



Husson University has partnered with the national campaign, It's On Us, to bring awareness to sexual assault and to promote bystander intervention.

IT'S ON US is a cultural movement aimed at fundamentally shifting the way we think about sexual assault.

IT'S ON US is a rallying cry inviting everyone to step up and realize that the solution begins with us. It's a declaration that sexual assault is not only a crime committed by a perpetrator against a victim, but a societal problem in which all of us have a role to play. We are reframing sexual assault in a way that inspires everyone to see it as their responsibility to do something, big or small, to prevent it. We are asking everyone to create an environment, be it a dorm room, a party, a club or a sports team, or the greater college campus, where sexual assault is unacceptable and survivors are supported.

Raising awareness. Holding ourselves and each other accountable. Looking out for someone who cannot consent.

IT'S ON US. All of us.

Husson University Department of Athletics

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Dear Husson Student-Athlete:

Welcome to campus for the 2021-22 academic year! Our coaches and staff are excited to be back on campus and excited to have you back as we look forward to working with you during this coming year!

It has been a crazy spring and summer as we all have been dealing with the COVID-19 virus!! We are delighted that you are once again back on campus and ready to continue your pursuit of academic and athletic success.

As you know, Husson athletics has a great tradition of academic and athletic performance. Many of you have been part of that tradition and many of you will soon become part of that tradition. We hope you will respect our history and at the same time seek to achieve even greater heights. We have very high expectations for both your academic and athletic success and we encourage you to also reach your highest potential.

Your #1 goal is for you to graduate from Husson with a degree of your choosing and move on to great success in your personal and professional life. We are here to help you achieve that goal in any way that we can. We believe your experience participating in a highly competitive NCAA Division III athletics program will help you develop the skills and characteristics that will make you successful in your family, your community, and your profession.

Best wishes for a very successful year. Please come see me if I can help you in any way. Go Eagles!

Sincerely,

Frank Pergolizzi
Director of Athletics

Husson University Department of Athletics

Staff Directory

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2021-2022 Academic Calendar

Fall 2021

	15-Week Session	7-Week Session 1	7-Week Session 2
Classes Begin	8/30/2021	8/30/2021	10/25/2021
Labor Day - No Classes	9/6/2021		
Add/Drop	08/30/2021-09/07/2021	08/30/2021-09/03/2021	10/25/2021 - 10/29/2021
Fall Break - No Classes	10/11/2021-10/12/2021		
Mid-Term	10/22/2021	9/24/2021	11/19/2021
Pre-Registration Advising	11/01/2021-11/05/2021		
Student Online Registration	11/05/2021-11/14/2021		
Post-Registration Advising	11/15/2021-11/19/2021		
Thanksgiving Break	11/24/2021-11/26/2021		
Last Day of Classes	12/13/2021	10/22/2021	12/17/2021
Final Exams	12/14/2021-12/17/2021		

Winter 2022

		Add/Drop for Winter is the first day of class ONLY	
Classes Begin	12/27/2021		
New Year's Day - No Classes	12/31/2021		
Classes End	1/14/2022		

Spring 2022

	15-Week Session	7-Week Session 1	7-Week Session 2
Martin-Luther King Day - No Classes	1/17/2022		
Classes Begin	1/18/2022	1/18/2022	3/14/2022
Add/Drop	01/18/2022-01/25/2022	01/18/2022-01/21/2022	03/14/2022-03/18/2022
Mid-Term	3/4/2022	2/11/2022	4/8/2022
Spring Vacation	03/07/2022-03/11/2022		
Pre-Registration Advising	03/21/2022-03/25/2022		
Student Online Registration	03/25/2022-04/03/2022		
Post-Registration Advising	04/04/2022-04/08/2022		
Last Day of Classes	5/2/2022	3/4/2022	4/29/2022
Final Exams	05/03/2022-05/06/2022		
Commencement	5/7/2022		

Summer 2022

		7-Week Session 1	7-Week Session 2
Summer Sessions Begin	5/9/2022	5/9/2022	7/5/2022
Memorial Day - No Classes	5/30/2022		
Fourth of July - No Classes	7/4/2022		
Summer Sessions End	8/19/2022	6/24/2022	8/19/2022

Summer Session Add/Drop Information:

- 1 to 3-week sessions
- 7-week session or longer

*First day of class ONLY.
Through the first Friday of session.*

*Husson University Department of Athletics
Mission Statement*

The primary purpose of NCAA Division III Athletics at Husson University is to provide broad-based athletic opportunities with equal emphasis given to all intercollegiate sports.

Conducted as part of the student-athletes' educational experience, athletics encourages academic and athletic performance, gender equity, appreciation for diversity and social responsibility. A successful athletic department contributes immeasurably to the growth and student life of the university. Sportsmanship and building respect for others in athletics can lead to better human relations, global awareness and leadership skills.

Husson University Department of Athletics

Academic Expectations and Guidelines

The Husson University Athletics Department is committed to the academic success of our student-athletes. Accordingly, the following provides expectations regarding academic standards and guidelines for when students do not meet these expectations.

GPA Standards for Additional Academic Support

Student-athletes who have below a 2.5 GPA, who have been admitted as an undeclared or conditional accept, or who are considered “at risk” based on the University’s academic standards of Warning and Probation, must attend our study tables for a minimum of 9 hours per week. The Athletics Department will connect student-athletes with our academic learning center on campus to assist with academic issues such as time management and study strategies. Important resources for student-athletes not meeting this GPA Standard include the Center for Student Success (CSS), the Writing Center, and the Learning Center. Students-athletes should also be in close contact with Academic Advisors to assure that they are meeting academic GPA expectations associated with their program of study.

Credit Requirements (for practice and competition)

To be eligible to practice and compete in intercollegiate athletics at Husson University all student-athletes must be enrolled in a least a minimum full-time program of study unless you are in your last semester of the baccalaureate or graduate program and the institution certifies that the student is carrying (for credit) the courses necessary to complete degree requirements. Additionally, first year student-athletes must pass at least 9 credit hours in their first semester to remain eligible for competition. Student-athletes who have completed two or more semesters must pass a minimum 24 credit hours over the course of the previous two semesters. This can include summer or winter term classes if they fall between the two semesters. Student-athletes participating in a non-traditional season must be enrolled as a full-time student.

NCAA Satisfactory-Progress Requirements

To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall maintain satisfactory progress toward a baccalaureate or equivalent degree at that institution as determined by the regulations of that institution.

Husson University defines Satisfactory Academic Process through academic standards relating to Warning, Probation, and Dismissal. These policies are found in the catalog at:

http://catalog.husson.edu/generalinformation/academicpolicies/#Academic_Statutus

The Athletic Department will take the following measures when student-athletes are in the status of Academic Warning or Probation:

Student-athletes who are on Academic Warning may practice with their team and compete. If they do practice and/or compete, they will use a year of eligibility. Their opportunity to practice and/or compete is contingent upon a minimum weekly meeting with the head coach to review academic progress as well as regular meetings with a Student Success Advisor from the CSS to address any academic challenges.

Student-athletes on Academic Probation are not permitted to practice or compete. As noted above, student-athletes who are on probation are considered “at-risk” and must attend study tables for a minimum of 9 hours per week to become eligible again in the future. Student-athletes on probation must also have weekly meetings with the head coach to review academic progress as well as regular meetings with a Student Success Advisor from the CSS to address any academic challenges.

Student-athletes who are Dismissed must be away from the University for at least one regularly scheduled fall or spring semester. Students may appeal the decision of dismissal according to the procedure noted in the catalog. If successful, the student-athlete’s status will change to that of Probation. The guidelines of probation outlined above will apply.

The Athletic Department also wants student-athletes to be aware that failure to make satisfactory academic progress may have financial implications as well. Financial Aid standards are at the following link:

<http://catalog.husson.edu/generalinformation/financialaid/#SAP>

Husson University Department of Athletics

Academic Support

The Wadleigh Academic Center is the one-stop-shop for the Eagle student-athletes who are looking for some help and extra guidance in the classroom.

Need some guidance on how to prepare yourself for that big mid-term, or final? Click on the [How to Study Tips](#) link for strategies and other information to make sure you're ready to do your best provided by howtostudy.org.

The [Center for Academic Services](#) is the place to go for students who need academic help. CAS staff members are available to assist students with time management, test-taking skills and understanding learning styles as well peer and faculty tutors.

The [Writing Center](#) is there for all of your writing needs. The Writing Center offers help on an appointment basis; just bring a copy of your latest writing assignment for tips and corrections before you turn it in to your professor.

The [Learning Center](#) is the means of finding the best science and math help provided on campus. The Learning Center is a student-led facility providing tutoring in general math and science courses, as well as degree specific help in criminal justice, physical therapy, nursing, pharmacy and more.

The [Health and Counseling](#) section is a place where students can find information on services provided by the Student Health Services aimed to help improve the general well-being of Husson students. If you are battling illness or personal problems, academic progress usually suffers; Student Health Services offers assistance for students to be in the best condition to excel in the classroom.

When it is finally time to finish your academic and athletic careers at Husson University, check out the [Career Services](#) section to find out what James Westhoff and his Career Services Staff can do to help put your degree to work for you, and find the career you've worked so hard for.

The Wadleigh Academic Center is also a great place to see our student-athletes' academic success. Click on the [Academic Highlights](#) link to find information on Academic All-Conference awards and Academic Athletics Banquet Invitees.

Husson University Department of Athletics

Athlete Academic Mentor Program

Mentors are model student-athletes that actively pursue the highest possible standard of excellence in everything they do. They take a proactive approach to academic success and lead by example on the field and in the classroom.

The incumbent of this position mentors and monitors assigned student-athletes' academic progress, conducts one-on-one mentoring sessions with assigned students-athletes and supports academic programs while exercising good independent judgment, respect for others, and academic integrity.

- Student interested in becoming an Athlete Academic Mentor must submit a cover letter, resume, and references to the Academic Coordinator.
- Student-Athletes can be nominated by their coaches for an opportunity to interview, but they must complete the application process to be an eligible candidate.
- Mentors will be hired by the Executive Director of Academic Services and the Academic Coordinator.
- Mentors will fall under the supervision of the Academic Coordinator.
- Mentors advise student-athletes regarding academic barriers, study skills and habits, time-management and organization, and available university support services.
- Mentors conduct one-on-one academic mentoring sessions and lead group mentoring sessions with assigned students.
- Mentors will work collaboratively with the Academic Coordinator to determine their assigned student-athletes.
- Mentors will log all hours spent mentoring assigned student-athletes and shall not exceed 10 hours per week.
- Mentors document all services provided and record student-athlete participation hours during mentoring activities.
- Mentors communicate with the Academic Coordinator regarding student progress and concerns.
- Mentors support and assist in academic service programs with the Academic Coordinator.
- Mentors refer student-athletes to additional academic services (Writing Center, Learning Center and Academic Services) available on campus and assist in securing access to those services.

Husson University Department of Athletics

Missed Class Policy

Absence Due to Team Travel for Athletic Competition

There is no such thing as an excused absence due to athletics competition. Absences due to athletic competition are NOT in addition to the permissible class absences as specified by the instructor in the class syllabus. Student-athletes who miss class due to athletic competition are responsible for all work missed.

For regular season competition, plan ahead and project the occasions on which you will miss class due to an athletic competition. You should then inform each professor of the team schedule and any projected absences as soon as possible at the beginning of the semester (we will provide you with correspondence for this purpose).

Towards the end of the regular season there will be a process to communicate with professors regarding post-season competition.

You are not permitted to miss class for any practice.

All-Star Games

Financial Assistance for Senior All-Star Games

The athletic department will provide limited financial assistance to any selected senior student-athletes to participate in one (1) All-Star game coached by collegiate coaches.

Husson University Department of Athletics

FAR/SWA

Faculty Athletics Representative

The Faculty Athletics Representative (FAR) is a member of the faculty, appointed by the President to bridge academic and athletic interests and to serve as a liaison between the Athletic Department and faculty. In this capacity, Dr. Greg Winston works with the President and the Director of Athletics to support a campus environment in which the athletics program is maintained as a vital component of the student body. Duties include the enhancement of academic integrity, institutional control, and student-athlete welfare. Dr. Winston is a professor in the English Department.

Senior Woman Administrator

The senior woman administrator (SWA) is the highest-ranking female involved in the management of an institution's intercollegiate athletics program. The intent of the SWA designation is to promote meaningful representation of women in the leadership and management of college sports. The SWA at Husson University is Janine Gmitter. Janine also serves as the Head Athletic Trainer and Associate AD.

Including the unique perspectives of women in senior management has many benefits:

- Enhanced decision-making across the athletics program.
- Increased visibility of female role models in athletics leadership.
- Diverse point of contact for student-athletes and staff to bring concerns.
- Affirmation for involvement and contribution of women in intercollegiate athletics.
- Training opportunities for women to advance to more senior roles, ultimately creating leadership demographics more consistent with the student-athlete population.

Husson University Department of Athletics
Reporting Sexual Misconduct/Non-Discrimination Policy

At Husson University, all employees of the University, including faculty, coaches, residential life, student and professional staff and deans, are considered Responsible Employees and therefore must report incidents of Sexual Misconduct and Gender Based Violence involving a student to the Title IX Coordinator:

David Casavant, Title IX Coordinator
207-941-7132
casavantd@husson.edu

If you wish to disclose this information confidentially to an agency who will not release your name to University officials or law enforcement agencies, the following resources are also available:

- Husson University Counseling Services, 207-941-7184
- Husson University Health Services, 207-941-7625
- Husson University Sports Medicine, 207-941-7021
- Rape Response Services, 1-800-310-0000
- Coalition Against Sexual Assault, 1-800-871-7741
- Partners for Peace, 1-800-863-9909

Non-Discrimination Policy

Husson University is committed to maintaining an environment that is free from unlawful harassment and discrimination of all kinds and prohibits discrimination against or harassment of any individual or group on the basis of race, color, sex, sexual orientation, gender identity and/or expression, religion, ancestry or national origin, age, physical or mental disability, citizenship, veteran status, or any other applicable legally protected status in matters of admissions, employment, housing, or services in the educational programs or activities it operates. Consistent with this commitment, as well as federal and state laws, Husson University does not tolerate unlawful discrimination or harassment in any form.

Title IX of the Education Amendments of 1972 protects people from sex discrimination in educational programs and activities at institutions, like Husson University, that receive federal financial assistance. Questions regarding Title IX may be referred to the university's Title IX Coordinator, David Casavant, at casavantd@husson.edu, or (207) 941-7132.

Husson University Sports Medicine

Medical Requirements for Participation in Husson Athletics

Pre-participation Medical Evaluations

All student-athletes are required to have a complete physical examination by a physician clearing them for participation in interscholastic athletics. This exam must have been completed within six months prior to participation and completed on the appropriate form to ensure that cardiac health history is reviewed. Any physical dated older or not on the appropriate physical form will not be accepted.

Student-athletes understand that having passed the physical examination does not necessarily mean that he or she is physically qualified to engage in athletics, but only that the evaluator did not find a medical reason to disqualify him or her at the time of said examination. The Team Physician, or physician's designee, has the final authority to clear for participation or withhold from participation a student-athlete based on their pre-participation physical exam.

No student-athlete will be allowed to participate until the physical and all medical/insurance forms are on file in the Athletic Training room. All coaches will receive an updated list when necessary that will include the names of all cleared athletes. If a student-athlete has not been cleared by the Sports Medicine Department, they will not be allowed to participate in any athletic activity.

Any coach who knowingly allows a student-athlete to participate without their physical assumes full responsibility should the student-athlete become ill or injured as the result of a pre-existing problem that would have been detected by a physical exam.

Sickle Cell Trait Results

The NCAA requires sickle cell testing be done on all student-athletes if their sickle cell trait status is unknown. All student-athletes at Husson University will be required to provide a copy of their sickle cell trait results prior to participation. This needs to be the actual blood test results, not a signed note by their doctor. They will be given background information to understand the importance of being tested.

Sickle Cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. During periods of intense exercise, the sickle cell trait can change the shape of the red blood cells from round to quarter-moon. When this occurs, these sickled red blood cells can accumulate in the bloodstream. The accumulation of sickled red blood cells can cause ischemic (cell death) rhabdomyolysis, the rapid breakdown of muscle cells. Sickling can occur in 2-3 minutes of intense all-out exercise. Heat, dehydration, altitude, asthma and

other medical conditions may increase the risk. In some cases, particularly with exertional rhabdomyolysis, sickle cell disease can be fatal.

Medical emergencies involving sickle cell trait can be avoided by knowing a student-athletes' sickle cell trait status, engaging in a slow and gradual preseason conditioning regimen, and making sure student-athletes stay hydrated at all times, especially in hot and humid conditions. If a student-athlete starts to experience symptoms such as muscle pain, abnormal weakness, undue or breathlessness, stop the activity immediately and notify the Athletic Trainer.

When a positive sickle cell trait is detected for a student-athlete, both the student-athlete and the coach will be notified immediately. Educational materials will be given to both parties and the student-athlete will be required to view educational videos about sickle cell trait that are provided by the NCAA.

A student-athlete who tests positive for sickle cell trait will also be given the opportunity to meet with the Husson University team physician for further education and genetic testing if necessary.

Medical Records

All student-athletes have a responsibility to report any changes in their health to the Sports Medicine Department. All changes in medical insurance coverage must also be reported immediately as this may affect their eligibility. All medical records concerning the status of the student-athlete will be maintained in the Athletic Training room. Athletic Training records are regarded in the same manner as any medical file. The contents of the record are confidential and will not be released to unauthorized parties without the express written consent of the student-athlete. Athletic Training room records and the information they contain should be created, maintained, and released in accordance with clear written guidelines based upon state and federal regulations. All files will be maintained in the Athletic Training room for a period of seven years after that student-athlete's eligibility has expired.

Medical Appointments and Return to Play

The Husson Sports Medicine staff will be responsible for making all medical appointments with the team physician. The team physician, or the physician's designee, has the final responsibility and authority to determine when a student-athlete is removed or withheld from participation due to an injury or illness. If a student-athlete seeks treatment from another physician, it is their responsibility to obtain all documentation regarding the injury or illness. In addition, clearance for that individual to return to activity is solely the responsibility of the physician that removed them from competition in the first instance. However, the team physician, or physician's designee, has the final authority for return to play decision.

First Year Student-Athlete

The following paperwork must be completed and reviewed by the Sports Medicine Staff prior to any participation in Husson University Athletics:

- A. Pre-participation Physical**
- B. Sickle Cell Trait Results**
- C. Insurance Form**
- D. Health History**
- E. Consent Statement**
- F. Concussion Agreement**
- G. Mental Health Screening**
- H. Musculoskeletal Exam/BESS test**

Student-athletes may use a physician of their choosing however Husson University paperwork must be used.

Husson University will reserve the right to withhold any student-athlete from participation if there are any questions regarding their paperwork until the supervising physician is contacted and the student-athlete is cleared.

Documentation of this clearance must be given and kept on file.

*If a student-athlete's insurance changes during his/her sport season, he/she is required to fill out new insurance forms immediately.

Returning Student-Athlete

The following paperwork must be completed and reviewed by the Sports Medicine Staff annually prior to any participation in Husson University Athletics:

- A. Insurance Form**
- B. Annual Health Update**
- C. Consent Statement**
- D. Concussion Agreement**
- E. Mental Health Screening**
- F. Musculoskeletal Exam**

*If a student-athlete's insurance changes during his/her sport season, he/she is required to fill out new insurance forms immediately.

Mental Health Screening

All student-athletes will complete a mental health screening annually as part of their pre- participation forms. The Athletic Training Staff will review your mental health screening and will contact you if deemed necessary. "Deemed necessary" means that your scores in any one or more of the categories (depression, stress or anxiety) are at a higher level that what is typical. We will

request permission to share your screening with Counseling Services and will have a member of the Counseling Services staff reach out to either set up an appointment or to receive information regarding their services.

If any scores are considered high, the Athletic Training Staff will share this information with Counseling Services at the time of review and I may be contacted to set up an appointment or given information regarding their services. You will also be contacted by the Athletic Training Staff.

All information will remain confidential and only those individuals who are a threat to self or others will be required to follow up with Counseling Services for continued participation in Husson Athletics.

All student-athletes will receive information regarding Counseling Services annually.

Athletic Training Room Rules

Use of the Athletic Training Room or any other related treatment facility is permitted only when an Athletic Training Staff member is present. **No exceptions!**

1. The Athletic Training Room is for business and not a place for horseplay or loitering.
2. The Athletic Training Room is not a lounge. Please leave the area after your treatment, rehab, taping, etc. is complete.
3. There will be no profanity used in the Training Room.
4. Report all injuries to the Athletic Training Staff. Do not try to treat yourself.
5. Treatments and rehab sessions will be directed and supervised by an Athletic Training staff member.
6. To receive therapy, the individual must be properly dressed (shirt, shorts, etc.) and must be clean.
7. If you wish to take a full-body hot or ice bath, you must bring your own towel and be properly attired (shorts or swim trunks)
8. Those wanting to receive therapy after practice must shower first before entering the Athletic Training Room.
9. If a student-athlete receives any type of equipment (wraps, towels, etc.), they are to be returned immediately after practice or an event.
10. Do not take anything from the Athletic Training Room without the approval of the Athletic Training staff.
11. The Athletic Training Room plays a vital role in a student-athlete's career and you should make every attempt to keep it clean (e.g. wiping down whirlpool tables after use)
12. Take shoes off prior to using treatment table
13. Do not miss practice without the permission of the Athletic Training Staff and the Head Coach.

Husson University Sports Medicine

Medical Insurance and Financial Responsibility

Husson University student-athletes are afforded multiple layers of medical insurance coverage.

First Layer: All students at Husson University are required to have a health insurance policy that will cover medical expenses in the United States. The policy should cover any and all athletic injuries that may occur while participating in intercollegiate athletics at Husson University. Without any insurance policy, participation in University sponsored events (practice, games, lifting, and conditioning) will be prohibited.

If the student does not have such a plan on their own (such as through their parent/guardians or individually), they may opt to purchase the student health insurance policy offered through Husson University. Husson University's insurance policy is offered through Aetna.

Second Layer: All students at Husson University are enrolled in an accident medical insurance policy that includes coverage for athletic related injuries. This policy has a \$0 deductible and a max coverage of \$10,000. The Sports Medicine staff will be available to help with claims filed with this accident policy.

Third Layer: All student-athletes will automatically be enrolled in the Athletic Department secondary insurance policy through Bob McCloskey Insurance. The student-athlete incurs no cost for the secondary plan. The secondary plan is for athletic related injuries only and currently has a \$10,000 deductible. With this deductible, student-athletes will only see coverage for injuries that require surgical intervention. Neither the Husson Sports Medicine Staff nor Husson University will be responsible for any payment for medical services to any individual.

Fourth Layer: The NCAA provides all student-athletes at all active member institutions coverage under the catastrophic program. This program provides \$20 million in lifetime benefits to student-athletes who become totally disabled while practicing or playing. An injured student-athlete is eligible to receive medical benefits after the policy deductible (currently \$90,000) is met. These benefits include medical expenses as well as disability benefits. Disability benefits include monthly cash payments, funds to modify a home to accommodate wheelchairs, accessible vehicles, etc., in addition to funds to complete an undergraduate or graduate degree. The NCAA's Catastrophic Program is one of the most comprehensive sport-related programs of its kind.

The Husson University Athletic Department will not be financially responsible for any injury/illness that the student-athlete encounters while participating in intercollegiate athletics at Husson University.

In the event of an athletic related injury or illness, the student-athlete must follow the athletic injury/illness policy and the athletic related referral policy. The student-athlete or the student-athlete's parent/guardian will be responsible for pre-authorizing services with their insurance company.

The student-athlete or the student-athlete's parent/guardian will also be responsible for any applicable co-pay, co-insurance, or deductible as outlined by his/her insurance policy. It is then the student-athlete's responsibility to submit any claims to their respective insurance company (or companies). For student-athletes with the Husson University insurance policy, the Sports Medicine staff will be available to assist with any claims. We will also assist with filing claims for the Husson University Athletic Department's secondary insurance.

Husson University Sports Medicine

Concussion Management Protocol

Concussions have become a growing topic within the NCAA and the public. The NCAA is requiring athletic departments to have clear guidelines for concussion management and more specifically a return-to-play policy. A concussion is a change in brain function following a force to the head, which may be accompanied by temporary loss of consciousness, but is identified in awake individuals, with measures of neurologic and cognitive dysfunction. Concussions are often difficult to detect since most don't lead to a loss of consciousness or have other immediately recognizable symptoms. Tests such as brain MRI, electroencephalogram, and blood test can often return normal results.

Concussions typically occur from blows to the head either from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball. A student-athlete can still receive a concussion even wearing a helmet.

Husson Sports Medicine Concussion guidelines:

- At the beginning of each school year, every student-athlete will sign a statement in which the student-athlete accepts the responsibility for reporting their injuries and the injuries of others to the Sports Medicine staff. The student-athletes will also be given educational materials on concussions.
- At the beginning of each school year, every coach will receive an informational sheet as well as the concussion management protocol and will sign a statement acknowledging receipt of the information and their role in the management of concussions.
- At the beginning of each school year, all campus personnel involved in student-athlete health and safety decision making to include the Director of Athletics, Faculty Athletics Representative, Accessibility Services, and Director of Wellness, will be provided with an informational sheet along with the current Concussion Protocol for the upcoming year.
- All student-athletes at Husson University will undergo annual pre-season baseline testing for each sport in which they participate prior to participating in practice or competition. Baseline testing will include the online IMPACT test. The IMPACT test addresses concussion history, symptom evaluation, and cognitive assessment. First year and transfer student-athletes will also undergo additional testing to include the BESS balance test prior to participation.

- When a student-athlete shows any signs, symptoms or behaviors consistent with a concussion, whether confirmed or suspected, the athlete will be removed from practice or competition for the remainder of the day by either a member of the coaching staff or Sports Medicine staff. If removed by a coaching staff member, the coach will refer the student-athlete for evaluation by a member of the Sports Medicine staff. The protocol listed below will be followed:
 1. If a student-athlete is suspected of having a concussion, initial testing will include the SCAT3 test that specifies a symptom assessment, physical and neurological exam, cognitive assessment, balance exam, and clinical assessment for spine trauma, skull fracture, intracranial bleed and catastrophic injury.
 2. If a student-athlete has been diagnosed with a concussion, the student-athlete will be monitored for deterioration by a teammate, roommate, or guardian and both will be given written instructions upon leaving the athletic training facility. The student-athlete will be restricted from all team activities to include but not limited to practices, competitions, weight training, etc.
 3. Student-athletes may be removed from class, if necessary, for a period of three days. A letter will be sent to the student's professors by the Athletic Training Staff. The Faculty Athletics Representative and Accessibility Services will also be included in the email in the event that special accommodations become necessary. The student-athlete will be re-evaluated after the three-day time period and his or her return to class will be determined at that time. Their return will include an individualized plan specific to that student-athlete.
 4. Student-athletes will be monitored daily by the Sports Medicine Staff and must be symptom free for two consecutive days before returning to activity. A third day may be added at the discretion of the Sports Medicine staff depending on the level of mental activity the student-athlete has or has not been exposed to since the injury occurred.
 5. The IMPACT test will be administered prior to returning to participation and scores will be evaluated for comparison to their baseline. Scores must be comparable to baseline before final return to participation.
 6. If symptoms persist with no marked improvement for more than 5 days, physical therapy may be added as a part of the student-athlete's recovery plan.

7. If a student-athlete's concussion has an atypical presentation or if symptoms persist with no marked improvement for 7 to 10 days, an appointment will be made with the Husson University team physician for further evaluation.
 8. When returning to participation, the student-athlete will be gradually incorporated back into play at the discretion of the Husson Sports Medicine staff following the return-to-play protocol listed below in accordance with NCAA Guidelines.
 9. Final authority for return-to-play shall reside with the team physician. This will occur through either an office visit or a Telemedicine video call.
- A student-athlete with prolonged loss of consciousness, focal neurological deficit, worsening mental status or neurological signs/symptoms, especially worsening headache, nausea or vomiting, increased confusion, garbled speech, lethargy or extreme sleepiness, trouble using their arms or legs, convulsions or seizure activity should be transported immediately by ambulance to the emergency room. Any athlete with neck pain will be evaluated by the Sports Medicine staff and if deemed necessary, will be treated as if a cervical spine injury is present and the appropriate emergency procedures (cervical spine immobilization, emergency room transfer, etc.) initiated.

Graduated Return-to-Play Protocol:

(McCroy P et al. *Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016*)

- No activity – complete physical and cognitive rest
- Symptom-limited activity
- Light aerobic exercise without resistance training
- Sport-specific exercise and activity with no head impact
- Non-contact practice with progressive resistance training
- Unrestricted training
- Unrestricted return-to-sport

If a 2nd concussion occurs within the same season, the student-athlete will remain out of practice and competition for a minimum of 14 days. The above protocol will be followed after the 14 day time period.

If a 3rd concussion occurs, the student-athlete is out for the remainder of their season. Multiple sport athletes will be handled on a case by case basis. The previous history of concussions will be taken under consideration at the discretion of the Husson Sports Medicine Staff.

Husson University ensures that medical personnel with training in the diagnosis, treatment and management of concussions are present at all contact sport competitions. Medical personnel will also be available for all contact sport practices. Available may include telephone communication during practice in which the case can be discussed and immediate arrangements can be made for the student-athlete to be evaluated.

All Husson University Athletics Department Staff will follow the NCAA Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes for limiting head trauma by practicing the following standards:

- All practices and competitions adhere to existing ethical standards.
- Using playing or protective equipment (including the helmet) as a weapon is prohibited during all practices and competitions.
- In all practices and competitions, deliberately inflicting injury on another player is prohibited.
- All playing and protective equipment (including helmets), as applicable, meet relevant equipment safety standards and related certification requirements.
- All contact/collision, helmets practices and competitions adhere to keeping the head out of blocking and tackling.

Visiting sport team members evaluated by the Husson Sports Medicine Staff will be managed in the same manner as Husson University student-athletes

Husson University Sports Medicine

Student-Athlete Concussion Agreement

- I understand that it is my responsibility to report all injuries and illnesses to my Athletic Trainer and/or Team Physician
- I have read and understand the *NCAA Concussion Fact Sheet* and have viewed the *NCAA concussion video*.

After reading the NCAA Concussion fact sheet and watching the NCAA concussion video, I am aware of the following information:

_____ A concussion is a brain injury, which I am responsible for reporting to my Team Physician or Athletic Trainer.

_____ A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.

_____ You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

_____ If I suspect a teammate has a concussion, I am responsible for reporting the injury to my Team Physician or Athletic Trainer.

_____ I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.

_____ Following a concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.

_____ In rare cases, repeat concussions can cause permanent brain damage, and even death.

Signature of Student-Athlete

Date

Printed name of Student-Athlete

Date

CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

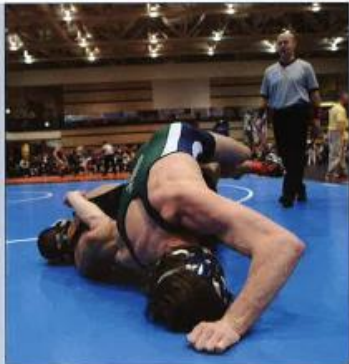
WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.



Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.

SICKLE CELL TRAIT



WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

- ▶ During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or "sickle."
- ▶ Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- ▶ During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- ▶ Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- ▶ Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

- ▶ Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
- ▶ Most U.S. states test at birth, but most athletes with sickle cell trait don't know they have it.
- ▶ The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
- ▶ Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- ▶ Know your sickle cell trait status.
- ▶ Engage in a slow and gradual preseason conditioning regimen.
- ▶ Build up your intensity slowly while training.
- ▶ Set your own pace. Use adequate rest and recovery between repetitions, especially during "gassers" and intense station or "mat" drills.
- ▶ Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- ▶ If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- ▶ Stay well hydrated at all times, especially in hot and humid conditions.
- ▶ Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.



- ▶ Maintain proper asthma management.
- ▶ Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- ▶ Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- ▶ Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety

Husson University Strength and Conditioning
Weight Room Rules

1. **Student-athletes and athletic department staff only**

2. **Put All Equipment Back**

- ❖ If you can lift it, you can put it back
- ❖ If you do not, you will clean the entire weight room

3. **Respect the equipment**

- ❖ Do not put weights on the benches
- ❖ Do not use the benches as steps

4. **Proper attire must be worn**

- ❖ Shirts stay on
- ❖ Closed-toe shoes
- ❖ No outside or dirty shoes

5. **No Admittance without a Coach**

Athletes must be supervised at all times

**IF YOU CANNOT ADHERE TO THESE RULES,
YOU WILL NOT BE PERMITTED IN THE
WEIGHT ROOM**

Weight Room schedule available at:

<http://www.hussoneagles.com/facilities/weightroom>

Husson University Department of Athletics

Campus Services

Counseling Services

Husson Counseling Services (HCS) is dedicated to providing confidential support to all students in their pursuit of success. The counselors are committed to supporting students as they use their strengths and resources to develop the skills essential for improved mood, personal growth, relationships and academic success.

Husson Counseling Services understands the value of community and works with organizations, clubs, teams, faculty and residential groups to improve communication among members and to help groups work as a team in order to achieve optimum outcomes. In addition, Counseling Services can assist in the development of programs, presentations and workshops on a number of topics including: performance improvement, stress management, healthy lifestyles, relationships and conflict resolution, alcohol and substance abuse, diversity, sexuality and orientations/identification, violence, suicide and mood disorders.

All counseling services are free and confidential.

Student Health Services

Husson Student Health Services (SHS) is dedicated to facilitating the academic success and retention of students by maintaining their maximum health and wellness through the delivery of quality medical care in a welcoming, confidential and professional environment.

If you are not feeling well, sustain an injury, have a medical concern or illness or need to talk or discuss a medical condition with a health care provider, please contact Student Health Services by calling 941-7625 or emailing us at: studenthealth@husson.edu. We are here to assist you with your health care needs and our goal is your health.

Career Services

As part of Husson University's Center for Student Success, Husson Career Services helps students and alumni make informed career decisions, connect with employers, pursue further education, and develop their professional lives and goals. We do this through providing guidance on careers, majors, internships, job search, graduate school advising, using social media, and much more.

Academic Services

As part of Husson University's Center for Student Success, the Academic Services staff members serve as advisers to students who have not yet declared a major area of study and provide advice and guidance on academic requirements. They offer assistance with study skills and time management as well as utilizing early intervention strategies to guide students in need of support before it is too late. They offer assistance with adjustment to college, facilitate contacts with tutors in the Learning Center and Writing Center, and assist with referrals to other appropriate University resources

Accessibility Services

As part of Husson University's Center for Student Success, Accessibility Services is committed to fostering a culture of inclusion and equal access to students with disabilities. Husson University complies with the Americans with Disabilities Act Amendments Act (ADAAA), Section 504 of the Rehabilitation Act, and the Maine Human Rights Act by ensuring that no qualified student should be denied the benefit of services, programs and activities, or excluded from participation on the basis of disability. Through a variety of services, this office is available to consult with and support faculty, as well as advocate and establish accommodation plans on behalf of students with disabilities

Husson Safety and Security

We are committed to providing our faculty, staff, students, and guests with a safe and friendly environment both on and around our campus. Statistically, Maine is the second safest state in our nation. However, that's not to say that crime never occurs here at Husson. Husson, along with many other institutions of higher education is required to publish an annual report which illustrates certain classes of crimes and fire safety statistics for our campus. We are confident that after reviewing our Jeanne Clery Act statistics, you will see that Husson is indeed a safe place to be. Husson University is fortunate to have experienced so few crimes, but because crimes can and do occasionally occur on our campus, we strongly encourage a collaborative approach towards safety. We truly believe that we all share a responsibility in keeping our community a safe and enjoyable place to live and visit.

Husson University is committed to achieving campus safety and security for all members and visitors of its community. Please use the information on this website and learn how to report criminal actions, prevent crimes, and practice responsible behavior.

Husson University Department of Athletics

Husson University Student-Athlete Code of Conduct

1) Student-Athlete Conduct

Student-athletes at Husson are expected to and will conduct themselves in a manner that will not discredit them, their team, their University, or the sport they represent. Student-athletes will understand and respect the diverse ethnic and cultural backgrounds, religious beliefs, sexual orientation, gender identity, and gender of all those involved with the Husson Community and the schools they compete against. In addition, Student-Athletes are expected to comply with Husson University academic policies, academic integrity, and the Husson University community code with regard to residential life.

2) Sanctions for Student-Athlete Misconduct

The enforcement of NCAA, NAC, GNAC, NECC, NWGC and CCC regulations, University regulations, Department of Athletics policies, and team rules fall under the jurisdiction of the Director of Athletics. Student-athletes who violate any of these policies may be subject to disciplinary action. Each case will be reviewed by the Head Coach and the Director of Athletics on an individual basis. Examples of athletic sanctions include, but are not limited to the following: verbal reprimand, verbal or written warning, suspension from practice or games, or dismissal from the team.

3) Team Rules

a. Each Head Coach is required to establish conduct and participation standards for their team. The standards (or team rules) must be in writing and should be distributed to student-athletes on an annual basis. The standards cover appearance, practice, classroom attendance, academic responsibility, punctuality, dress code, conduct on team trips, and general expectations of behavior. Student-athletes are expected to comply with the team rules as outlined by the Head Coach. Team rules may have stricter expectations than the guidelines listed here. In the event that written team standards are not provided, the guidelines established here will apply.

- b. Head Coaches are required to annually submit a copy of their team rules to the Director of Athletics for approval. Further, coaches are required to clearly define the acceptable standards of conduct to their respective student-athletes and the appropriate disciplinary action that will be taken when the standards are not observed.
- c. With regard to student athletes who are dating, coaches and administrators will be respectful of both heterosexual and same sex couples. Student-athletes are expected to conduct themselves in a professional manner when engaged in any team activity, either at home or when traveling off campus. Such behaviors may include, but not be limited to:
 - No public displays of affection, such as hand holding, hugging, and kissing.
 - Respect the team's space and time: relationship conflicts and issues should be handled outside of the team setting.
 - Teammates involved in a dating relationship shall not share hotel rooms

4) **Online Social Networking Policy**

Online social networking has become a fun and popular way to develop new relationships and create online communities using websites like: Facebook.com; Myspace.com; Twitter, etc. Posting personal profiles and photographs on these online social networks is not prohibited by Husson University's Department of Athletics, however, student-athletes are responsible for the information they voluntarily post on these websites. Husson University student-athletes are representatives of the University and are always in the public eye.

Student-athletes should not post information, pictures, or statements which would embarrass themselves, their families, their team, the Department of Athletics, and the University.

Student-athletes should also consider how information posted on their personal profiles can be used without their prior consent or knowledge. What may seem like harmless, college "fun" today may have serious negative consequences for your future. Information posted on online social networks is not private.

Remember that information on your personal profile can be used in a manner that you had never intended.

Please keep in mind your personal safety when posting information online. Personal identifying information such as cell phone numbers, class schedules, and home addresses should not be posted.

Student-athletes must be aware that material posted on their online profile is subject to review by the coaching staff and athletic administration. **In addition, any posted material or material that is shared via text messaging, snap chat, etc. that is in violation of team rules, the Husson University Student-athlete code of conduct or University policies is subject to disciplinary procedures including suspension from athletic contests to dismissal from the team.**

5) NCAA Tobacco Policy

The NCAA tobacco policy prohibits the use of tobacco products (including smokeless tobacco) by Student-athletes and athletics personnel during any intercollegiate team function. Penalties include disqualification from practice and/or competition.

6) Sport-like conduct

- a. Husson Student-athletes bear the responsibility of displaying good sport-like conduct during games and competition. Behavior at all times must reflect the high standards of honor and dignity that should characterize participation in competitive intercollegiate sports. Student-athletes shall conduct themselves in a manner reflecting positively on the reputation of Husson University both on and off “the field of play”, in pre-game and post-game comments to the media, and when travelling and participating at other institutions.
- b. The NCAA, NAC, GNAC, NECC, NWGC and CCC are all committed to establishing sport-like conduct and developing healthy environments for competition. Education through sports includes teaching all persons associated with these conferences to conduct themselves with sport-like way with respect for opponents.

- c. Student-athletes are expected to maintain an attitude of dignity and respect toward opponents. The following are examples of unsport-like conduct: fighting opponents, fans, or officials; taunting opponents; inappropriate “celebrations” with the intent to demean opponents; disrespectful attitude toward opponents; inciting crowd hostility toward opponents; and profane and vulgar language.
- d. Student-athletes displaying unsport-like behavior will be subject to disciplinary action as determined by the Head Coach and/or the Director of Athletics. Such behavior includes but is not limited to technical fouls, yellow/red cards, penalties, and ejections.

7) **Gambling**

- a. The NCAA has adopted specific rules prohibiting athletics department staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate athletics and professional sporting events. (See Article 10 of the NCAA Manual) They are summarized here as follows:
 1. “The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests and jeopardize the welfare of Student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purposes and meaning of “sport”.
 2. The NCAA has adopted specific rules prohibiting athletic department staff members and Student-athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events.
 3. Student-athletes and athletic department staff members are **NOT** permitted to engage in the following:
 - a) Providing information to individuals in organized gambling activities concerning intercollegiate athletics competition.
 - b) Soliciting bets in any intercollegiate team.
 - c) Accepting bets on any team representing the institution.
 - d) Soliciting or accepting a bet on any intercollegiate competition for any item that has tangible value.

- e) Participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card, or any other method employed by organized gambling.
 - f) **Any gambling activity that involves a fee to participate – which would include fantasy football and baseball leagues and NCAA basketball pools.**
 - g) These activities are permissible as long as there is no fee or cost to participate.
4. **The gambling ban further applies to sports:**
- a) **In which the NCAA conducts championship competition**
 - b) **Sports that have been declared emerging sports**
 - c) **Division I-A and I-AA football**

THE NCAA WILL IMPOSE STRINGENT PENALTIES ON STUDENT-ATHLETES AND ATHLETIC DEPARTMENT STAFF MEMBERS WHO VIOLATE NCAA BYLAW 10.3 (GAMBLING ACTIVITIES)

8) Student-Athlete Drug, Alcohol and Conduct Policy

The Department of Athletics expects each Student-athlete to adhere to a set of standards that positively represents the Department and the University. It is the personal responsibility of Student-athletes to follow all Federal, State, University, and Department of Athletics guidelines pertaining to alcohol use and other behavior. The Student-athlete Alcohol Policy establishes minimum guidelines; each Head Coach has the option of establishing more stringent standards for their specific team. **Student-athletes are advised that the legal drinking age in the state of Maine is 21 years of age. Student-athletes are expected to report offenses to head coach prior to the athletic department receiving official notification.**

While marijuana is now legal in the state of Maine, it is still not permitted on campus and is still banned by the NCAA. Athletic Department and NCAA policies do not permit marijuana use. Student-athletes will be subject to sanctions as indicated in the Code of Conduct.

- a. **Class A Violations** stay with the student-athlete until their athletic eligibility is exhausted and include, but are not limited to:

1. Any Federal / State/local felony offense
 2. Any student-athlete who is arrested, charged, and/or convicted of any Federal/State/ local criminal offense (not including simple traffic violations)
 - a. any student-athlete contact with law enforcement is expected to be reported to head coach within 12 hours.
 3. Illegal drug use
 4. Possession of illegal drugs
 5. OUI – Operating Under the Influence
 6. Physical Assault – conduct which physically endangers the health or safety of any person
 7. Sexual misconduct: Sexual Misconduct, as defined within the Husson University Sexual Misconduct Policy, is referred to the Title IX Coordinator for review and determination
 8. Academic Integrity including but not limited to: cheating, plagiarism, fabrication, and falsification (see University Undergraduate Academic Policies).
- b. **Sanctions for Class A Violations** include but may not be limited to:
1. **First Offense**: the Student-athlete will incur an immediate suspension, mandated counseling evaluation, be subject to the athletic department’s Drug and Alcohol Education Program, and will miss 20% of regularly scheduled contests
 2. **Second Offense**: the Student-athlete will miss the remainder of the athletic season
 3. **Third Offense**: the Student-athlete will be permanently dismissed from athletic competition at Husson University
- c. **Class B Violations** affect the student-athlete throughout the academic year and include, but are not limited to:
1. On campus alcohol violation
 2. Possession of alcohol by a minor
 3. Possession of drug paraphernalia
 4. Consumption of alcohol by a minor
 5. Providing a place for minors to consume alcohol
 6. Overconsumption leading to hospitalization – will be treated as a second offense
 7. Harassment, verbal assault, bullying – conduct which threatens or endangers the health or safety of any person

- d. **Sanctions for Class B Violations** include but may not be limited to:
1. **First Offense:** the Student-athlete will have a meeting with the Head Coach
 2. **Second Offense:** the Student-athlete will have a meeting with the Director of Athletics and the Head Coach and incur an immediate suspension, mandated counseling evaluation, and will miss 20% of regularly scheduled contests
 3. **Third Offense:** the Student-athlete will miss the remainder of the season

There will be zero tolerance for: consumption of alcohol, being under the influence of alcohol or drugs, or being in personal possession of alcohol or drugs during **any intercollegiate athletic event or activity** (this includes practice, weight training and conditioning, team meetings, competitions, practice while classes are not in session, etc.), Eagles Club events, or on road trips associated with athletic events.

Student-athletes found to be in violation of these guidelines will be subject to penalties imposed by the Head Coach and/or Director of Athletics. Penalties will be in addition to those imposed by the University and/or the Court of Law.

9) **Safe Harbor**

Student-athletes who have existing problems with alcohol and/or drug use may enroll into the “Safe Harbor” program, as described within the Drug, Alcohol and Conduct Policy.

Student-athletes who enroll in the “Safe Harbor” program must participate in ongoing counseling/treatment.

Student-athletes who are already enrolled into the “Safe Harbor” program and are engaged in counseling/treatment are eligible for a one-time reduction of sanctions if they violate the Drug, Alcohol and Conduct Policy (reduced penalties would need to be determined).

Student-athletes should request “Safe Harbor” through the Director of Athletics.

“Safe Harbor” also applies to any student-athlete who has been engaged in alcohol and/or drug use and then reports a sexual assault.

10) Hazing

There is zero tolerance of any form of hazing. Hazing is defined as an act which endangers the mental or physical health or safety of a student, or which destroys or removes public or private property, for the purpose of initiation, admission into, affiliation with, or as a condition for continued membership in, a group or organization. The express or implied consent of the victim will not be a defense. Apathy or acquiescence in the presence of hazing is not neutral acts; they are violations of this rule.”

The following are examples of actions and activities that at one time or another have been considered hazing by the courts and/or institutions of higher education. This list is not meant to be all inclusive.

1. Requiring or encouraging the use of alcohol or other drugs
 2. Depriving individuals of the opportunity for sufficient sleep, decent edible meals, or access to means of bodily cleanliness
 3. Activities which impair an individual’s academic efforts by causing exhaustion, loss of sleep or reasonable study time, or by preventing an individual from attending class
 4. Requiring uncomfortable, ridiculous, or embarrassing dress
 5. Requiring periods of silence
 6. Tests of courage, bravery, stamina, or sexuality
 7. Causing indecent exposure or nudity at any time
 8. Paddling or striking in any manner
 9. Marking, branding, tattooing, or head shaving
 10. Staging any form of line-up
 11. Harassment such as cursing, pushing, shouting, bullying, etc...
 12. Compelling an individual to engage in acts of personal servitude
 13. Treating a person in a degrading or demeaning manner
 14. Work parties or work duties for new people only
 15. Engaging in or simulating sexual acts
- a. Consent is no defense! There are no innocent bystanders!
The consent of a student/participant or any assumption of risk by the student/participant is not a defense to an action brought pursuant to this policy. Those who stand by and watch while others are subject to hazing may also be punished.

- b. What can be done about hazing as a potential bystander or victim? Speak out against hazing whenever you see it. Have the new members stand together against participation in any hazing activities. If you feel that you have been subjected to hazing or know that hazing is happening within your team, get help. Please feel free to contact your coach or an athletic department staff member at any time
- c. Sanctions for Hazing:
Hazing activity by a student-athlete may lead to disciplinary action up to and including dismissal from their team and possibly from the University. Additionally, if a hazing incident is found to be pervasive within a particular Husson athletic team, the sport may be suspended or terminated.

11) Process of Disciplinary Action

Student-athletes found committing an offense will incur the following steps:

- a. The Head Coach and/or the Director of Athletics are to be immediately notified of the offense.
- b. The Student-athlete will then have a meeting with the Director of Athletics and/or the Head Coach; the Student-athlete can bring representation if he/she believes it is necessary.
- c. Meetings will be documented in writing. The written documentation will be placed in the Student-athlete's file.
- d. The Student-athlete will then receive disciplinary action and may appeal sanctions or actions by the Athletic Department to the Director of Athletics.

12) Mental Health Interventions-Mandated Counseling Evaluation

When a violation of the Student-Athlete Code of Conduct occurs or there is a threat to self or others, a mandated counseling evaluation may become an imposed sanction.

If there is a referral to the Students of Concern committee, a mandated counseling evaluation may also become an imposed course of action for continued participation in Husson Athletics.