activities. All physicals will consist of any necessary blood work, vision screening, general medical exam (heart, lungs, abdomen, etc.) and an orthopedic screening. Further evaluation will be pursued if necessary.

Anyone missing a scheduled physical without prior permission from a staff athletic trainer will be responsible for obtaining one at his/her own expense. No participation or practice will be allowed until a copy of a current physical is on file in the athletic training room.

Pre-Existing Injuries or Conditions

The University of Kentucky Athletics Department is not responsible for medical care related to pre-existing injuries or conditions that occurred prior to joining a UK Athletic Team. Disqualification from participation due to that pre-existing problem is at the discretion of the University of Kentucky Medical Staff. Failure to report and document pre-existing problems releases the University of Kentucky Athletics Department from any liability in the event of aggravation or worsening of the initial injury.

The University of Kentucky Athletics Department will not be financially responsible for medications for long term pre-existing conditions such as asthma, allergies, diabetes and acne unless the condition affects the student-athlete's ability to participate. The athletic medicine staff will be happy to assist the athlete in ordering and coordinating the administration of the medication, but the Athletics Department may not be financially responsible for those medications.

Close-Out Screening

Upon graduation, transferring, or otherwise termination of an athletic career at the University of Kentucky, all athletes should meet with their assigned athletic trainer to review their medical history. This meeting is mandatory if the student-athlete has not fully recovered from an injury sustained while playing. It is the student-athlete's responsibility to request this meeting. Failure to do so within three months of the athlete's last competition will disallow future bills relating to existing injuries to be paid by UKAD. The student-athlete and/or athletic trainer may request an examination by a Team Physician to determine the status of the injured student-athlete. All female student-athletes are encouraged to meet with the UKAD Sports Registered Dietician to discuss changing nutrition needs. **IF SURGERY OR FURTHER TREATMENT OF AN ATHLETIC RELATED INJURY IS REQUIRED, IT MUST BE PERFORMED WITHIN TWO YEARS OF BEING SEPARATED FROM THE INSTITUTION.**

NO PROCEDURE WILL BE PAID FOR UNLESS COORDINATED THROUGH THE UNIVERSITY OF KENTUCKY ATHLETIC TRAINING DEPARTMENT. UK will not be financially responsible for an injury or condition that is not documented in the athlete's permanent medical file.

Fifth Year Non-Competing Scholarship Athletes

Once a student-athlete's eligibility is completed, NCAA regulations will not permit UK to be financially responsible for any new medical conditions. As part of a scholarship, a fifth year, non-competing student-athlete will have his/her mandatory health fee paid. This entitles the student to specific services (see previous section on University Health Service). The student will be responsible for any and all bills.

Reporting Injuries and Illnesses

If you think your injury/illness may affect your sport participation, you **MUST REPORT** to a staff or graduate assistant athletic trainer immediately for evaluation. Any athlete who comes to practice or games with a previously unreported injury/illness that prohibits them from playing will be subject to disciplinary action.

Reporting Times for Injuries and Illnesses

All injured or ill student-athletes **MUST REPORT** to the Joe Craft, Shively Sports Center, E.J. Nutter Training Facility or Joe Craft Football Training Facility Athletic Training Rooms prior to 9:00 a.m. (specific times for some sports may vary) for evaluation, treatment and any necessary referral. Any athlete who is unable to fully participate in practice or competition must be seen daily in the athletic training room until cleared by athletic training staff. The Athletic Training Staff will notify the athlete's coaching staff of his/her status and alternate workouts will be developed.

Athletic Training Room Hours during the sport season:

**Nutter/
Joe Craft Football Training Center**
open 8:00 a.m.

**Joe Craft Center /
Shively Sports Center**
open 8:00 a.m.

- Saturday, Sunday, Off-Season and Summer hours vary.
- Satellite athletic training room hours will depend on practice and competition schedules.

*****All athletic training room hours are subject to change*****

Emergencies—Evenings or Off-Season

Occasionally, an unforeseen emergency (injury or illness) may occur in the evening after practice or in the off-season. If it is a life or death emergency, dial 911 for help. If not, first try to contact the Athletic Trainer in charge of your sport. If he/she is unavailable, call one of the Staff Athletic Trainers at home. If unable to contact an Athletic Trainer, go to the University of Kentucky Chandler Medical Center Emergency Room unless you have a specific HMO or insurance policy which requires you to go elsewhere. Continue to try to contact a Staff Athletic Trainer. Do not hesitate to call an athletic trainer anytime. Prompt treatment will often hasten your recovery. If this emergency is not directly related to a supervised official practice or competition, the parent or athlete will be responsible for covering the cost. It is still necessary to call the Athletic Training Staff within 24 hours so follow up medical care and documentation can be maintained.

Injuries on the Road

If an athlete is injured or becomes ill during away competitions, and there is no University of Kentucky Athletic Trainer in attendance, the Coach will contact the host Athletic Trainers to be advised on the best route for evaluation and treatment. If an athlete is sent to an emergency room or is hospitalized while on an away trip, it is the responsibility of the coach to contact a UK Staff Athletic Trainer so the coordination of medical care and billing can be properly handled. The athlete must report to the main athletic training room within 48 hours of returning from the competition for follow-up care and to assure documentation of the injury.

Physician Appointments

After the initial evaluation by the Athletic Trainer, if necessary, the student-athlete will be referred to a University of Kentucky Team Physician or to University Health Service for follow up. It is the responsibility of the student-athlete to inform the athletic training staff if a treatment session/physician's appointment conflicts with class time so adjustments can be arranged.

If the student-athlete or parent desires medical care other than that provided by the University of Kentucky Athletics Department Athletic Training-Medical Staff, he/she may do so at his/her own expense. This includes a second opinion obtained without the coordination or knowledge of the Athletic Training-Medical Staff.

Records of physician visits, x-rays, lab results, etc., not initiated by the University of Kentucky Athletic Training-Medical Staff Personnel, must be on file before the athlete will be cleared to participate.

On occasion, a second opinion or referral may be requested by the Athletic Medicine Staff or at the request of the student-athlete's insurance company. All second opinions and referrals will be handled through the University of Kentucky Athletic Medicine Department ONLY. Any appointments made without the coordination of the Athletic Medicine Staff will not be the financial or legal responsibility of the University of Kentucky Athletics Department.

In the event of a conflicting opinion between the two physicians, a third medical opinion will be obtained from a physician mutually acceptable to the athlete, parents and UK Athletic Medicine Staff. This appointment will be made through the UK Athletic Medicine Staff.

IN ALL CASES, HOWEVER, THE FINAL DECISION ON WHETHER OR NOT AN ATHLETE MAY PARTICIPATE IN EITHER PRACTICE OR COMPETITION WILL REST SOLELY WITH THE UK ATHLETIC MEDICINE STAFF.

Medical Excuses for Class

In accordance with established UK policy, no medical excuses will be issued by the medical/athletic training staff for missing classes. Class attendance is an administrative matter between faculty and students. The medical staff may verify prolonged or serious illness to a professor if he/she cannot make a determination after discussion with the student. UK faculty are aware of this "No Excuse" policy.

Prescription Medication

When the athlete is prescribed prescription medication, the following procedure must be followed. If prescribed by a University Health Service Physician, the prescription can be filled at the Kentucky Clinic Pharmacy. If the prescription is from other physicians, bring the prescription to the athletic training room.

The University of Kentucky Department of Intercollegiate Athletics will not be financially responsible for medications prescribed for any pre-existing medical conditions or non-athletically related injury or illness unless the condition affects the student athlete's ability to participate.

If you are injured or ill, do not assume that the condition is the same as someone else's. Do not share medication. Many athletes have allergies to aspirin, penicillin or other medications. Do not take anything that is not prescribed specifically for you. Medications also react with each other, some foods and alcohol. Make sure the directions are followed exactly. When medication is prescribed, it will work only if taken regularly and properly. All questions regarding your medication should be directed to a staff athletic trainer.

Policies Regarding Specific Medical Conditions

Sickle Cell Trait

The NCAA mandates that all NCAA student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletic event, including strength and conditioning sessions, practices, competitions, etc. The University of Kentucky Department of Intercollegiate Athletics offers sickle cell trait screening in the form of a blood test to all student-athletes as part of the pre-participation physical examination process. Educational information will be provided by the NCAA and UK Athletics Sports Medicine Staff at the time of your pre-participation physical exams.

Concussions

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can disrupt the way the brain normally works. **Even though most concussions and their symptoms resolve quickly, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear (you will receive additional educational information provided by the NCAA). If you notice the symptoms or signs of concussion OR if your teammates, friends, coaches or parents notice any of these symptoms, it is important to seek medical attention right away.

Student-Athlete Responsibility

You will be required to sign a form acknowledging that you have reviewed the material on concussions and head injuries along with your responsibility to report all injuries/illnesses to the medical staff as it relates to student-athletes at The University of Kentucky. You will be given the opportunity to ask any questions and have them answered to your satisfaction.

Contact Lens and Glasses Policy

The NCAA allows the UK Department of Intercollegiate Athletics to purchase contact or sport glasses if they are needed by the student-athlete to participate in competition and/or practice in their sport. Regular glasses cannot be provided. UK Athletics will replace contacts or sport glasses only during official practice and/or competition. The student-athlete is responsible for all contact solutions.

To be provided with contacts or sport glasses, the student-athlete must have an annual eye exam. The student-athlete needs to coordinate their eye appointment through their team athletic trainer. If the student-athlete wants additional features (i.e. contact tinting), the student-athlete must pay for the charges directly to the vendor.

Student-athletes who are no longer eligible to compete (i.e. exhausted eligibility, Medical Scholarship, 5th Year) are not eligible to receive contacts or sport glasses. Students who attend summer school prior to initial full time enrollment at UK are not eligible to receive contacts or sport glasses until their team starts scheduled practice.

Dental Care

The University of Kentucky Athletics Department is only responsible for dental injuries that occur during organized practice or competition. All dental appointments must be made through the Athletic Training Staff. NCAA regulations do not permit the University of Kentucky Department of Intercollegiate Athletics to be financially responsible for routine dental care: (for example: teeth cleaning, orthodontics, cavities or removal of wisdom teeth). However, coordination of these services can be handled through the athletic training room at the athlete's expense

Pregnancy Policy

The University of Kentucky abides by the athletic policies set by the NCAA, the Southeastern Conference, the University's Athletics Department and the insurance carrier. Concerning pregnancy, the following is in effect:

- 1) The NCAA, SEC and UKAD classify pregnancy in the same category as illness or injury. All regulations which pertain to illness or injury with regards to eligibility therefore pertain to pregnancy. The NCAA ruling states "the member institution may approve a one year extension of the five year period of eligibility for a female student-athlete for reasons of pregnancy."
- 2) In the event a scholarship student-athlete becomes pregnant during the period of her award, the student-athlete will receive counseling to review her options and to make a decision in her best interest. The retention of her athletics scholarship will not be a factor in the decision making process. Her decision regarding her pregnancy will not affect her retention of her athletics scholarship.
- 3) The University's insurance carrier only addresses injury and illness related to athletics participation. Since pregnancy is a condition not related to participation in athletics, no insurance coverage is provided.
- 4) The University of Kentucky does provide free pregnancy testing and counseling at University Health Services. These appointments can be made through the Health and Wellness Nurse. The Student Health Insurance Coordinator can provide insurance information to those students enrolled in the University of Kentucky health insurance plan.
- 5) The student-athlete must notify their Head Coach and Athletic Trainer of their pregnancy.
- 6) A pregnant student-athlete must be under the care of a licensed physician.
- 7) Permission to participate, deciding when to stop participating and permission to return to participation will be at the discretion of the attending physician and a UK Team Physician. Special consideration will be given to the student-athlete herself. All decisions must be documented and will become part of the student-athlete's medical records. Participation is also based on the prerogatives granted the Head Coach regarding the participation of any athlete.
- 8) The University of Kentucky Department of Intercollegiate Athletics will abide by the recommendations of the attending physician and Team Physician regarding participation during and following pregnancy, but assumes no responsibility for complications which may result from continued participation in athletics. The student-athlete will participate at her own risk.

Counseling

At times a student-athlete may need some personal counseling, stress management or other type of psychological or psychiatric services. The UK Athletic Training/Medical Staff will coordinate this service for the student-athlete. The student-athlete's insurance will be utilized for payment.

The student-athlete may use the University Health Service Clinic or the University Counseling Center (859-257-8701). There is minimal or no charge to full-time students. If the need for help is more immediate, the student-athlete should go to the UK Good Samaritan Hospital Emergency Room at 310 S. Limestone Avenue where Psychiatric Services are provided.

Nutrition Counseling

Nutritional Counseling is available through the UKAD Sports Dietitian on an individual or team basis. Appointments can be arranged through the Athletic Training Staff or the Sports Dietitian.

Eating Disorders and Disordered Eating

The University of Kentucky has created this policy to address issues of weight and body composition measurements of its female athletes. Eating disorders are easily the gravest health problem facing female athletes; research shows that as many as 1/3 of female athletes exhibit some type of disordered eating patterns, including but not limited to disordered eating, anorexia, bulimia, and binge-eating disorder. There is a growing awareness that the weighing of athletes and comments made to athletes about weight and body composition are not benign actions and, in fact, can encourage the development of unhealthy eating behaviors/ lifestyles.

Eating disorders are often an expression of underlying emotional distress that may develop long before the individual becomes involved in athletics. It has been suggested that stress, whether it be from participating in athletics, striving for academic success, or pursuing social relationships, may trigger psychological problems, such as eating disorders in susceptible individuals. Eating disorders can be triggered in such individuals by a single event of comments from a person important to the individual. In athletics, such triggering mechanisms may include off-hand remarks about appearance or constant badgering about a student-athlete's body weight, body composition, or body type. ¹

Disordered eating behaviors may impair athletic performance and increase the risk of injury. Decreased energy (caloric) intake and fluid and electrolyte imbalance can result in decreased endurance, strength, reaction time, speed, and ability to concentrate. Because the body initially adapts to these changes, a decrease in performance may not be seen for some time, and athletes may falsely believe disordered eating practices are harmless. To the contrary, food restriction and purging can result not only in menstrual dysfunction and potentially irreversible bone loss but also in psychological and other medical complications, including depression, fluid and electrolyte imbalance, and changes in the cardiovascular, endocrine, gastrointestinal, and thermoregulatory systems. Some of these complications are potentially fatal. ²

What do you do if you suspect a teammate or if you believe that you may have an eating disorder or disordered eating? Contact a member of the Optimal Performance Team or your team athletic trainer.

Optimal Performance Team

All Phone numbers are 859 area code

| | | |
|----------------------------|---------------------|----------|
| Team Physicians: | Robert Hosey, MD | 218-3064 |
| | Kimberly Kaiser, MD | 218-3064 |
| Senior Women Administrator | Sandy Bell | 257-8604 |
| Sport Dietitian | Monica Fowler | 257-7768 |
| ATC | Courtney Jones | 257-6661 |
| Strength & Conditioning | John Spurlock | 257-4229 |
| Sport Administrator | Jim Madaleno | 257-6521 |

Any of the entities listed above can help guide you to assistance appropriate to your situation. All information will be handled as privately as possible.

Power-Based Personal Violence Policy and Procedures for Student-Athletes

Power-Based Personal Violence (PBPV) includes any of the following:

Sexual Assault

Sexual assault is a broad category that includes, but is not limited to, rape, sexual abuse and sexual misconduct. Sexual assault is any form of sexual contact obtained without consent or obtained through the use of force, threat of force, coercion, or intimidation. This also includes instances where the second person is incapable of giving consent. There are various degrees of sexual assault which cover a range of conduct and levels of force or intimidation. Examples can be found in AR 6:2 at https://www.uky.edu/regis/sites/www.uky.edu/regis/files/files/ar/ar_6.2-interim-final_08_14_20_1.pdf

Stalking

A course of conduct directed at a specific person that is unwanted, unwelcome, or unreciprocated and that would cause a reasonable person to fear for his or her safety, security, or well-being. Stalking includes repeated harassing or threatening (implicit or explicit) behaviors. Stalking using electronic media also known as cyberstalking is included in this policy. Examples can be found in AR 6:2 at https://www.uky.edu/regis/sites/www.uky.edu/regis/files/files/ar/ar_6.2-interim-final_08_14_20_1.pdf

Relationship Violence: Dating Violence and Domestic Violence

Relationship violence occurs when one partner tries to maintain power and control over the other through actual or threatened physical or sexual violence, or psychological and emotional abuse. These acts may be directed toward a spouse, an ex-spouse, a current or former boyfriend or girlfriend, or a current or former dating partner. Examples can be found in AR 6:2 at https://www.uky.edu/regis/sites/www.uky.edu/regis/files/files/ar/ar_6.2-interim-final_08_14_20_1.pdf

Sexual Exploitation

Sexual Exploitation means taking non-consensual or abusive sexual advantage of another, and includes situations in which the conduct does not fall within the definitions of Sexual Harassment or Sexual Assault. Examples can be found in AR 6:2 at https://www.uky.edu/regis/sites/www.uky.edu/regis/files/files/ar/ar_6.2-interim-final_08_14_20_1.pdf

IF YOU HAVE BEEN OR ARE CURRENTLY THE VICTIM OF POWER-BASED PERSONAL VIOLENCE, REPORT IT TO ANY OF THE FOLLOWING:

Confidential Resources: Privacy laws prohibit them from sharing specific information about you unless you authorize it.

For Immediate Needs: UK Chandler Medical Center Emergency Room where a S.A.N.E. (Sexual Assault Nurse Evaluator) is on staff to assist you. A UK Team Physician:

| | |
|---|----------------------------------|
| Dr. Smoot | 859-218-3065 |
| Dr. Hosey | 859-218-3064 |
| A physician at University Health Service | 859-323-2778 |
| UK Counseling Center | 859-257-8701 |
| Violence Intervention and Prevention (V.I.P) Center | 859 257-3574 – or – 859-257-3564 |

Private Resources: Legal obligations require them to report incidences. The University MUST investigate known incidences.

Any Coach or Staff Employee of the Athletic Department: Must fill out an incident report. Any member of the Dean of Students staff: Must investigate known incidences.
859-257-3754

Other Resources:

The UK Police: Must investigate incidences and ensure campus safety. The decision to file a police report lies solely with the victim. Dial 911 from a UK phone; or #8573 from your cellphone

Comply-Line: A report may be made anonymously or by giving your name.

<http://www.uky.edu/Legal/ethicsreporting.htm>

877-898-6072

UK Police Department Escort/transportation services:

- UKPD non-emergency numbers (859) 257-8573, (859) 257-1616, can call for help anytime
- SAFECATS escort - (859) 257-SAFE (7233) <https://www.uky.edu/police/257-safe-and-safecats>
- Free on demand WildCab service <https://www.uky.edu/transportation/bus/wildcab>
- LiveSafe App - <https://www.uky.edu/police/livesafe>

Supplements

The use of supplements has become widespread among athletes. The UKAD policy concerning the use of supplements discourages their use. Student-athletes must be cautious of using supplements available through commercial outlets as many contain substances banned by the NCAA. Student-athletes can improve their strength and performance through proper nutrition, conditioning, and rest. UKAD strength staff will consult the athletic training/medical staff and our sports dietician before issuing supplements.

Student-athletes must not use any medication or supplements that have been purchased or given by someone other than the Head Coach or Strength Coach

Alcohol/Drug Education Screening Program

The University of Kentucky Athletic Department has an Alcohol/Drug Education- Screening Program to educate athletes regarding the physical, psychological and social effects of drugs. This program follows NCAA rules and regulations. The NCAA list of banned drug classes changes regularly. Access the NCAA website at www.ncaa.org/2021-22-ncaa-banned-drugs-list for the most recent list. UKAD also administers a year-round drug-screening program to monitor drug usage among its athletes.

Remember: Any student-athlete involved in an alcohol or drug-related incident including, but not limited to: DUI, fighting, domestic violence, trafficking controlled substances, etc., will be subject to immediate evaluation for possible alcohol or drug abuse. The charge will be investigated by UKAD personnel in conjunction with UK officials. The student-athlete will be required to undergo evaluation, counseling, and a year-round drug screening as determined by a University Health Service Substance Abuse Counselor and/or Team Physician. Results may include probation, suspension, and/or termination from the team and can be considered a violation of the Alcohol and Drug Policy as determined by the Athletics Director. The complete Drug/Alcohol Education-Screening Program is outlined in a brochure that is issued to each student-athlete. Each student-athlete will have the program explained to them and must sign an authorization statement. For questions or additional information, please contact Jim Madaleno, Director of Sports Medicine, at 257-2712.

Tobacco Policy

In accordance with NCAA legislation, the use of tobacco products is prohibited by student-athletes and all game personnel (e.g., coaches, athletic trainers, managers, and game officials) in all sports during practices and competition.

Furthermore, the use of all tobacco products (including but not limited to cigarettes, pipes, hookah, cigars, e-cigarettes, chew, snuff, snus, and other non-combustible tobacco products) is prohibited on the entire University of Kentucky campus.

Resources to help you quit

UK offers individual and group tobacco treatment programs at no cost for one series of classes, including nicotine replacement therapy. Treatment programs are offered at the following locations:

1. University Health Service:
<https://ukhealthcare.uky.edu/university-health-service/healtheducation/tobacco>
2. Counseling and Testing Center: <https://www.uky.edu/counselingcenter/>

Prevention of Infectious Disease

Athletes are susceptible to various infectious diseases. These include Fungal, Bacterial and Viral. HIV (Human Immunodeficiency Virus) causes AIDS (Acquired Immunodeficiency Syndrome). This virus infects the cells of the immune system rendering them unable to fight infection. Hepatitis B is another highly contagious virus that affects your liver. Both HIV and Hepatitis B are commonly transmitted through sexual contact and direct contact with infected blood or blood components. Hepatitis vaccination is available to UK student-athletes. Watch for announcements or ask a staff athletic trainer for details. By practicing good hygiene and utilizing the following procedures, your chances of becoming infected from or transmitting an infectious disease or fungus to another person will dramatically decrease.

The risk of infection can be decreased through:

1. Condoms: should always be used during sexual activity.
2. Open Wound: should be treated by an athletic trainer. The athletic trainer will clean, treat, and dress the wound while using universal precautions, i.e. wearing latex gloves, etc.
3. Hygiene: when you come in contact with blood or body fluid, immediately wash the area with soap and water. During practice see an athletic trainer for a cleaning solution.
4. Proper Disposal of Contaminated Material: it is imperative all material (bandages, towels, laundry, etc.) is properly handled. All bloody bandages should be removed and discarded only in red cans found in the athletic training room only.
5. Laundry: all workout clothing and uniforms should be washed after each use. Laundry should not be left lying around for others to handle. All towels and uniforms should be given to your team manager.
6. Universal Precautions: the athletic training staff and team manager must follow Universal Precautions when performing their jobs. The Athletic Trainers will wear rubber gloves and other protective equipment when treating wounds or when handling potentially infectious material. All material used to treat an athlete with an open wound, or other medical procedure will be properly disposed according to O.S.H.A. regulations. Team managers will wear gloves and other protective equipment when handling towels, laundry, and other potentially contaminated material. These procedures were developed to prevent the spread of infection.

Athletic Training Room Rules

1. Do not touch or move an injured athlete. Moving an injured athlete may cause further injury. You can help the injured athlete by alerting an athletic trainer to the injured player.
2. The athletic training room should be treated as a medical facility. Improper behavior will not be tolerated.
3. Treat the athletic trainer and medical staff with respect. They are here to help you. If you have a problem with a student athletic trainer, see the head athletic trainer to work things out.
4. The athletic training room is not a lounge. It is to be used only for taping, evaluation, treatment, and rehabilitation or to speak with one of the athletic trainers.
5. Stay out of the athletic training staff offices, the doctor's office and the storage room unless you have permission.
6. Do not use the athletic training room phones.
7. Tobacco use is not allowed.
8. You must wear proper attire in the athletic training room.
9. Do not remove anything from the athletic training room without first receiving permission from an athletic trainer.
10. Shower after practice/workouts before coming to the athletic training room for evaluation, treatment, rehabilitation or consultation.
11. Treatments are initiated by the University of Kentucky Staff Athletic Trainers only. Do not perform your own treatments.
12. If you are injured, check with a staff athletic trainer before getting into the hot whirlpool or Jacuzzi.
13. Eating and drinking are not permitted in the athletic training room.

Student Conduct

The University of Kentucky Code of Student Conduct can be found here:

<https://www.uky.edu/studentconduct/sites/www.uky.edu.studentconduct/files/AR%204-10%20Student%20Code%20and%20Procedures.pdf>

I. Introduction

The University of Kentucky (UK) is committed to promoting a safe, healthy, student-centered, and inclusive community. UK strives to create an environment where students can engage in academic inquiry and campus life. The student conduct process supports UK's goals by:

1. Promoting personal responsibility and peer accountability;
2. Encouraging Students to consider the impact of their actions on themselves, their peers, and larger UK Community;
3. Empowering Students to address any conflict that may arise in a safe, respectful, and socially conscious manner;
4. Collaborating with Employees, Students, and the UK Community with regard to student conduct matters; and
5. Educating the UK Community about student rights and responsibilities related to the Code.

The student conduct process helps Students learn, mature, and develop greater self-awareness while balancing the needs of the UK community. When student behavior does not model UK's values, the student conduct process is used to uphold the standards of UK.

Scope of Code

A. Timing

Each Student is responsible for his or her conduct from the time of enrollment at UK through the actual awarding of a degree. The Code applies to the times including times when UK is not conducting classes. UK may impose discipline for violations that occur before the degree is awarded but which are not discovered until after the degree is awarded. If a Student withdraws while a student conduct matter is pending, the student conduct matter must be resolved prior to reenrollment.

B. Location

The Code applies to behavior that occurs on or off UK Premises. The Code applies at off-campus facilities of Registered Student Organizations, at UK-sponsored or approved activities, and at nonUK activities. The Code applies at all UK locations, including where UK is extended to distance education, such as study abroad, service trips, experiential learning opportunities, and athletic, club sport, and other group travel. The Code may also be applied to behavior conducted online, via email or through electronic mediums in cases where the behavior is not protected by freedom of expression. UK does not regularly search for online information but may take action if such information is brought to the attention of UK Officials.

C. Guests and Visitors

A Student may be held accountable for the behavior of his or her guests or visitors on UK Premises. Guests and visitors of UK may also initiate referrals for potential violations of the Code committed by Students against them.

D. Reporting Restrictions

There is no time limitation on reporting of violations. Those who are aware of an alleged violation(s) of the Code are encouraged to report it promptly to the Office of Student Conduct or UK Police if applicable.

E. Being in the Presence of Code Violations

In some circumstances, a Student who is present while other Students violate the Code and does not report the violation may also be charged with a Code violation.

F. Attempted Violations

In situations where a Student attempts to engage in action that would violate the Code, but fails to do so, UK may charge a Student with an attempted violation of the Code.

G. Amnesty

Student health and safety are of primary concern at UK. Students who seek emergency assistance on behalf of persons experiencing drug or alcohol-related emergencies will not be charged or sanctioned for violations of University drug or alcohol-related policies. UK will grant amnesty to Students who proactively seek medical help for themselves or others where the help-seeking Student may have been involved in underage drinking or other improper use of alcohol or illegal drugs at the time. For example, a student who has been drinking underage might hesitate to seek help for another Student who is unable to respond due to alcohol or drug use, or who has been the victim of sexual misconduct. Amnesty will not be granted for other policy violations that may have occurred during the incident (e.g. drug distribution, arson, theft, etc.). Amnesty does not prevent any actions that may be taken by any law enforcement agency, including UK Police.

Restorative Actions

The following restorative actions may be imposed upon any student or registered student organization found responsible for a violation of the Code, from least severe to most severe. More than one restorative action may be imposed for any single Code violation.

A. Informal Warning

An Informal Warning is an oral or written warning to the Student or Registered Student Organization found responsible for a violation of the Code when the circumstances and severity of actions do not warrant the development of an official student conduct record. No official record of an informal warning is maintained as part of the Student's or Registered Student Organization's conduct file.

B. Official Warning

An Official Warning is a written notice to the Student or Registered Student Organization found responsible for a violation of the Code or UK policy. A record of an official warning is maintained as part of the Student's or Registered Student Organization's conduct file.

C. Housing Probation

Housing Probation is a designated period of time in which a Student or members of a Registered Student Organization that is housed in facilities maintained by the University Housing are not considered in good standing with the University Housing. Subsequent policy violations may result in more severe restorative actions.

D. Suspension of Housing Contract

Suspension of Housing Contract is the separation of the Student or members of the Registered Student Organization from facilities maintained by University Housing for a temporary or definite period of time, after which the Student or Registered Student Organization is eligible to return. Conditions for readmission may be specified. Subsequent policy violations may result in cancellation of housing contract.

E. Cancellation of Housing Contract

Cancellation of Housing Contract is a permanent separation of the Student or Registered Student Organization from facilities maintained by the University Housing. Students or Registered Student

Organizations dismissed from these facilities may not be eligible for readmission into any facilities maintained by University Housing.

F. Conduct Probation

Conduct Probation is a designated period of time in which a Student or Registered Student Organization is not considered in good standing with UK. Subsequent policy violations may result in more severe restorative actions, up to and including disciplinary suspension or expulsion from UK.

G. Educational Action

An Educational Action is a measure intended to educate the Student or members of the Registered Student Organization on their responsibilities to abide by the Code and learn from the violation in an educational way. Examples of educational actions include, but are not limited to: writing reflective or research papers, attending educational activities or substance education workshops, completing a prescribed number of community service hours, undergoing a counseling assessment, or taking community education classes.

H. Restitution

Restitution is a measure intended to compensate for the loss, damage, or injury caused by the Student or members of Registered Student Organization. This action may take the form of appropriate service, monetary compensation, or material replacement.

I. Administrative Referral

An Administrative Referral is a mandatory referral to another campus office/department to address concerns regarding a particular behavior or need. For example, a Student may be referred to the UK Counseling Center, Disability Resource Center, Community of Concern, or Off-Campus Student Services for additional assessment or recommendations.

J. Parental Notification

FERPA permits UK to notify a student's parents if:

1. The Student is under the age of twenty-one (21) and has violated any law or UK policy related to alcohol or controlled substances; or
2. The Student is considered a threat to him/herself or to others, or there is a need to protect the health and safety of the Student.

K. Placement of Holds

A disciplinary hold on a Student's record may be applied when a Student:

1. Is not presently enrolled at UK and a conduct meeting or hearing is pending;
2. Has a pending conduct case that must be resolved prior to graduation;
3. Has failed to complete restorative actions by the assigned deadlines;
4. Is suspended or expelled from UK; or
5. Presents behavior that puts self or the UK Community at risk.

L. Withholding Degree

UK may withhold awarding a degree otherwise earned until the completion of the student conduct process, including the completion of all restorative actions imposed, if any.

M. Revocation of Admission and/or Degree

Admission to, or a degree awarded from, UK may be revoked for fraud, misrepresentation, or other violation of UK standards in gaining admission or obtaining the degree, or for other serious violations committed by a Student prior to graduation. A recommended action of revocation of a degree will be referred to the Board of Trustees for final action. (See KRS 164.240)

Note: Revocation of admission or a degree under this Code is a separate and distinct action from sanctions that may be imposed under the UK Senate Rules for academic misconduct, (e.g. cheating, plagiarism, etc.)

N. Revocation of Registered Student Organization Status

Revocation of Registered Student Organization Status is a designated period of time in which a Registered Student Organization is not recognized by UK and does not receive designated privileges defined by Administrative Regulation 4:1, Registration of Student Organizations.

O. Social Suspension

Social Suspension is the loss of specified UK privileges or extracurricular institutional activities for a designated period of time, except for attendance in classes in which officially enrolled and privileges that are necessary or required (e.g. libraries, extracurricular lectures, work-study).

P. Interim Suspension

In certain circumstances, the APSAL may impose an interim suspension from UK Premises upon receiving a complaint and prior to the completion of the student conduct process. An interim suspension may be imposed to:

1. Ensure the safety and well-being of members of the UK Community or preserve UK property;
2. Ensure the Student's own physical or emotional safety and well-being; or
3. Ensure that normal operations of UK are not disrupted.

Q. Disciplinary Suspension

Disciplinary Suspension is the separation of the Student from UK for a definite period of time, after which the student is eligible to return. Conditions for readmission may be specified.

R. Disciplinary Expulsion

Disciplinary Expulsion is permanent separation of the Student from UK.

INFORMAL RESOLUTION OPTIONS

A. Student Conduct Meeting

1. Respondents may be provided with an informal meeting to resolve the allegations. Meetings are closed meetings that permit the Respondent to discuss the referral informally with a Conduct Officer and others as appropriate. During the meeting, the Conduct Officer and the Respondent discuss the referral and determine whether it is more likely than not the Respondent violated the Code or any other UK policy.
2. After reviewing the referral and meeting with the Respondent, if the Conduct Officer determines sufficient information does not exist to prove an alleged violation, the Conduct Officer may dismiss the referral.
3. If the Conduct Officer determines sufficient information does exist to prove an alleged violation, and the Respondent accepts responsibility for the alleged violation, the Conduct Officer and the Respondent will discuss restorative actions. The Respondent can either:
 - a. Agree to fulfill the restorative action as discussed in the meeting; or
 - b. Disagree with the proposed restorative action and request a restorative conference or a formal hearing on the issue of appropriate restorative actions only.
4. If the Conduct Officer determines sufficient information does exist to prove an alleged violation, and the Respondent does not accept responsibility, the case will be referred for a formal hearing.
5. An agreement by the student as to either responsibility or the restorative action reached during the student conduct meeting may not be appealed.

B. Restorative Conference

1. A restorative conference provides an opportunity for interaction between the Respondent and any harmed party or Complaining Witness, but also may involve the community in the decision making process. Community participants may be anyone in the community concerned about the behavior. The goal is to provide everyone a voice in the process and bring understanding to all parties. Restorative conferences also allow for collaboration in deciding what is to be done about the incident in question and also to address any underlying problems that led to the incident.

2. Participation in a restorative conference is voluntary. All parties must willingly agree to attend. The Respondent must have previously accepted responsibility for the behavior in question in order for a restorative conference to occur. Annual training for restorative conference facilitators is provided by the Office of Student Conduct. Restorative conferences may or may not result in additional restorative actions, depending on the outcome of the conference.

3. If a resolution is not met through the restorative conference, the student conduct process will resume and a formal hearing will be scheduled to determine restorative actions.

FORMAL RESOLUTION

A. Formal Hearings

If an informal resolution is not reached, or in cases where the Director or Conduct Officer referred the matter because potential outcomes include disciplinary suspension or expulsion from UK, the case will be scheduled for a formal hearing. Hearings are closed meetings that permit UK and the Respondent to address the alleged violation or restorative actions with a Hearing Board. Only individuals with a legitimate role in the hearing process are permitted to attend or participate in a hearing. The Hearing Board will determine if an individual has a legitimate role in the hearing process.

B. Hearing Boards

The Office of the APSAL solicits volunteers from employees and students to serve on Hearing Boards. Annual and ongoing training is provided by the Office of Student Conduct. When a student conduct matter is referred to a Hearing Board for a formal hearing, the Director will determine which Hearing Board will address the allegation(s). The Director will determine the appropriate Hearing Board based on the nature of the allegation(s), whether the allegation(s) is grounds for disciplinary suspension or expulsion, whether the allegation(s) is grounds for suspension or revocation of Registered Student Organization status, and other relevant factors.

The Director will notify the Respondent, Complaining Witness(es), and Hearing Board members of the individuals selected for the Hearing Board at least 3 days in advance of the hearing.

1. UK Community Member Hearing Board

a. The UK Community Hearing Board is a three (3) person Hearing Board composed of individuals selected by the Director from the employees, and students as follows:

i. One (1) faculty employee;

ii. One (1) staff employee; and

iii. One (1) undergraduate or graduate Student in good disciplinary standing and enrolled full-time. Students appointed to the UK Community Member Hearing Board are selected by an application and interview process. A Student member must be a fulltime Student in good disciplinary standing with a cumulative grade point average of 2.5 or above and classified as a sophomore or above.

b. Members serve one-year (1-year) terms, which may be renewed. The Director will designate one (1) member of the UK Community Member Hearing Board as Chair each time the Hearing Board is convened. The Chair is a voting member of the Hearing Board.

Student Resources

UK PD escort/transportation services (several options here):

- UKPD non-emergency numbers (859) 257-8573, (859) 257-1616, can call for help anytime
- SAFECATS escort - (859) 257-SAFE (7233) <https://www.uky.edu/police/257-safe-and-safecats>
- Free on demand WildCab service <https://www.uky.edu/transportation/bus/wildcab>
- LiveSafe App - <https://www.uky.edu/police/livesafe>

Working with the Media

University of Kentucky athletes and athletics events are highly visible and often draw heavy media coverage. Dealing with media representatives is, therefore, an important part of your responsibility as a University of Kentuckystudent-athlete.

Interview guidelines

- All media interviews must be arranged through the UK Athletics Communications/Public Relations office. If you are approached or sent a direct message on social media by a media representative about doing an interview, please refer them to your communications director or have them call the UKACPR office, 859-257-3838.
- Interview policies are set by your coach, in conjunction with the UKACPR office. Your communications director will specify to you the policies of your team, such as interview times, locations, etc.
- All University of Kentucky locker rooms are closed to the media during regular-season events. All players requested for media interviews will be brought to a designated location for that sport (i.e., a media interview room, press box, etc.).
- It is imperative that you meet your interview agreements. If circumstances arise that might prevent you from attending, immediately contact your communications director.
- Media training is available to your team by your communications director. In media training, you will learn:
 - 60 PERCENT – HOW YOU LOOK ... BODY LANGUAGE ... EYE CONTACT (no hats, no gum, wear UK gear when possible)
 - 30 PERCENT – HOW YOU SOUND ... ARTICULATE ... ENTHUSED ... ENERGY
 - 10 PERCENT – WHAT YOU SAY ... YOUR MESSAGE
- Remember that nothing is confidential or off the record.

Social Media Tips

Do's

- Think twice before posting; When in doubt, don't send it out!
- Be positive and supportive (thank fans, family, teammates, etc.)
- Check your privacy settings
- Set up Two-Factor Authentication to help prevent hackers
- Develop rules for yourself
- Think about hidden meanings
- Show your personality
- Praise and promote your teammates
- Promote YOUR BRAND
- Stay with US

Don't

- Post information, photos or anything else that could embarrass you, your family, your team, the athletic department, or UK, now or in the future
- Use profanity
- Post when emotional
- Post unsportsmanlike, demeaning, derogatory messages
- Post about private info (injuries to yourself or teammate, eligibility issues, travel plans, etc.)
- Trash talk opponents or other programs; "Stay with us"

YOUR FUTURE BEGINS ON



FIND YOUR PATH TO GREATNESS

The Kentucky Road

The backgrounds of our student-athletes are as diverse as their talents. They come from near and far. Some stay home to become Wildcats. Others cross an ocean to get here. But when our student-athletes come to Kentucky, many roads become one.

The Kentucky Road. It's a road of opportunity. Of learning. Of growth. Of service. Of leadership. Of competition.

Together, our student-athletes share in a one-of-a-kind experience. An experience specifically designed to challenge and empower young people to grow. As students. As athletes. As people.

Because the road isn't easy.

You don't come to Kentucky if you want things handed to you. You come to Kentucky if you want to invest in yourself. In your teammates. In your school. In your community.

In the end, it's all worth it. Four years of investment, 40 years of return.

When you exit the Kentucky Road, you take your own road once more. But you take that road having experienced something that transformed you. Something that prepared you for whatever you might face. You might be stepping into the workforce or you might be reporting to training camp. You might be off to grad school or you might be ready to start a family. You're turning pro.

Whatever the future holds, you'll be ready. And wherever your road leads, you'll forever be a citizen of the Big Blue Nation.

You took the Kentucky Road.

