

RYERSON

RAMS

2017 - 2018
STUDENT-ATHLETE HANDBOOK



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IMPORTANT VARSITY NAMES AND NUMBERS

NAME	TITLE	OFFICE	EMAIL ADDRESS (@ryerson.ca)	EXT
GENERAL INQUIRIES				
RAC	Admin Desk			5096
MAC	Admin Desk			5339
Varsity & Media	Inquiries and Information		gorams	7116
ADMINISTRATION				
Dr. Ivan Joseph	Athletic Director	MAC 3206	joseph	5089
Heather Adam	Director of Operations	MAC 3206	heather.adam	3049
Bibi Rahaman	Administrative Assistant	MAC 3206	brahaman	5340
CUSTOMER SERVICE & RECREATION				
Andrew Petit	Recreation Manager	RAC 112	andrew.pettit	7132
Ryan Danziger	Memberships & Cust. Service	RAC 104	ryan.danziger	7113
COMMUNICATIONS				
Jim McLarty	Communications & New Media	MAC 3207	jim.mclarty	7116
Andrea Elliott	Sports Information Specialist	MAC 3207	andrea.elliott	3042
TEAM SUPPORT SERVICES				
Brian Finnis	Manager, Sport Performance	MAC 2106	bfinnis	3044
Nick Asquini	Varsity Operations Coordinator	MAC 3307	nasquini	4293
Spencer Ure	Varsity Equipment Coordinator	MAC 3219	spencer.ure	3046
Natalie Morning	Academic Services Coordinator	MAC 3207	natalie.morning	7358
Tiona Taylor	Academics & Clubs Admin	MAC 3320	tiona.taylor	54347 6
Mark Atia	IST - Special Projects	MAC-2403	matia	54347 7
Colleen Amato	Counsellor	MAC 3207	cconroy	3642
Suzanne Fenerty	Community Events & Engagement	MAC 2102	suzanne1.fenerty	3062
Brian Shantz	Athletics Coordinator	MAC 2118	brian.shantz	6322
Jerome Camacho	Athletic Therapist	MAC 2108	jerome.camacho	6125
Michelle Bell	Athletic Therapist	MAC 2109	michelle.bell	3045
Stephanie King	Athletic Therapist	MAC 2109	sthyssen	3045
Rose Martin	Strength & Conditioning Asst.	MAC 2108	rose.martin	3041
Patrick Williams	Strength & Conditioning Specialist	MAC 2018	patrickwilliams	3041
Danica Williams	Athletics Events Specialist	MAC 3320	danica.williams	4238

1. INTERUNIVERSITY SPORT STRUCTURE

Ryerson University has three levels of interuniversity sports. Ryerson participates in U Sports as well as Ontario University Athletics (OUA).

U Sports	OUA Sports	Competitive Clubs (OUA/U Sports)
Basketball – Men & Women	Badminton – Men & Women	Baseball
Ice Hockey – Men & Women	Fencing – Men & Women	Cross Country – Men & Women
Soccer – Men & Women	Figure Skating – Men & Women	Curling – Men & Women
Volleyball - Men & Women		Golf - Men & Women
		Track & Field - Men & Women
		Wrestling - Men & Women

2. ELIGIBILITY

General Rules

U Sports coaches and student-athletes must abide and be aware of the U Sports policies and procedures on eligibility. Refer to policy 40 on the U Sports website:

http://en.usports.ca/information/members_info/bylaws_policies_procedures

OUA coaches and student-athletes must abide and be aware of the OUA policies and procedures on eligibility (Rule II). Refer to the regulations on the OUA website:

http://oua.ca/members_info/CONSTITUTION_-_2016-17_June_2016-.pdf

In order to compete in OUA/U Sports competition, each student-athlete must comply with the following rules:

- A student-athlete must be enrolled in a full-time program of study OR a minimum of 3 half-courses (9 credit hours or equivalent) in the same term in which they are participating in sanctioned competition. Masters and PhD students must be enrolled in full-time study.
- Two term OUA/U Sports athletes must be enrolled in a full-time program of study OR 3 courses (9 credit hours or equivalent) in each semester of participation in OUA/U Sports competition.
- A continuing student-athlete must be in good standing academically – having successfully fulfilled the academic requirements (listed above) in the previous academic year (Sept. 1 to Aug. 31), in order to be eligible for competition during the following season. Athletes may take summer courses in order to qualify, as long as they are full degree-credit courses recognized by Ryerson University.

- An athlete who, for the first time, enrolls full-time for academic study in January of any year must successfully complete 3 half courses or 9 semester hours prior to September 1st in order to be eligible to compete in the following year.
- Academic records will be checked regularly. An athlete will not be permitted to compete if he/she reduces his or her course load below the eligibility requirement.

Years of Eligibility

U Sports (Curling, Basketball, Ice Hockey, Soccer, Volleyball, Track & Field, Wrestling, Cross Country) – are limited to 5 years of eligibility.

OUA sports (Badminton, Baseball, Fencing, Figure Skating and Golf) – have no limitation to the number of years of eligibility.

U Sports Participation as a Professional

- A professional is considered any student, who at any time, played in a professional and or semi-professional league recognized by the U Sports. Please consult your sport specific regulations regarding professional league participation.
- A former professional athlete is ineligible to participate in the U Sports sport that he/she is considered professional until he/she has been a student in full attendance for one year at an educational institution.
- A student cannot participate concurrently with a professional and an OUA/U Sports team.
- All U Sports student-athletes will be charged with one year of eligibility for each year in which he/she participated in a U Sports recognized sport as a professional.

Transfers/Repatriation

- A U Sports athlete who transfers to another U Sports institution must sit out one year (365 days) of competition prior to competing in inter-university athletics.
- A U Sports student athlete who has completed a degree at a U Sports institution may transfer to another U Sports institution for the purpose of entering an approved graduate degree program and will not be required to sit out for a year. Graduate programs are Master's Degree and PHD programs and do not include medical school, faculties of education, dentistry, physiotherapy, etc.
- A student-athlete who is a Canadian citizen and attends a non-Canadian institution may return to Canada and participate immediately in University sports, provided they have not exhausted their eligibility according to the definition held at their prior institution and the student has maintained good academic standing.

Forms

All players are required to fill out the necessary medical and eligibility forms prior to competition to ensure compliance with Ryerson, OUA and U Sports regulations.

- U Sports Student Athlete Registration & Consent Portal (Online)
- Ryerson Student Athlete Registration & Acknowledgement Form (Online)
- Pre-Participation and Medical History Questionnaire and Waiver (Online)
- CCES Doping Course (Online)
- Student-Athlete Photo Release & Social-Media Policy
- Student-Athlete Handbook Acknowledgment Form

3. STUDENT ATHLETE BEHAVIOUR

Public Image

It is integral to our success as a Department of Athletics that you are mindful that you represent Ryerson University and Ryerson Athletics at all times. Accepting the role of a student-athlete means that you also accept the role of a public figure both on and off campus. Keep in mind the values and mission of the Department and our affiliation to the University. Here are some tips:

- Be courteous to fans. Make time to speak with them, even after a loss.
- When out in public, be polite and honorable. Remember that you are recognized even when you are not wearing your Rams gear.
- Make an effort to support other programs university-wide. The more you support others, the more they will support you.
- Accept all criticism with the best positive attitude. Remember that as an athlete you have accepted a more visible role on campus and therefore are more susceptible to public comment and criticism.
- Do not seek vindication if your athletic performance is criticized or scrutinized.

Ryerson University Student Code of Non-Academic Conduct

All student-athletes will abide by the Ryerson University Student Code of Non-Academic Conduct. Infractions of this policy while representing the University in athletic competition may result in consequences that affect the student's athletic and academic standing at Ryerson.

<http://www.ryerson.ca/content/dam/senate/policies/pol61.pdf>

Athletics Code of Conduct

The Department of Athletics maintains its own standards of conduct and behavior for its student-athletes. This code of conduct will not supersede the University's Student Code of Non-Academic Conduct.

Sexual Violence Policy - Consent Comes First

Our Community. Our Responsibility. Ryerson is committed to fostering a campus where consent comes first. Together we support survivors when they disclose, intervene in situations which could escalate and create opportunities to talk with one

another. We learn about the issue, contribute to the conversation and are part of the change on campus. To learn more go to: www.ryerson.ca/consentcomesfirst

Ryerson has a sexual violence policy which you can refer to here: www.ryerson.ca/policies/board/sexualviolencepolicy/

Give Support: This is How We Take Care of Each Other #TakeCareRU

As student athletes we have the opportunity to be leaders and set an example for our peers. Help us show other students how we take care of each other at Ryerson. Here are 6 ways to prevent and address sexual violence on campus:



Distract: We interrupt harmful actions or words before they escalate.

“She spilled her drink on them so I could slip away.”



Safety Plan: Together with survivors, we think of ways to support them when they feel unsafe.

“We used a signal when things got weird at a party.”



Call In: We talk directly to the person causing harm, letting them know why their words or actions aren't okay.

“My buddy pulled me aside and told me to stop.”



Get Help: We gather resources and support people to address the situation.

“They ran to get my friends to get me out of there.”



Be Brave:

We Begin by listening - Respect confidentiality - Ask what they need - Validate experiences - Empathize

“He texted me to say he believed me”.



Check In: We ask the person harmed what they want in the moment, listen to the response and respect their decision.

“He asked if we could kiss “

Get Support

If you have been subjected to sexual violence you are not alone.

If you have been subjected to sexual harassment or violence know that you are not alone. Please contact Office of Sexual Violence Support and Education.

osvse@ryerson.ca www.ryerson.ca/sexual-violence. The mandate of the office is to support survivors of sexual violence by offering resources, advocacy and help with exploring reporting options.

Email: osvse@ryerson.ca **Phone:** 416-979-5000 ext. 3596

Website: ryerson.ca/sexual-violence

If you have been accused of committing sexual violence there is support

If a report of sexual violence has been made against you the Student Conduct Office will help you to understand what the sexual violence policy means and how it impact you. We can offer resources, accommodations and referrals for support that you may need during the process.

Email: rsc@ryerson.ca **Phone:** 416-979-5000 ext. 2741

Website: <http://www.ryerson.ca/student-care/students/sexual-violence-respondent>

Terms to Know

What is Sexual Violence?

Sexual Violence: Any sexualized act or act targeting a person's sexuality, gender identity or gender expression that is committed, threatened or attempted against a person without the person's consent. The act may be physical or psychological in nature. This includes, but is not limited to sexual assault, sexual harassment, stalking, indecent exposure, voyeurism, sexual exploitation, displaying degrading sexual imagery, distribution of sexual images or video of a community member without their consent, and cyber harassment or cyberstalking of a sexualized nature.

What is Consent?

Consent is simple. Whether in the classroom, at our home or on a date we ask a question, listen to the response and respect the answer.

Consent is:

- Active. It is not passive. Only "yes" means yes.
- Freely given. It is not coerced through harassment, manipulation or abuse of power.
- Ongoing. Giving consent to one sexual act does not mean that consent is given for another sexual act. Know that even if your partner has given consent in the past or is in a relationship with you. Sometimes making out is just making out.
- Unimpaired. Consent cannot be given by a person who is incapacitated by alcohol/drugs. Consent cannot be given if they are unconscious or are not able to consent for any other reason.

- With Agency. Consent cannot be given on behalf of someone else. Consent can be given only by the person you are engaging with.

To learn more and be part of the change go to www.ryerson.ca/consentcomesfirst.

Discrimination and Harassment Prevention Policy

Ryerson University is committed to fostering a collegial study and work milieu that is free of discrimination and harassment and one in which all individuals are treated with respect and dignity. Ryerson's Discrimination and Harassment Prevention Policy can be found at www.ryerson.ca/humanrights. All student-athletes will abide by this policy and any infractions of this policy may result in consequences that effect the student's athletic and academic standing at Ryerson. Every member of the Ryerson University Community has a right to equal treatment with respect to employment and with respect to the receipt of education services and related services and facilities without discrimination or harassment on the basis of the following grounds:

Race	Citizenship	Marital Status
Ancestry	Creed	Disability
Place of origin	Sex	Gender Identity or Expression
Colour	Sexual Orientation	*Record of Offences
Ethnic origin	Age	

** The protection for record of offences applies only in the area of employment.*

Throughout this Policy the above listed grounds will be referred to as the "prohibited grounds".

A right to freedom from discrimination and harassment is also infringed where someone is treated unequally because she/he is in a relationship, association or dealing with a person or persons identified by a prohibited ground of discrimination.

Discriminatory and harassing behaviors are offensive, degrading and illegal. Every member of the Ryerson University Community is responsible for creating an environment which is free of discrimination and harassment. Individuals acting on their own and/or on behalf of the University and the University itself can be held responsible under this Policy and in law for discriminatory and harassing acts. Those found to have engaged in such conduct on the basis of a prohibited ground will be subject to discipline. Those found to have been harassed or discriminated against on the basis of a prohibited ground will be entitled to a remedy.

<http://www.ryerson.ca/equity/dhpspolicy/index.html>

Hazing, Initiation and Rookie Parties

Ryerson Athletics' student leaders, coaches and administrators are committed to ensuring that your Rams orientation experiences are positive and inclusive. To this end, we have a zero-tolerance policy regarding hazing and initiation. We recognize

the value of bonding and team building that are inherent in orientation activities, however the human cost of traditional hazing and initiation events is simply too great. These rituals actually discourage participation, encourage withdrawal from sport, leave emotional and sometimes physical scars, reinforce imbalanced power relationships and, on occasion, encourage abusive and/or illegal behavior.

Here are some things that you should think about when planning and attending orientation activities:

- All team activities must be organized in accordance with Ryerson's Student Code of Non-Academic Conduct
- Orientation activities are to introduce new students to all people and programs at the university.
- The first six weeks of university attendance are critical to a student's orientation to their new environment and lifestyle. For maximum benefit, orientation activities should happen during this timeframe.
- Design your orientation events to promote Rams Athletics and your team and to respect each student's individual choices and the diverse characteristics of the student population at Ryerson.
- Existing policy prohibits the presence of alcohol at any department sponsored orientation event. Please plan events that respect the fact that the lifestyles of many students do not involve alcohol for personal or religious reasons. Also recognize that many incoming student athletes are not of age for alcohol consumption.
- It can be extremely difficult to tell if a student-athlete is participating in an event freely or under duress. An affirmation of the dignity, worth and autonomy of the individual must guide any activity and any suggestion of coercion must be avoided.
- There will be no mental or physical punishment demonstrated within the team (i.e. excessive drinking, shaving heads, public parading participants or such other activities).
- Attempt to replace traditional tensions between veteran and new players by pairing new and returning students at the outset of your athletic season. Also, consider alternating working pairings throughout the season.
- Each student-athlete is a representative of Ryerson and is highly visible to other people, regardless of whether the team meets on or off campus. The student-athlete is responsible for his or her own behavior at formal and informal, scheduled and unscheduled events.
- If an individual or team is alleged to be associated with hazing, Ryerson Athletics will take strong and immediate action. Failure to comply with these guidelines may result in suspension or expulsion from a team or removal of the team from competition.

Behavior Towards Officials

Ryerson Athletics, U Sports and OUA have a zero-tolerance policy regarding the abuse of officials. It is the responsibility of the student-athlete, coaches, and administrators to respect the officials. Coaches are responsible to ensure that their players and staff display the appropriate behavior to all officials. It is unacceptable for Ryerson coaches and athletes to:

- Use abusive or use foul language toward an official.
- Continue to argue a “call” or arguing that they “failed to make a call.”
- Direct verbal or nonverbal insults at an official.
- Invade an official’s personal space.
- Physically abuse an official.
- Attempt to intimidate or manipulate officials.
- All members of the team may not leave the bench during an altercation.

There will be significant consequences regarding any abuse of officials; including individual and or team suspension or expulsion.

G) Alcohol, Non-Prescription & Illegal Drugs

- All students will abide by the Ryerson University Alcohol on Campus Policy.

<http://www.ryerson.ca/calendar/2012-2013/pg2143.html>

- Consumption of alcohol is illegal by anyone in Ontario under the age of 19.
- Good judgment must be exercised in the use of alcohol.
- Alcohol may not be consumed by Rams athletes or staff for the duration of road trips (from the time of departure until the time of arrival back in Toronto).
- There is zero tolerance for any consumption of alcohol by drivers of vehicles.
- Ryerson Athletics will not provide alcohol to student-athletes at any team functions or sponsored events. Student-athletes of legal age may choose to purchase/consume alcohol in moderation at functions related to the department.
- Ryerson Athletics will prohibit any student-athlete from entering or using any athletic facilities or department related venues relative to his or her team’s participation while under the influence of alcohol, non-prescription and illegal drugs.
- Unless provided through a Ryerson University sanctioned event, the consumption of alcohol is prohibited in any Ryerson Athletic facility or partnership facilities.
- If a student’s involvement with alcohol is deemed to be threatening to the health, safety or success of his or her teammates, coaches or University, Ryerson Athletics will take suitable action to solve the problem.

- If a student-athlete or team is alleged to be involved in an unhealthy affiliation with alcohol, non-prescribed and illegal drugs, then the Coach and appropriate department support staff will be responsible in aiding to find a solution. If the situation is deemed to be serious, additional resources may be required and the athlete may be withheld, suspended or dismissed from team activities.
- If an individual has an alcohol related problem, then Ryerson Athletics is willing to offer assistance in addressing these issues.

H) Gambling

It is the coach's responsibility to ensure that gambling on the outcome of any game does not occur. Athletes, Coaches and Support Staff are not to visit casinos or gambling establishments while on road trips representing Ryerson University and the department of Athletics.

I) Complaint Procedure

All complaints by student-athletes, in most cases, should be discussed with the head coach. However, student-athletes are always welcome to speak to Ivan Joseph, the Director of Athletics.

4. ACADEMIC SUPPORT SERVICES

Support Academic Success for Varsity Student-Athletes

Our number one priority is to ensure that our athletes reach academic success and graduate with a degree within a 4 to 5-year time frame.

To ensure that our student-athletes are achieving academic success, the department provides numerous academic supports and services including:

- Study Hall
- Academic Mentoring
- Academic Learning Support
- Academic Advising
- Academic Counselling

Study Hall: Who needs to attend?

All first year U Sports athletes must attend 4 hours of study hall sessions on a weekly basis for a total of 12 weeks per semester. This includes:

- Men's and Women's Basketball
- Men's and Women's Soccer
- Men's and Women's Volleyball
- Men's and Women's Hockey

Certain first year athletes are required to attend increased hours per week, and will be contacted directly by Academic Mentoring to be notified.

Any U SPORTS athlete in second to fifth year with a GPA of 2.67 or lower in the previous academic semester MUST attend one 2-hour study hall session on a weekly basis for a total of 12 weeks per semester. Certain returning athletes are required to attend 4 hours per week and will be contacted directly by Academic Mentoring to be notified.

Given that the athletic expectation of OUA athletes is less than those of U SPORTS athletes, the rules of academic mentoring for OUA athletes are suggested but not required. Many services are available upon request.

Study Hall: When do I attend?

First Year Athletes: All first-year athletes are to attend monitored study hall blocks in the week, totaling at least 4 hours per week. If a Fall semester GPA of 2.67 is achieved, a 2-hour commitment will be required for Winter semester.

Returning Athletes: If you have a GPA under 2.67, you must obtain all required hours during mentor-monitored time blocks.

****Please ensure that you are aware of the hours of Study Hall which can be found on the Academic Services door.***

****If you wish to complete study hall hours elsewhere on campus, permission from Academic Services must be obtained.***

****Monitored academic services such as those held via Student Learning Support or TRSM Academic Support may count towards study hall hours, however proof of attendance/monitoring is required by Thursday at 6pm. Failure to do so will result in the nullification of the session.***

How Study Hall Attendance is calculated:

- Fall semester U Sports athletes who are required to attend will be determined based on the previous academic years' GPA (fall + winter + spring/summer).
- Winter semester U Sports athletes who are required to attend will be determined by their fall term GPA.
- Any returning U Sports athlete with an academic standing of probationary, conditional, or with a GPA below 1.67 must attend the academic success course and study hall, regardless of their term GPA, until their standing is lifted.

Consequences of Non-Attendance

- Any U Sports athlete, who does not complete their weekly requirement, will NOT be eligible to play their next scheduled game.

- The missed hours of study hall must be made up before they are eligible to play again.
- All decisions and arrangements regarding study hall will be made by the Learning Strategist, Department of Athletics.
- Should the athlete wish to dispute a decision by the Learning Strategist, Department of Athletics, an appeal may be made to the Athletic Director in writing for consideration.

Communication with Professors and Department Chairs

Student-athletes are encouraged to communicate with their professors and department chairs as required. As this is a good practice for any student, student-athletes need to communicate the travel itineraries well in advance of events to avoid any problems with missed classes or tests. Students will be given department letters that they must submit to each professor as well as their program advisor within the first two weeks of class. These letters confirm that they are participating on a varsity team and suggest all possible conflict dates for the semester. Professors must be informed a minimum of two weeks in advance of any competition conflict.

Student-Athlete Missing Class/Labs/Test

If a practice conflicts with a class, lab or test, the student athlete is expected to honour the academic commitment and inform the coach(es) well in advance (minimum two weeks) of the conflict.

If a competition conflicts with a class or lab, the student-athlete is expected to honour the athletic commitment and to advise the professor of the conflict (minimum of two weeks in advance). The athlete is responsible for making up all the missed work.

If a competition conflicts with a test, the student-athlete is expected to honour the academic commitment. If alternate arrangements are to be made, then please ensure the following:

- It is the responsibility of the student-athlete to interact with the professor TWO weeks in advance to see if alternate arrangements can be made.
- Alternate arrangements such as writing the test early, having a proctor administer the test, booking a retake with the Test Centre, or any other alternatives the professor suggests are encouraged.

Ryerson's Administrative Management Self Service (RAMSS)

Student-athletes can find this online service at www.my.ryerson.ca. It contains information about course registration, fees, grades, exam schedules, etc. Student-athletes must monitor this website on a regular basis.

RAMSapp Online Athlete Portal

Student-athletes are required to enter their course information, and grades, as they are received for tracking for all terms enrolled (including Spring/Summer). Failure to keep RAMSapp updated may result in suspension from play.

Tutor Services

Varsity U SPORT student-athletes may request tutor services if the following conditions are met:

- All on-campus resources have been accessed in advance
- A U SPORT student-athlete is at severe risk of losing a credit, affecting eligibility
- There are no tutoring services available for the course via Ryerson University

Please note, submitting a request does not guarantee that a tutor will be assigned.

All requests will be adjudicated and processed by the Learning Strategist, Department of Athletics. Formal requests for tutor resources must be made by varsity U SPORTS student-athletes directly.

*No new tutor requests will be processed after Week 10 of Fall or Winter Academic terms.

Mandate for Academic Commitment and Excellence

The academic expectation for varsity athletes is high at Ryerson. This university has a respected reputation as an academic institution, and it is our expectation that varsity athletes will excel academically, as well as athletically. For student-athletes not maintaining a 1.67 GPA, coaches will intervene and help create a plan to reprioritize their academics, and receive the support needed to address any other related concerns. Plans may include weekly meetings, specific academic expectations, altering or suspending of participation in practices, travel, and games, and referrals to support services.

Contact your coach to discuss the full Supporting Academic Success Policy.

5. HEALTH SERVICES

A) Medical History Questionnaire Form

All student-athletes must complete the Medical History Questionnaire prior to trying out. The Athletic Therapy staff and Team Physician will review the questionnaire and determines if the athlete will be permitted to participate. Areas of concern regarding an athlete's medical history will be addressed directly by the Team Physician with the athlete for follow-up and further assessment.

B) Athletic Therapy Clinic

The Athletic Therapy Clinic (MAC 2108) will provide preventative care as well as care for athletic injuries, pre-practice and pre-game taping, and support techniques.

Any further questions or concerns can be directed to the Athletic Therapist, Jerome Camacho (416.979.5000 x6125).

The Team Physician, Dr. Darren Edelist is on-site once a week and on-call seven days per week. Once injured, the Team Physician is the only University official that can approve a player to participate.

Any athlete with a medical condition that can or will affect their ability to train and compete must be cleared to play by Ryerson's Team Physician. If an athlete has been cleared by their own physician, the Ryerson Team Physician must still review the athlete's condition and make the final decision on whether to clear the athlete to compete or not.

Student-athletes are encouraged not to opt out of the Student Union's Health Plan as such items as knee braces and orthotics are usually not covered under other plans.

C) Sport Psychology

Sport psychology consultations and workshops will be provided to teams in order to assist with preparation for competition. These sessions will be coordinated through the team coaching staff.

D) Health Centre and Health Promotion

At the Health Centre, most visits are covered by extended health care plans (appointments are preferred). Flu shots are available on campus between October and December in KHW-181 (no appointments are necessary).

Contact the Health Centre in room KHW 181, 416.979.5070, email: healthct@ryerson.ca or visit the website at: www.ryerson.ca/student-services/healthcentre. Information on health and wellness issues is also available from the Health Promotions Coordinator. Contact: healthpromotion@ryerson.ca, 416.979.5000 x4295.

E) Mental Health & Counselling

Ryerson Athletics provides an in house Mental Health Counsellor available to student-athletes. To book an appointment with Colleen Conroy Amato, please drop by her office, call her extension at 3642 or send her an email. She will be on campus Monday - Thursday for the 2017/2018 academic year.

The Centre for Student Development and Counselling in JOR-07C has a team of highly

skilled counsellors that help Ryerson students address a wide variety of concerns from stress and anxiety to substance abuse, eating disorders, grief, and more. To book an appointment, call: 416.979.5000 x5195 or visit:

<http://www.ryerson.ca/healthandwellness/counselling/>

6. RYERSON AND U SPORTS ANTI-DOPING POLICY

The U Sports Anti-Doping Policy can be referred to at:

http://en.usports.ca/information/members_info/pdfs/pdf_bylaws_policies_procedures/15-16/160108_Policy_90_10_Drug_Education_December_2015.pdf

Policy Statement

Ryerson University is unequivocally opposed to any student-athlete use of banned substances or performance-enhancing drugs or practices in contravention of the rules of the national and/or international sport federations, and the International Olympic Committee (IOC).

Mandatory Online Program

The introduction of a mandatory online drug education program has been developed in conjunction with the Canadian Centre for Ethics in Sport (CCES). All U Sports student-athletes are required to participate in a 30-45 minute online program.

Testing

Drug testing may be conducted at any time, in or out of competition.

Testing Procedures

The standard Operating Procedure Manual of the CCES will be followed except to the extent where it may be inconsistent with this policy. Only Doping Control officers certified by the CCES will conduct the doping control sessions. All samples will be sent to and be analyzed by an IOC-accredited laboratory.

Penalties

All penalties and suspensions affecting U Sports members are as specified in the Canadian Anti-Doping Program (CADP). Visit www.cces.ca for more information and penalties for violations.

Refusal to Submit to a Test

A student-athlete who refuses to undergo a test will be subject to the same sanctions as the student-athlete who has a positive test result. If after reinstatement, the student-athlete refuses to undergo testing a second time, he/she will be subject to the penalties of a second offence.

7. SERVICES FOR ATHLETES

Campus Recreation Membership

All students are provided a membership to the athletic facilities at Ryerson. This includes the MAC and RAC facilities.

The OneCard is used to enter and exit the RAC, MAC and team change rooms. Athletes and Coaches are required to have their OneCard at all times. Building operations staff at MAC and RAC are not permitted to allow access for anyone into the team dressing rooms.

Team Room Access

U Sports Teams will be assigned a team room within the MAC or RAC facilities. This area will have individual athlete lockers as well as washroom and shower facilities and can serve as a team meeting space. Access to this room is via OneCard swipe and is restricted to team personnel and athletes only. A list of individuals with access to team rooms will be maintained by the Head Coach, who will also have the discretion to add or remove individuals from the list during the year.

Athletes are expected to take care in ensuring the team room area is free of garbage and clutter and that personal belongings are stored securely within their individual locker. Inappropriate conduct within the team room or actions that lead to loss or damage of equipment and property will result in removal of team room privileges.

Athlete Clothing Kits

Athletes will receive a clothing kit based on their respective team. It is expected that athletes will wear these items while participating in team activities both on-campus and while travelling off-campus representing the department and university.

Laundry

All student-athletes are entitled to free laundry (of practice and workout clothing) and towel service. This service is programmed to your OneCard, which must be swiped at the reception desk of the MAC in order to pick up a towel. The Equipment Services Coordinator will set up laundry service for each team.

Game Day Tickets for Competing Athletes

Each athlete will be granted 4 Rams passes, good for entry to any Ryerson Rams regular season game. These passes will be distributed at the beginning of the season and are the responsibility of the athlete to manage.

Tickets for Non-Competing Athletes

As Ryerson students, athletes have access to free tickets to all exhibition and regular season Ryerson Rams contests. However complimentary tickets to games will not be available to friends and family of athletes who are not directly competing in the contest. A ticket is required for entry and attendance at all Rams regular season contests. The MAC event management staff reserve the right to see an individual's ticket and to remove individuals from the venue who do not have a ticket.

Due to OUA and U Sports ticketing policy, students may not be granted complimentary tickets to playoff games.

Athletic Banquet Tickets

The Athletic Banquet is an end of year celebration where all staff and athletes from varsity teams come together to celebrate their collective accomplishments. All students wishing to attend must complete the online registration form distributed in advance of the banquet and pay the \$40.00 registration fee. More information will be provided to the teams as the event approaches.

8. COMMUNITY ENGAGEMENT

Ryerson Athletics Volunteer Experience

Ryerson University places a priority on community engagement and city building. Each year, student-athletes support the University's priorities by dedicating thousands of service hours to the community. Ryerson Athletics Volunteer Experience (RAVE) supports student-athletes in creating and participating in meaningful outreach initiatives. Together, we can create a lasting impact on our city!

Ryerson Rams Care

Ryerson Rams Care is the focal point of the Athletic Department's community engagement portfolio.

Mission: *To use the power of sport to breakdown financial and social barriers and to build bridges with youth by training and engaging our student-athletes to be mentors and role models working hand-in-hand with agencies and partners across the city who share a similar passion.*

The core elements of Ryerson Rams Care include afterschool youth mentorship programs, hosting community events on campus and sending youth to summer camp. There will be plenty of opportunities for student-athletes to engage in outreach programs with community partners such as the Jays Care Foundation, Kiwanis Boys and Girls Clubs of Toronto, Nike, Toronto Community Housing, local elementary schools and MLSE Launchpad to mentor and teach sports to youth.

U Sports and OUA Student-Athlete Community Engagement Responsibilities

- 8 hours of individual service plus a team initiative for Basketball, Hockey, Soccer and Volleyball
- 4 hours of individual service plus a team initiative for Badminton, Fencing and Figure Skating
- Individual hours must be opportunities promoted through email by the RAVE Team, part of Ryerson Rams Care, listed on the RU Leadership website under Volunteer Link (<https://connectru.ryerson.ca/events>) or discussed with the RAVE Team if you wish to find your own opportunities that excite you.
- Team initiatives need to include all team members and be discussed with the RAVE Team.
- Athletes are responsible for logging their hours on **ramsapp.ca** in a timely manner.
- If you complete hours with an outside organization, the contact information of your supervisor is required.
- All individual hours and team initiatives are to be completed between August 21st, 2017 and April 14th, 2018.
- Hours are mandatory for athletes to renew membership on their respective team.

Please contact rave@ryerson.ca or visit the community engagement office (MAC 2108) if you have any questions.

9. STUDENT-ATHLETE LEADERSHIP

Athletics Leadership Program - Emerging Leaders

As a student-athlete, you are already viewed as a leader on campus. The Athletics Leadership Program is designed to:

- Enhance your personal leadership knowledge and skills
- Encourage you to use your personal leadership experience to cultivate the leadership potential in yourself and others
- Develop your sense of increased self-awareness
- Increase your ability to lead your peers through motivation, inspiration and a commitment to shared values and goals

Open to all student-athletes participating on a U Sports or OUA recognized team, the Athletics Leadership Program is designed to enhance personal and team leadership

skills through workshops, conversations, and events. If you're interested in participating or would like some additional information, contact Kait Taylor-Asquini at k8taylor@ryerson.ca.

10. UNIFORMS AND EQUIPMENT

- All uniforms and equipment, with the exception of disposable items, issued to Rams student-athletes are the property of Ryerson University.
- Disposable items refer to: undergarments, jocks, tape, socks, etc.
- It is the responsibility of the student-athlete to return all equipment to the team manager within two weeks of the conclusion of his or her respective season. Student-athletes are not to modify uniforms or equipment.
- In the event that equipment is not returned, a hold will be placed on student's account and double the value of the equipment will be charged to the student-athlete. Unpaid equipment invoices will be dealt the same way as any other debt to the University, with all of the appropriate consequences applied.

11. TRAVEL

Code of Conduct

While travelling as representatives of Ryerson University, all athletes will continue to abide by the Ryerson Student Code of Non-Academic Conduct.

<http://www.ryerson.ca/senate/policies/pol61.pdf>

Travel Scheduling

Team coaches will be provided with all travel arrangements before the season starts. It is the responsibility of the coach to share this information with all their players so that conflicts with class, labs, and tests are known in advance and alternative arrangements can be made with the professor.

Alternate Team Travel Arrangements

Team travel outside the GTA via private automobile is not allowed unless appropriate reasoning can be provided, the vehicle driver(s) sign the appropriate consent forms and the Varsity Operations Coordinator grants approval.

Alternate Student-Athlete Travel Arrangements

Students wishing to make alternate travel arrangements outside of prearranged team plans must complete the required documentation of travel arrangements and receive approval from the Head Coach prior to departure on the trip.

Travel Via Local Transit

Team and Athlete travel via local transit systems is permitted if the venue is located in the Greater-Toronto Area and is previously agreed upon by the Coach, staff and players. The coach is responsible for ensuring that the players know how to use the transit system and are provided directions where required. Ryerson Athletics must approve all decisions regarding the mode of transportation for all teams.

Student-athletes are not permitted to drive vehicles rented by Athletics for team travel.

Meal Subsidy

Student-athletes are eligible for a meal supplement of \$35.00 per day for all away events, based upon the following breakdown: \$10.00 for breakfast, \$10.00 for lunch, and \$15.00 for dinner. Coaches will be responsible for allocating meal subsidies and will follow the designated expense and reimbursement policy.

Accommodations

Ryerson Athletics will only be responsible for the payment of the room rates. Team members will be accountable for any additional costs to their room and are also responsible for any damage. Inappropriate behavior will be subject to Athletics' Code of Conduct and Ryerson's Student Code of Non-Academic Conduct. On overnight trips, all coaches and athletes will stay in the accommodation booked for the team, unless otherwise approved in advance by the Head Coach. Alcoholic beverages are not allowed in any accommodations booked through Ryerson Athletics.

12. FINANCIAL ASSISTANCE

Ontario Student Assistance Program (OSAP)

The Ontario Student Assistance Program is funded by the federal and provincial governments. All students who are enrolled in an approved degree or diploma program should apply. Students must be registered in a minimum of 60% of a full course load each semester in addition to other eligibility requirements. Applications are available at <http://osap.gov.on.ca>. POD 59, 416.979.5113, www.ryerson.ca/financialaid or by emailing finaid@ryerson.ca.

Athletic Financial Awards

Information regarding U Sports athletic scholarships can be found at:

http://en.usports.ca/information/student-athlete_info/pdfs/Policy_50_Financial_Awards_2015_DL_v1.pdf

Incoming and returning athletes who meet the prerequisite criteria may qualify for athletic financial awards. These awards are distributed at the consideration of the Head Coach and are applied to the current year only. The athlete receiving the award must continue to meet the eligibility criteria throughout the academic year in order to receive the entire awarded amount.

Ryerson University Scholarships and Awards

Offered to new and returning students recognizing academic excellence and other achievements. All student athletes are advised and encouraged to review the award criteria and apply wherever applicable.

For more info contact: 416.979.5115, awards@ryerson.ca,
www.ryerson.ca/financialaid

Work Study Jobs

Work study jobs are available to students carrying at least 60% of a full course load per semester with a demonstrated financial need. All students who receive work study approval may apply for any university work study position. Application forms are available online in mid-August.

For more information, contact: POD 059, 416.979.5177,
www.ryerson.ca/financialaid.

13. ANNUAL RECOGNITION AWARDS

Athletics Awards

The following awards are presented at the annual Athletic Banquet:

- **Rookie of the Year**
- **Athlete of the Year**
- **Greatest Contribution to Interuniversity Sports (Community)**
- **Claude LaJeunesse Award (Academics)**
- **President's Team Awards**
- **Team MVP**
- **Gold "R"**

Athletes of the Week

Athletes of the Week are chosen by the Sports Information Office on the Monday of every week during the season. The choice will be based on the performance of athletes from the previous week. One male athlete and one female athlete will be chosen.

Academic Achievement Awards

U Sports Academic All-Canadians: Nominees must be full-time students who have competed in a U Sports sport in the previous academic year and must have a grade point average equivalent to an A- or 80%.

OUA Academic Achievement Awards: Nominees must be designated as full-time students who competed in OUA sports in the previous academic year and must have a grade point average equivalent to an A- or 80%.

14. MEDIA RELATIONS

As student-athletes within the Department of Athletics, you represent yourself, family, team, and the university. As a Rams student-athlete, you and your team will be covered by local and national media during the athletic season and when speaking to members of the media, student-athletes should remember to be polite, courteous and confident. Interviews should be viewed as part of the educational experience offered at Ryerson, helping you develop communication skills that can assist you not only in the classroom but in future professional and business careers.

Planned interviews will be scheduled by the Sports Information Office and will be setup using your Ryerson email address. If you are contacted by a media member directly, please direct them to the Sports Information Specialist (andrea.elliott@ryerson.ca) to arrange the interview on your behalf.

Following the conclusion of games, coaches and athletes are expected to make themselves available for interviews within a reasonable period of time (generally after a ten minute cooling off period).

Since media interviews are a new experience for many student-athletes, review the following tips to help ensure your interview is a success:

- Organize your thoughts before a scheduled interview.
- Always be on time for your interview and dress appropriately (team jacket, shirt, etc.).
- The interviewer and audience want to hear from you – expect to do at least 50 percent of the talking and avoid “yes” or “no” answers.
- Take the time to ensure you understand the question being asked of you. If you do not understand the question, ask for clarification.
- Your goal with the media should be to put yourself in the best possible light with the audience. Remember that you may be speaking to one reporter, but the real audience is the fans who read or listen to what you have to say.

- Be respectful when talking about your teammates, coaches, and opponents. Think carefully before answering a question, including about how your response may affect others.
- Anticipate tough questions. Be prepared to talk about the outcome of the game, especially if you were involved in how it unfolded. You will earn more respect from the media and your audience when you discuss losses or bad performances.
- Don't let negative questions disrupt your answer. Learn to form a bridge from a negative question to a positive answer. For example, after a tough loss, someone might ask, "Do you think the coaches got too conservative with the play-calling in the fourth quarter?" Even if you think they did, bridge to a positive answer, such as, "I don't worry about the play-calling. Our job as players is to get it done. Any play will work if you execute. We didn't do it this time but will work harder to get it right next time".
- Do not respond to a question that you do not wish to respond to. If you ever feel uncomfortable with the questions being asked of you, make sure to inform the Sports Information Specialist.
- Most importantly, be yourself!

SOCIAL MEDIA

Social media has become an integral aspect of the social experience for today's student-athletes but as sites such as Facebook, Twitter, Instagram and Snapchat continue to grow in popularity and use, the Ryerson University Department of Athletics asks that you be conscious of the content you may post on these sites and keep it appropriate as you are an ambassador of Ryerson University.

Third parties, including media, faculty, future employers, and opponents often peruse these sites in the hopes of finding inappropriate material posted by student-athletes in an effort to exploit the individual, team, and university.

Understand that you, the student-athlete, are responsible for the content that is posted on your pages, including original content and friend's comments, and we ask that you exercise common sense when deciding to post information and pictures on these sites.

All Ryerson Student-Athletes will be required to sign the Athletics Social Media Policy agreement.

Photography

It is understood that Ryerson University, Ryerson Athletics and/or approved agents may use the names, video and/or images of student-athletes, teams, coaches and

support staff in print, audio and/or electronic media in promotional and communications initiatives.

15. FUNDRAISING

Fundraising remains an essential component to the sustainable operation of a varsity team. Team revenue earned through fundraising initiatives allows teams to take advantage of opportunities or resources that would not be available through annual base funding. These opportunities can often make the difference in the competitive success of teams throughout the year. It is a responsibility that should be shared amongst coaches and athletes.

Guidelines for Fundraising

Athletes should feel encouraged to present initiatives for fundraising to their respective coaches, however the following guidelines should be followed:

- Fundraising initiatives must uphold the moral and ethical values outlined by Athletics, and should project a positive image of the team and department.
- Program partnerships with non-Ryerson businesses must be approved by the management of Athletics to ensure that these business are in keeping with the moral standards of the department and do not violate pre-existing agreements.
- Fundraising initiatives should not break the law or place an individual in a circumstance where they would be required to break the law.

Adopt a Team Program

Ryerson Athletics has developed this program to provide additional financial assistance to its varsity programs. The donor will receive a tax receipt for the total amount of the donation. The donation will be used for the following purposes:

- Schedule enhancement – exhibition and non-conference competition.
- Academic support programs.
- Subsidization of travel expenses.
- Special purchases for injury prevention, i.e. specialty braces.
- Upgrading of equipment inventories or providing footwear allowances.

See your coach for pamphlets and further information.

Excellence in Athletics Breakfast

Ryerson Athletics hosts an annual fundraising breakfast to benefit all athletic programs and the Devon Lord Brooks Scholarship fund. Coaches and athletes are encouraged to promote this event through provided sponsorship and marketing materials, in order to maximize profits for individual teams, and the athletics department as a whole. Athletes are also encouraged to attend the event in order to show appreciation to the various partners and contributors. Coaches will receive information and materials at the beginning of the winter term.

General Fundraising

Teams will be encouraged to conduct fundraising events. When a team requests that a non-essential item be purchased for the team (i.e. team jackets, casual sweaters, etc.). The following guidelines are to be used:

- A majority of the team members must be in favor of the purchase.
- Approval by Ryerson Athletics must be obtained prior to any fundraising activity.
- Before the requested item can be purchased, funds must be available.

Elite Athlete Fund

The Department of Athletics is always committed to supporting Ryerson students at the highest levels of competition. The Elite Athlete Fund has been established to provide partial financial support to individual athletes who receive the opportunity to compete at National or World Championship events. Athletes must meet predetermined criteria including areas such as being nationally or provincially ranked to be eligible. Athletes must submit a formal written application to the Varsity Operations Coordinator for consideration.

National Team Camps

Some funding is available for athletes selected to attend national team camps. The funding will be divided amongst the number of athletes selected during the year for these opportunities. Provincial and regional camps are excluded from this funding resource. Contact the Varsity Operations Coordinator for more information. Athletes must apply in writing before attending the camp to receive any funding.

16. IMPORTANT RYERSON LINKS

ORGANIZATION	DESCRIPTION & LINK
Ryerson Rams	Homepage of the Department of Athletics at Ryerson University. www.ryersonrams.ca
U Sports	Governing body for national university sport competition in Canada. en.usports.ca/landing/index
Ontario University Athletics	Governing body for university sport competition in the province of Ontario. www.oua.ca
Ask Me RU	Information, reference and direction for all Ryerson University services and programs. studentinfo@ryerson.ca OR @AskmeRU (twitter)
Ryerson Student Housing Services	Providing information for students regarding living options both on and off-campus. http://www.ryerson.ca/student-services/housing/

Ryerson Writing Centre	One-on-one tutoring services, workshops and online handouts. www.ryerson.ca/studentlearningsupport
Ryerson Student Learning Support	Learning Support - workshops, seminars and one-on-one assistance focused on improving academic performance. Academic Accommodations - for students living with disabilities. Testing Centre – for students scheduling make-up exams or alternative testing arrangements. www.ryerson.ca/studentlearningsupport
Ryerson Centre for Student Development and Counselling	Offers free, confidential counselling services in a professional and friendly environment. http://www.ryerson.ca/healthandwellness/counselling
Ryerson Academic Integrity	Guidelines for avoiding academic misconduct. www.ryerson.ca/academicintegrity
Student Code of Non-Academic Conduct	Policy governing student conduct at Ryerson University outside the classroom. www.ryerson.ca/senate/policies/pol61.pdf
Important Ryerson Dates	Critical dates and closures in the Academic calendar. www.ryerson.ca/currentstudents/importantdates