



LAKEHEAD THUNDERWOLVES

**STUDENT-ATHLETE HANDBOOK
POLICIES AND PROCEDURES**

DEPARTMENT OF ATHLETICS, LAKEHEAD UNIVERSITY

Updated 2023

Message from the Director of Athletics:

Dear Thunderwolves Student Athletes,

Welcome to the Lakehead University Thunderwolves family! We are absolutely thrilled to have you as part of our esteemed roster of student athletes. Your commitment, talent, and passion have brought you to a place where you will not only excel on the field but also make lasting memories and friendships.

As the Athletic Director, I want to emphasize how proud we are to have you representing Lakehead University. Your dedication to both your sport and academics showcases the true spirit of a Thunderwolf. Remember that you are not just an athlete; you are a vital part of a supportive and driven community.

Our coaching staff is eager to guide and mentor you as you strive for greatness. On this journey, you will discover your potential, develop leadership skills, and learn the importance of teamwork. The Thunderwolves legacy is built on sportsmanship, determination, and a commitment to representing our university with pride.

Whether you're competing on the court, ice, track, mat or course; know that you carry the Thunderwolves spirit with you. Your hard work and dedication will not only contribute to the success of your team but will also inspire future generations of athletes.

Get ready to make unforgettable memories, achieve personal bests, and embrace the camaraderie that comes with being a Thunderwolf. We're here to support you every step of the way, both academically and athletically.

Once again, welcome to the Thunderwolves family! Let's make this year one of achievement, growth, and teamwork.

Go Thunderwolves!

Sincerely,

Tom Warden
Athletic Director
Lakehead University Thunderwolves

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IMPORTANT VARSITY ATHLETE INFORMATION & LINKS HUB

[UNIVERUS](#)

This is our new Athlete Management System and where the department and coaches will manage everything from your eligibility, required training, waivers, AFAs, travel and the like. All important links will be contained in this platform and should be your main source of information

[THUNDERWOLVES.CA](#)

All things Thunderwolves can be found on our main athletics page [Thunderwolves.ca](#). Check in here for rosters, scores, news articles, facility information and more.

[VARSITY HUB](#)

All of the resources you need can be easily accessed on the Varsity Hub (www.thunderwolves.ca/varsityhub). Please visit here for:

- Coaches Contacts
- Gym Schedules
- Varsity Schedules
- Important Academic Contacts & Assistance
- Health & Wellness Resources
- Forms & Documents you may need as a varsity athlete
- Links to Athletic Therapy bookings

[PRIVIT](#)

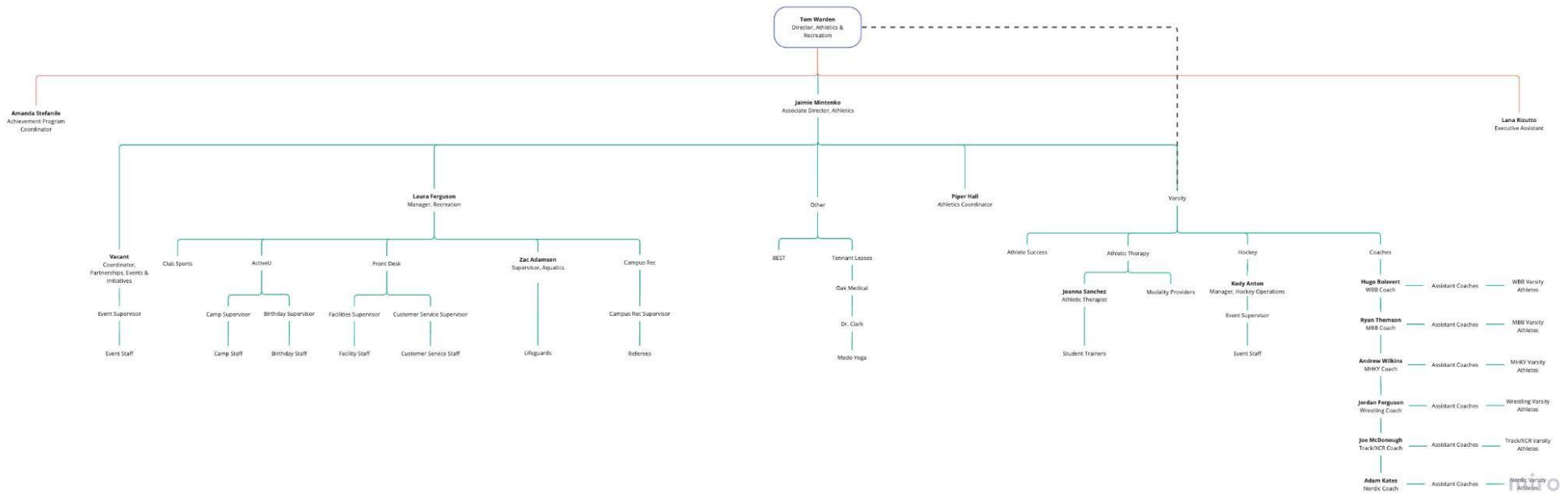
PRIVIT is our new Athlete Therapy Management System and will allow providers to better track your injuries, return to sport and communication with you and your coaches. This system integrates with Univerus to better manage you as an athlete as a whole.

Below you will find a basic Organizational chart for the Athletics Department to help navigate any questions you may need assistance with.



THUNDERWOLVES

Athletics Organizational Chart



Varsity Athlete Registration Checklist:

REQUIRED:

- Register on [USports Portal](#). First year students-athletes are responsible for USport Registration Fee.
- Complete registration & Waivers on [Univerus](#)
- Complete registration on [PRIVIT](#)
- Complete [CCES Training](#)
- Complete [Safe Sport Training](#)
- Complete [CATT Training](#)

OPTIONAL:

- WellU Resilience for Athletes:** WellU Resilience for Student Athletes is an 8-module evidence-based course developed by Student Health and Wellness that gives athletes the tools to help them manage the stress that comes with being a student athlete. The course features videos, slideshows, skill-building activities, resources and information to help athletes improve their resilience. With the chaotic student athlete schedule in mind, the course is self-paced and easy to complete. In each module participants will learn about, and practice a habit/skill that has been proven to increase life satisfaction, happiness and resilience, which all correlate with success in academics and athletics. ***This course will be accessible through MyCourselink on MyInfo.***
- Review [Thunderwolves Wellness Hub](#) to familiarize yourself with Varsity Health & Wellness Supports
- Complete [Gender Equity Lens](#)

1. LAKEHEAD UNIVERSITY VISION, MISSION & VALUES

Our Vision

To provide a transformative university experience that is far from ordinary.

Our Mission

To be recognized as an innovative comprehensive university that provides an education that is about how to think, not what to think.

Our Belief

We believe our students make Lakehead University different. We believe that our students want an innovative comprehensive university where they have the highest chance of success. We believe that our students have the passion and drive to realize their dreams and succeed. We believe that our students want the intellectual freedom to pursue the unconventional. We believe in the diversity that comes from our students of many cultures and many nations. We believe that our students are passionate about both their own individuality and their communities. We believe in our students.

Athletics Vision & Mission

Lakehead University Athletics will promote personal and athletic excellence through our delivery of sport and recreational opportunities to our students, student-athletes and the Lakehead and Thunder Bay community.

To enrich the student experience by offering quality athletics, physical activity program while enhancing the profile and marketability of Lakehead University. We will strive for national championships in all varsity sports.

2. SPORT STRUCTURE

Lakehead University has three (3) levels of sport delivery.

[Student-Athlete Info — U SPORTS \(usports.ca\)](http://usports.ca)

2.1 VARSITY: U SPORTS AND OUA TEAMS

Lakehead University participates in U Sports and the Ontario University Athletics (OUA), the sports for the university are as follows:

Sport	U Sports / OUA
Hockey (Men)	U Sports / OUA
Basketball (Men)	U Sports / OUA
Basketball (Women)	U Sports / OUA
Volleyball (Women)	U Sports / OUA
Wrestling (Men and Women)	U Sports / OUA
Track and Field (Men and Women)	U Sports / OUA
Cross Country Running (Men and Women)	U Sports / OUA
Nordic Skiing (Men and Women)	OUA

Varsity sports adhere to all OUA and USport rules and regulations. More details can be found in section 3.

2.2 CLUB SPORTS

Additionally, Lakehead University participates in Club Sports which are driven by student leaders. Club sports may vary by year. For an updated list of available clubs, please visit <http://thunderwolves.ca/teams/club/>.

3. STUDENT-ATHLETE ELIGIBILITY

3.1 General Rules

U Sports coaches, student-athletes and administration must abide and be aware of the U Sports policies and procedures on eligibility.

[Eligibility Package — U SPORTS HQ \(usports.ca\)](#)

OUA coaches, student-athletes and administration must abide by and be aware of the OUA policies and procedures on eligibility. Refer to the OUA links below;

[Ontario University Athletics \(OUA\)](#)

In order to compete, each Student-Athlete must comply with the following rules:

- Be a full-time student and/or registered in 3 full courses, 6 half courses or 18 semester hours. A Student-Athlete must be enrolled in a minimum of 3 courses (9 credit hours or equivalent) in the same term in which they are competing. Masters and PhD students must be enrolled in full time studies and have paid full time tuition fees.
- A continuing Student-Athlete must be in good standing academically.
- Each continuing Student-Athlete must have successfully completed 3 full courses (or equivalent) 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 the summer courses are fully recognized by Lakehead University.
- A Student-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 1 of the same calendar year in order to be eligible to compete in the following year.
- Academic records will be checked on a weekly basis. An athlete will not be permitted to compete if he/she reduces his or her course load below the eligibility requirement.

3.2 Years of Eligibility

U Sports Sports (Basketball, Ice Hockey, Volleyball, Track, XCR & Wrestling) - are limited to 5 years of eligibility.

OUA Sports (Nordic Skiing) - have no limitation to the number of years of eligibility.

3.3 U Sports Participation as a Professional

A professional is considered any Student-Athlete, who at any time, played in a professional and or semi-professional league recognized by the U Sports. A Student-Athlete must be a non-professional in order to be eligible to compete during the following season. 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. 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.

3.4 Transfers

A U Sports Student-Athlete who transfers to another academic institution must sit out one calendar 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 a 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, law school, faculties of education, dentistry, physiotherapy, etc.

3.5 Required Forms

All players are required to fill out the necessary eligibility forms prior to competition to ensure compliance with Lakehead University, USports and/or OUA regulations.

- Declaration of Eligibility Form
- Pre-Participation Questionnaire
- Health History
- LU Student-Athlete Agreement
- LU Student-Athlete Social-Media Policy
- LU Student-Athlete Handbook Acknowledgment Form

4. CODE OF CONDUCT

The Lakehead University Department of Athletics maintains its own standards of conduct and behaviour for its Student-Athletes in the Lakehead University Department of Athletics Student-Athlete Code of Conduct (the “LU Student-Athlete Code of Conduct”). The provisions of the LU Student-Athlete Code of Conduct are in addition to those found in the Lakehead University Code of Student Behaviour and Disciplinary Procedures reviewed above. Each Student-Athlete will be required to confirm that he or she has received a copy of the LU Student-Athlete Code of Conduct, has read the same and agrees to abide by all of the conditions, expectations and requirements set out therein.

4.1 STUDENT ATHLETE BEHAVIOUR

4.1.1 LU Student Behaviour Policies

Lakehead University Code of Student Behaviour and Disciplinary Procedures

Lakehead University has changed the student behaviour and disciplinary procedures. They are now Student Code of Conduct - Academic Integrity, Non-academic and Appeals

[Student Code of Conduct - Academic Integrity.pdf \(lakeheadu.ca\)](#)

[Student Code of Conduct - Non-Academic.pdf \(lakeheadu.ca\)](#)

[Student Code of Conduct - Appeal Policy and Judicial Panel Procedures.pdf \(lakeheadu.ca\)](#)

4.1.2 Behaviour Towards Officials

The Lakehead University Department of 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 behaviour to all officials. It is unacceptable for Lakehead University Coaches and Student-Athletes to:

- Use abusive or foul language toward an official.
- Continue to argue a "call" or argue with an official that they "failed to make a call".
- Direct verbal or non-verbal insults at an official.
- Invade an official's personal space.
- Physically abuse an official.
- Attempt to intimidate or manipulate officials.
- Leave the bench during an altercation.

There will be significant consequences regarding any abuse of officials; including individual and or team suspension or expulsion. There is a growing trend of disrespect for officials in all sports, and at all levels of sport. Such disrespect is exhibited by coaches, participants, fans, and administrators of sports programs. As leaders in sport, universities have the ability to influence sport, but also have a duty to do so. It is our responsibility, as primary role models, to provide a positive influence in this area, not only to our participants, but also to those who look at sport in an educational setting as establishing and carrying out a leadership role. The rules of the game may or may not have repercussions for disrespect, but you need to understand that such behaviour will not be tolerated by coaches or the Department of Athletics.

4.2 HAZING AND INITIATIONS

The Lakehead University Department of Athletics, Coaches and Lakehead University Administrators are committed to ensuring that your 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 behaviour.

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

- All team activities must be organized in accordance with Lakehead's Student Code of Non-Academic Conduct and the LU Student-Athlete Code of Conduct.
- Orientation activities are to introduce new students to all people and program at Lakehead 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 LU Thunderwolves Athletics and your team and to respect each Student-Athlete's individual choices and the diverse characteristics of the student population at Lakehead University and within LU Thunderwolves Athletics.
- Existing policy prohibits the presence of alcohol at any orientation event sponsored by the Department of Athletics. 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 other similar activities, etc.).
- 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 Lakehead University and the LU Department of Athletics and is highly visible to other people, regardless of whether the team meets on-campus or off-campus. The Student-Athlete is responsible for his or her own behavior at formal and informal, scheduled and unscheduled events. The Student-Athlete must, at all times, consider his or her obligation to promote the Lakehead University and LU Thunderwolves brands.
- If an individual or team is alleged to be associated with hazing, Lakehead University and the LU Department of Athletics will take strong and immediate action. Failure to comply with these guidelines may result in suspension or expulsion of a Student-Athlete from his or her team or, if applicable, removal of the entire team from U Sports or OUA or other competition.

4.3 ANTI-DOPING POLICY

4.3.1 Policy Statement

Lakehead University is unequivocally opposed to any Student-Athlete using any 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).

[By-Laws, Policies, Procedures — U SPORTS HQ \(usports.ca\)](#)
[2023list_en_final_9_september_2022.pdf \(wada-ama.org\)](#)
[international_standard_ise_2021.pdf \(wada-ama.org\)](#)

4.3.2 Testing

Drug Testing of Student-Athletes may be conducted at any time, in or out of competition.

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 analysed by an IOC-accredited laboratory.

4.3.3 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.

4.3.4 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.

4.3.5 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 1 hour online program.

This will be emailed to you by your coaches, before the season begins.

4.4 ALCOHOL

4.4.1 LU Alcohol Policy

Like all students, Student-Athletes are obligated to comply with the Lakehead University Alcohol on Campus Policy as found at:

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

Consumption of alcohol is illegal by anyone in Ontario under the age of 19. Good judgement must be exercised in the use of alcohol.

Unless provided through a Lakehead University sanctioned event, the consumption of alcohol is prohibited in any Lakehead Athletic facility or partnership facilities.

4.4.2 Alcohol When Travelling

Alcohol may not be consumed by Lakehead U Thunderwolves Student-Athletes or Coaching staff members for the duration of road trips (from the time of departure until the time of arrival back in Thunder Bay).

There is zero tolerance for any consumption of alcohol by drivers of vehicles transporting Lakehead University Student-Athletes, equipment, etc.

4.4.3 Student Athlete and Alcohol Consumption Issues

Lakehead University Department of 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.

Lakehead University Department of 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.

If a Student-Athlete's involvement with alcohol is deemed to be threatening to the health, safety or success of his or her teammates, coaches or University, Lakehead 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, then team leaders will be responsible in aiding to find a solution. If the affiliation is deemed to be serious, then he/she will be subject to disciplinary action. Such actions will include suspension or dismissal. If an individual has an alcohol-related problem, the Lakehead University Department of Athletics is willing to and will offer assistance in addressing these issues.

4.5 GAMBLING

Student-Athletes are expressly forbidden from placing any bet, wager or otherwise gambling on games or other competitions involving Lakehead University Thunderwolves teams and/or athletes.

At all times while travelling to and from Lakehead Thunderwolves games or other competitions or while on road trips in other cities, Student-Athletes are expressly forbidden from attending at or visiting casinos or any other gambling houses.

While in Thunder Bay, Student-Athletes should remember their roles as ambassadors of Lakehead University and the Lakehead University Department of Athletics and should refrain from overly participating in any kind of gambling wearing the LU Thunderwolves brand clothing.

If a Student-Athlete or team is alleged to be involved in an unhealthy affiliation with gambling, then team leaders will be responsible in aiding to find a solution. If the affiliation is deemed to be

serious, then he/she will be subject to disciplinary action. Such actions will include suspension or dismissal. If an individual has an gambling-related problem, the Lakehead University Department of Athletics is willing to and will offer assistance in addressing these issues.

4.6 INAPPROPRIATE CONDUCT

While representing Lakehead University and the Lakehead University Department of Athletics in sanctioned athletic events, including attendance at tournaments, invitational events and other related functions, the Student-Athlete has the right to be free from harassment and discrimination on the prohibited grounds defined in the Ontario Human Rights Code. This includes, but is not limited to: *sexual harassment, harassment based on gender, race, ethnicity, religion, creed, disability and sexual orientation*. Such harassment and discrimination has the purpose or effect of unreasonably interfering with an individual's or a group's work or academic performance, or of creating an intimidating, hostile or offensive working, living or academic environment

Within the Lakehead University Department of Athletics, all those with supervisory responsibilities including: faculty, coaches, program leaders and administrative supervisors, are expected to be aware of what constitutes harassment and discrimination. In addition, all such supervisors must not ignore inappropriate activities within their areas of responsibility. Supervisors are also responsible for ensuring that any complaints or concerns brought to their attention are attended to immediately and effectively, while respecting the confidentiality of all parties involved. All complaints **must** be directed to the Director of Athletics.

4.6.1 Discrimination

Discrimination is any action which has the effect of differentiating on the basis of prohibited grounds, resulting in inequality of opportunity and/or exclusion. Examples of this include: name calling or derogatory remarks, bias in administrative, employment and academic decisions, bias in the scheduling of activities, and discrimination in the provision of goods and services, access to premises, accommodation and other facilities. Discrimination can affect groups as well as individuals. It is considered a human rights issue when it involves one or more of the aforementioned prohibited grounds.

4.6.2 Abusive Behaviour

Everyone has the right to be treated in a respectful manner. Nonetheless, there are occasions when there are abuses of power between individuals. The inappropriate use of power by one person over another can take many forms, and may or may not be related to other types of harassment and discrimination.

This type of abuse includes, but is not limited to:

- creating conditions of unreasonable isolation from other colleagues or peers assigning unreasonable quantities of work or making personal demands
- setting unrealistic or fluctuating expectations of athletic or work performance
- humiliation in front of staff, peers or co-workers
- inappropriate treatment which may be unrelated to athletic or work performance

Abusive treatment can come from one or many individuals, and the behaviour(s) can occur once or several times. Whatever form of abuse of authority you may experience, it can have the effect of disrupting your athletic or working environment and ultimately endangering your job or position on an athletic team.

All people with supervisory responsibilities should be aware of the interactions of their volunteers and staff. It is their responsibility to address abusive behaviour as soon as it comes to their attention, and to be helpful to those who bring complaints forward.

***NOTE:** If you believe that you are the target of harassment, discrimination, or any other sort of abusive treatment, do not ignore it. It is important to tell someone you trust in order to reduce possible feelings of isolation and to clarify your experience. Remember too, that either Student Health, Counselling, Disability Services, or the Employee Assistance Program are available at no cost, should you wish to speak to a professional counsellor.*

4.7 SEXUAL VIOLENCE

Sexual harassment means engaging in conduct or comment of a sexual nature that is known or should reasonably be known to be unwelcome. It includes, but is not limited to: sexual advances or remarks, the inappropriate display of sexually suggestive material, and unwanted physical contact of a sexual nature.

If you believe that someone is or has been involved in an abusive relationship or violent sexual experience use the CALM Model to response to sensitive or disconcerting disclosures:

C - Create a safe environment

Find a quiet place to meet the individual with another trusted adult. Following the Rule of Two.

A - Ask

Ask the individual if they are in immediate danger (Do you feel safe right now?).

L - Listen and Validate

Make sure the individual feels supported. Be patient as they disclose the incident to you at their own pace. Believe them and reassure them that they will not get into trouble and that you are there to help and support them.

M - Make connections for advice, support and guidance

Encourage them to get help. This may include speaking to their parent(s), guardian(s) or a counsellor. If required, report sexual violence to the authorities.

4.8 COMPLAINT PROCEDURE

All complaints by Student-Athletes, in most cases, should be discussed with their particular Head Coach. If you are uncomfortable with disclosing the complaint to your coach then please direct it to Jaimie Mintenko (Assistant Director, Athletics) or Tom Warden (Director of Athletics). Third party groups outside of the department are also available to handle your concerns:

[Ombudsperson](#)

[Office of Human Rights & Equity](#)

A copy of our current policy can be found here: [Conflict Resolution Policy](#)

Our responsibilities for handling your complaint:

1. To provide an efficient, fair and structured mechanism for handling complaints.
2. To keep you informed as to the progress of your complaint
3. Review our complaint process to also provide high standards when handling your complaints.

4.9 TRAVEL

4.9.1 Code of Conduct

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

4.9.2 Dress Code

In order to maintain and enhance the public image of the varsity Athletics Program, a clean and neat dress code for all varsity athletes and staff is expected.

This code will be used when Lakehead's teams are in the public eye as a group en route to any varsity or club competition including: home and away games, while boarding and disembarking from auto/bus/train/air transportation, travel to and from competition and overseas travel. **Coaches have the right to set dress code expectations for their teams provided it is a neat and tidy presentation.**

As a student-athlete, you are representing Lakehead University, Lakehead Thunderwolves Athletics, the OUA and USports. Student-Athletes who represent Lakehead University and Lakehead Thunderwolves Athletics at practice, home and away events, should not wear apparel which represents other institutions.

4.9.3 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.

4.9.4 Accommodations

Lakehead University Department of Athletics will only be responsible for the payment of the basic room rates for accommodations while travelling for competition. Student-Athletes will be accountable for any additional costs to their room and are also responsible for any damage. Inappropriate behaviour will be subject to Athletics' Code of Conduct and Lakehead's Student Code of Non-Academic Conduct.

On overnight trips, all Coaches and Student-Athletes will stay in the accommodations booked for the team by the Lakehead University Department of Athletics, unless otherwise approved in advance by the Head Coach.

As per the Student-Athlete Code of Conduct and the Student-Athlete Alcohol Use Policy, alcoholic beverages are not allowed in any accommodations booked through Lakehead University or the Lakehead University Department of Athletics.

4.9.5 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.

5. SPORTS MEDICINE AND HEALTH

Prior to participating in team activities each season, student-athletes **MUST** complete the following documentation:

- Student-Athlete Participation Waiver (Univerus)
- Medical Information Waiver/Release of Information
- Medical Questionnaire (PRIVIT)
- Physical Assessment by Athletic Therapist & Doctor
- Rowan's Law Concussion Education (CATT)
- Anti-Doping Education Manual (CCES)

5.1 Staff Responsibilities

- To serve Lakehead University athletes in:
 - Prevention of athletic injuries
 - Emergency Care of athletic injuries
 - Rehabilitation of athletic injuries
- Communicate and liaise with coaches, health care professionals and athletes.
- To be up to date on sports medicine research and treatment options
- Supervision of athletic therapy interns
- Demonstrate leadership skills by example
- Knowledge of the governing USports and OUA rules and regulations
- Knowledge of the governing CCES doping procedures
- Knowledge of the athlete pre-participating and medical intake procedures
- Maintain certificate with CATA

5.2 Student Therapists Responsibilities and Guidelines

- Administration of first aid/responder to injured varsity athletes with appropriate post communication and referral to physician/therapist.
- Proficiency in CPR, transport of injured athletes and reactions to emergency situations.
- Application of prophylactic or post injury prevention devices i.e. taping
- Basic rehab and exercise knowledge as instructed by the team physician and/or certified

staff therapist.

- Communication of injuries and a cooperative relationship with head therapist, therapy team, team physician and coaching staff.
- Maintenance of clean and orderly therapy kits and required paperwork.
- Not to engage in any inappropriate behaviour with student athletes or coaches from Lakehead University. This includes but is not limited to: dating anyone on the team you work with, drunk or disorderly conduct or derogatory conversations towards coaches, athletes or other members of the sports medicine staff.
- In the event of a conflict with a fellow student, coach or athlete, it will be communicated immediately to the Head Athletic Therapist.
- Not provide treatment where any conflict of interest may arise.

5.3 Code of Conduct

5.3.1 Athletes

- Athletes will be expected to refrain from using profanity in the Thunderwolves Varsity Therapy Centre.
- Athletes will be expected to act as courteous responsible adults in the Thunderwolves Varsity Therapy Centre
- There is a zero tolerance for any kind of abuse or harassment directed at any athletic therapy staff member or that of any centre staff members.

5.3.2 Release of Medical Information

The Athletic Department policy regarding the release of medical information about an athlete is as follows:

- The Athletic therapy staff will not divulge medical information to any teammate, friend or family member without the permission of the athlete involved.
- The general policy is that the athlete must give permission to the athletic department, before speaking to the media or others when regarding their OWN personal injury information. It is favoured that the athlete speaks to the media themselves.
- Student therapist will not speak to the media about an athlete's injury
- Athletes will be asked to complete an information release form that allows the communication of medical information between medical staff and the respective coach. It is necessary to ensure the athlete's approval has been granted prior to discussing issues with their coach.
- Any personal or medical information is to be kept confidential and only utilized for medical purposes

- No student therapist or CATA will discuss or release any medical information via Twitter, Facebook or any other source of social media.

5.4 General Procedures

5.4.1 Field Procedures

- The Head Athletic will be present at each home game, with the exclusion of hockey. Who, as per OUA rules will have a Certified Athletic Therapist or MD at each game.
- In the event that the Thunderwolves therapy staff is not a certified athletic therapist. It is the responsibility of the Head Therapist to ensure that an MD is present at each game. Please see page 4 of the OUA Athlete Protection Document for coverage outlines.
- The Athletic Therapist will arrive 2 hours prior to each game in order to provide taping and treatment support. Should the visiting team not have a therapist/student trainer with them, adequate coverage will be provided for them.
- In the event of a visiting team injury, the Head Athletic therapist will assist the visiting trainer in all processes necessary. In the event of no travelling trainer, the Head Athletic therapist will manage the injury, ensure that all necessary paperwork is completed, and communicate with the Head Athletic Therapist of the visiting school.

5.4.2 Clinical Procedures

- All athletes will make their own appointments upon advice of the trainer, therapist or other centre staff.
- Athlete's that do not show within 20 minutes of the chosen start time will be classed as a no show.
- Athletes will make their own appointments through the Jane app (access linked in Univerus & Varsity Hub)
- Athletes should NOT contact the Head Therapist by text or outside working hours to make appointments or discuss injuries or treatments.
- If there are no appointments available and the issue is pressing, the Coach should contact the therapist to make arrangements on behalf of their athlete(s)

5.4.3 Drug Testing

- All athletes are required to complete the online drug and doping seminar
- team therapist are required to complete the drug seminar
- Therapists must have access to the CCES booklet at all times
- The therapist may be asked to act as a marshal of the athletes on testing days, and should become familiar with the process

5.5 Specific Topics

5.5.1 Concussion Protocol

[A Guide for Students & Athletes of All Abilities: e-Booklet | ontario.ca](#)

<https://www.ontario.ca/page/rowans-law-concussion-safety>

http://www.oua.ca/members_info/rowans_law

<https://www.ontario.ca/page/ontario-government-concussion-awareness-resource-e-booklet-ages-15-and-up>

5.5.2 Concussion Management Guidelines

- SCAT 5
- Athletes that demonstrate concussion symptoms will be removed from activity
- Athletes will be assessed by a varsity physician if at all possible within 48 hours of the concussion. This will be situation dependent.
- Athletes will be guided through the return to play stepwise protocol (5.5.3) once the athlete has received the approval from the team's physician.
- Athletes are not to return to team participation without the approval from the varsity physician and CAT.

5.5.3 Return to Play Guidelines

All athletes that have a confirmed concussion can only return to sport after the clearance of a medical professional and have to follow these stages:

Step 1: No activity, complete rest (exertional and cognitive)

Step 2: Light aerobic exercise such as walking or stationary cycling, no resistance training

Step 3: Sport specific training (skating in hockey, running in soccer)

Step 4: Non-contact training drills (may add light resistance training and slowly progress to heavier)

Step 5: Full Contact training after medical clearance

Step 6: Game play

Note: *The athlete should only progress a step if completely asymptomatic at the current step. Each step should take a minimum of 1 day; symptoms may recur later in the day. If any symptoms are experienced, the athlete should drop back to the previous asymptomatic level and try to progress again after 24 hours. It can take days, weeks or months to recover from a concussion and the return to play protocol is important for the health and safety of the athlete.*

5.6 Mental Health

Lakehead University Student Athletes have access to the Student Health and Wellness.

- Student Health and Wellness provides counselling, medical services and wellness programming.
- Appointments are available Monday-Friday 9-4 pm and a small number of counselling appointments are available Wednesday evening and Saturday afternoon.

- Appointments can be booked by calling 807-343-8361 or booking online at lakeheadu.ca/medeo
- Our website (contains all the info about hours, locations, booking appointments, and event calendar)- www.lakeheadu.ca/shw
- The new mental health screening and navigation platform- www.lakeheadu.ca/wellukey
- The athlete mental health hub- www.lakeheadu.ca/wolveswellness

5.7 General Health

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.

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

University Health Centre is open all year for a variety of medical practices. Appointment is preferred. Use the link below for the website page or use the amended directory at the end of this document for email and phone.

6. ANNUAL RECOGNITION AWARDS

6.1 Athletics Awards

Any Lakehead student, staff or faculty can nominate a student-athlete/team for the following awards. Nominations are submitted in the form of a letter or email, identifying the student-athlete/team with a list of their accomplishments that meet the criteria by February 28 of each year to the AMIS.

Major Awards

Hank Akervall Award

Argus Award

Rookie of the Year (Female & Male)

Athlete of the Year (Female & Male)

Team Awards

Men's Hockey

Rookie of the Year

Best Offensive Player

Best Work Ethic

Best Defensive Player

Most Valuable Player

Men's Basketball

Rookie of the Year
Most Improved Player
Best Defensive Player
Most Valuable Player

Women's Basketball

Rookie of the Year
Most Improved Player
Best Defensive Player
Amanda Nesbitt Award
Most Valuable Player

Men's Wrestling

Rookie of the Year
Most Improved Wrestler
Most Valuable Wrestler

Cross Country Running

Most Valuable Runner (Female & Male)

Indoor Track & Field

Most Valuable Runner (Female & Male)
Erron Williams Memorial Spirit Award

Women's Volleyball

Rookie of the Year
Coaches Award
Corrinne Kollmann Award
Most Improve
Most Valuable Player

Women's Nordic Skiing

Rookie of the Year
Most Valuable Skier

Men's Nordic Skiing

Rookie of the Year
Most Valuable Skier

Sportsperson of the Year

6.2 Athlete of the Month

Athletes of the Month are chosen by the department. The choice will be based on the performance of athletes from the previous month. One male athlete and one female athlete will be chosen wherever applicable. The athletes are recognized on the Athletics website and social media.

6.3 Academic Honour Rolls

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%.

7. MEDIA RELATIONS

Before the season begins all students **MUST** sign a media release form and hereby agree to have pictures, videos and interviews of themselves published on Lakehead University Social Media, local and national media outlets.

7.1 Athletes and the Media

As Student-Athletes within the Department of Athletics, you represent yourself, family, team, and the university. As a Lakehead University Thunderwolves 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 Lakehead University, helping you develop communication skills that can assist you not only in the classroom but in future professional and business careers.

Planned interviews will generally be scheduled by an administrator in the Athletics Department. If any media outlets reach out to you directly then please forward them to any member of the Athletics Department.

Following the conclusion of games or other competitions, Coaches and Student-Athletes are expected to make themselves available for interviews within a reasonable period of time (generally after a ten (10) minute cooling-off period).

7.1.1 Tips for a Successful Interview

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 a member of your Coaching Staff, the Director of Athletics and/or the Sports Information Director.
- Most importantly, be yourself!

7.2 Online and Social Media Guidelines

Social media guidelines pertain to media platforms including but not limited to Twitter, Facebook, Instagram, Snapchat and TikTok and relate to written, photographic and video content. Student athletes are an ambassador for Lakehead University and the Department of Athletics, and as such you must be conscious of the content you post and keep your social media

sites appropriate. Individuals are responsible for the content posted to their accounts and for contributions made to other's online content.

Third parties, including media, faculty, future employers, and opponents often use these sites in the hopes of finding inappropriate material posted by Student-Athletes in an effort to exploit the individual Student-Athlete, his or her team, and his or her university.

All Student-Athletes are required to comply with the Lakehead University Department of Athletics Online Social Networking / Social Media Use Policy. Below are some of the key points that should be followed:

- Social media should be used in an effort to enrich our community, promote our positive contributions towards student life and engage our fans and students to feel our collective pride in being a Lakehead Thunderwolves.
- Content, which is posted to a student-athlete's social media account, which utilizes photos, images and videos of Lakehead Thunderwolves programs and events is to be done so in a manner that is in keeping with Athletics and Recreation mandate of creating a safe and inclusive community.
- Athletes are not permitted to post content that may be interpreted as humiliating, racist, threatening, intimidating or derogatory in nature.

Failure to comply will be subject to review by Department of Athletics and may fall under Lakehead University Student Non-Academic Conduct and the Lakehead University Harassment and Discrimination Policy.

8. FINANCE & ADMINISTRATION

8.1 Finance

8.1.1 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.

Follow the link to learn more about applying: [How to apply for OSAP | ontario.ca](https://www.ontario.ca/en/education/apply-for-osap)

8.1.2 Athletic Financial Awards

Information regarding OUA athletic scholarships can be found at:
http://www.oua.ca/student_athletes/student_financial_awards

The athlete receiving the award must continue to meet the eligibility criteria throughout the academic year in order to receive the entire awarded amount.

8.1.3 Lakehead University Scholarships and Awards

Offered to new and returning students recognizing academic excellence and other achievements.

For more information: [Scholarships, Awards & Loans | Lakehead University](#)

8.1.4 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: [Work Study Program | Lakehead University](#)

10. FACILITIES AND OPERATIONS

10.1 Uniform and Equipment

All uniforms and equipment, with the exception of disposable items, issued to Lakehead University Thunderwolves Student-Athletes are and remain at all times the property of Lakehead 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 (2) days 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 or is returned damaged (accepting reasonable wear and tear occurring in the normal course), a hold will be placed on Student-Athlete's account and the athlete will not be eligible to participate until the damage fees have been settled with the department.

10.2 Services

10.2.2. Team Room Access

Some Varsity Teams will be assigned a team room within the facilities. This area will have individual athlete lockers and can serve as a team meeting space. Access to this room is restricted to team personnel and athletes only. Athletes and staff associated to the team will be informed of the code. Should this code be passed on to other individuals, room privileges may be lost.

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.

10.2.3 Athlete Clothing Kits

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

10.2.4 Laundry

All Student-Athletes are entitled to free laundry (of practice and workout clothing) and towel service (when available). Athletes can ask at the Front Desk for a towel and deposit uniform clothes into the laundry bin also located at the front desk. No personal items are to be included on varsity loops to ensure all varsity laundry can be completed. Please note that the Front Desk cannot guarantee laundry times if time does not allow.

10.2.5 Game Day Tickets for Competing Athletes

Competing athletes will have access to a select number of game day tickets. Please discuss with your coach for more information on access.

10.2.6 Tickets for Non-Competing Athletes

As Lakehead students, athletes have access to free tickets to all exhibition and regular season Lakehead Thunderwolves contests. However complimentary tickets to games will not be available to friends and family of athletes who are not directly competing in the contest.

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

10.2.7 Athletic Banquet Tickets

The Varsity Athletic Banquet is a closed event to student-athletes, team staff and administration. There will be no additional charge to athletes and staff for this event.

11. ACADEMIC SERVICES

11.1 Academic Standards

Student-Athletes may be required to attend mandatory study-hall at the discretion of their coach to ensure eligibility requirements are met on an ongoing basis. Individual teams will have varying academic standards and requirements that are to be adhered to.

11.2 Missing Classes, Labs and Tests

Athletes are required to work with their coach to organize their practice/class schedules. Classes are to take priority over practice should the two conflict. The student athlete is expected to honour the academic commitment and inform the coach(es) well in advance 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 as early as possible. The student-athlete must keep up with 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 a minimum of TWO weeks in advance to see if alternate arrangements can be made.
- Alternate arrangements such as writing the test early, having the coach administer the test while you are away or any other alternative the professor suggests are encouraged.

11.4 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.

Letters will be handed out at the beginning of the term for students to give to their professor confirming they're participating on a varsity team and suggesting possible conflict dates.

11.5 Lakehead's Administrative Management Self Service

Using MyInfo or MyPortal all student-athletes can access application status for students applying for graduate studies, course link, academic profile, course registration, grades, exams, financial profile and financial aid.

[myInfo | Lakehead University](#)

11.6 Academic Zone

The Academic Support Zone provides various support services to all Lakehead University Students which includes Tutor & Writing Support, Peer Mentorship Programs, Math Bootcamps & other academic resources, many of which can be taken in person and online.

[Academic Support Zone | Lakehead University](#)

Adapted Directory

Departments	Phone	Email	Office
Accounts Receivable	807-343-8140	accounts@lakeheadu.ca	UC 0002
Admissions (undergraduate)	807-343-8500		UC 1004
Athletics	807-343-8010 Ext. 8585		SB 1020
Financial Department	807-343-8243	acctspayable@lakeheadu.ca	UC 0002
Graduate Studies	807-343-8010 Ext. 8785		FB 2010
Help Desk	807-346-7777		Library 1015
Human Resources	807-343-8334	humanres@lakeheadu.ca	UC 0003
Human Rights and Equity	807-343-8010 Ext. 7765		PR 102
LUSU	807-343-8259		SC 0001
Library	807-343-8225		
Ombudsperson	807-343-8010 Ext. 8061		AT 5031
Payroll and Pension Services	807-343-8010 Ext. 8603		UC 0002
Security Services	807-343-8569		UC 1016

Varsity Athletic Therapy Centre	807-343-8936		Hangar
Student Award and Financial Aid	807-343-8500		UC 1004