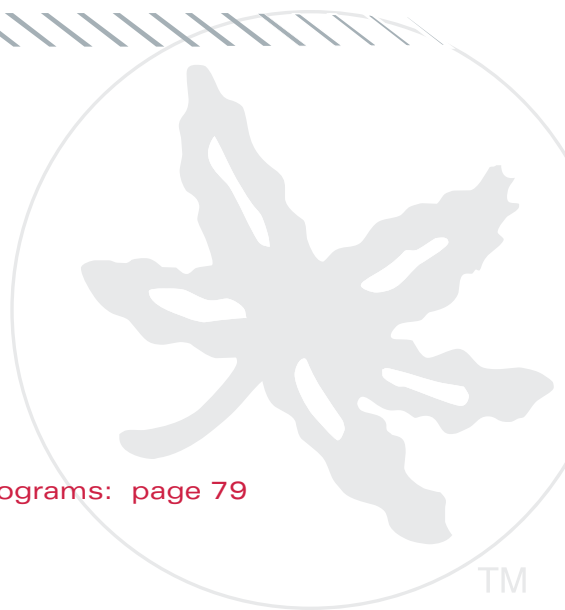




CHAPTER FIVE

DEPARTMENT OF ATHLETICS POLICIES

- Student-Athlete Grievance Procedures: page 64
- Drug and Alcohol Policy: pages 65-72
- NCAA Banned Drugs: pages 73-74
- Additional Drugs Banned by OSU: page 75
- Eating Disorder Policy: pages 76-79
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DEPARTMENT OF ATHLETICS STUDENT GRIEVANCE PROCEDURES

The Department of Athletics of The Ohio State University is committed to resolving all complaints or grievances brought to its attention in the most equitable fashion possible for all persons concerned. It is the expectation of the Department that attempts be made to resolve any complaints or grievances via the informal procedures outlined below. However, if a satisfactory resolution of the problem proves impossible through the informal mechanism, formal grievance procedures may be employed.

NOTE: If you have a complaint about a decision regarding your athletic grant-in-aid, the process for grieving that decision is set forth in the "Athletics Grant-in-Aid Renewal and Reduction" section contained in Chapter 3 of the Student-Athlete Handbook.

INFORMAL PROCEDURES

Any student-athlete with a complaint or grievance involving an athletic team, coach, department official or policy should discuss and attempt to resolve the complaint or grievance with the person(s) involved. All persons involved in the process should make every attempt to resolve the problem as promptly as possible. In the event that a satisfactory resolution cannot be reached by the parties involved, the following actions may be taken by the grievant.

1. The grievant may consult informally and confidentially with a third party with whom she/he feels comfortable. Among those who might serve as resources are coaches, Faculty Athletic Representative, academic counselors, members of the Athletic Department administration, and members of the Athletic Council. With the aid of that person, the grievant may attempt to identify other approaches to resolving the problem. After consultation, the grievant should make an additional attempt to resolve the problem with the person(s) involved.
2. If no satisfactory resolution of the complaint or grievance can be achieved, the grievant may request that the resource person call together the persons involved in an attempt to facilitate an informal resolution.
3. At the discretion of the Director of Athletics, the Director or his designee may schedule a meeting with the grievant in a final attempt to resolve the problem informally. The Director, or his designee, may also wish to contact the person(s) about whom the complaint is being lodged.
4. If a meeting among those involved is not feasible or if the parties are unable to resolve the complaint or grievance to their satisfaction, the grievant may use the formal grievance procedure.

NOTE: The grievant is required to employ the informal procedure prior to taking formal action.

FORMAL PROCEDURE

Should the grievant wish to employ formal means to resolve a complaint or grievance, the following action should be taken:

1. The grievant should notify the Director of Athletics of his/her grievance in writing, outlining the complaints, the persons involved and any other pertinent information.
2. The Director of Athletics or his designee should conduct a preliminary interview with the grievant. The Director, or his designee, may also wish to contact the person(s) about whom the complaint is being lodged.
3. The Director, or his designee, shall conduct a formal meeting involving the grievant, the person(s) against whom the complaint is made and any other relevant parties. Each party may also be accompanied by an adviser.
4. Within a reasonable time period after the formal meeting, the Director of Athletics, or his designee, shall notify the grievant, in writing, of the decision.

FORMAL APPEAL

Should the grievant be unsatisfied with the decision of the Athletic Director, or his designee, and only if substantial new facts have been discovered that were unavailable at the time of the initial formal meeting, he or she may take the following steps:

1. Within 21 days after receipt of a written decision, the grievant should notify the Director of Athletics, in writing, that he or she wishes to appeal the decision and notify the Director of Athletics of the substantial new facts which were unavailable at the time of the meeting, which form the basis for the appeal.
2. After receiving the timely request for appeal pursuant to paragraph 1 above, the Director of Athletics shall refer the appeal to a panel consisting of the Faculty Athletic Representative, the Chair of the Athletic Council's Equity and Student Welfare Committee and a member of the Student Athlete Advisory Board's Executive Board (to be selected by the SAAB Executive Board Chair and the Sr. Associate Director of Athletics for Student Services and such chosen person shall not be a teammate of the grievant) (the "Panel"). The Panel shall decide whether or not there exist substantial new facts which were unavailable at the time of the initial meeting so as to justify an appeal meeting for the grievant. The Panel may consult with others in order to make such determination. The decision whether or not to grant an appeal hearing will be based upon grievant's written appeal and any consultation the Panel chooses to conduct. If the Panel decides that an appeal meeting is justified, the Panel shall communicate such to the grievant and the Director of Athletics and shall set the date for an appeal meeting. The Panel shall also communicate to the grievant the rules which shall govern the appeal meeting.
3. Within a reasonable time period after the appeal meeting, the Panel shall notify the grievant, in writing, of its decision. The decision of the Panel is final.

THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

I. INTRODUCTION

The Department of Athletics at The Ohio State University (“OSU”) advocates the development of healthy and responsible lifestyles for student-athletes during their years of eligibility as a long term enrichment and enhancement of their lives. In addition, this policy underscores the importance of the role our student-athletes serve as University representatives and role models to the many youth who admire them.

Substance abuse and dependence, and crimes and other situations which occur while under the influence of mood-altering substances are a major health and safety hazard in our society. The use of illegal substances and drugs is a crime and will not be condoned. The use of performance enhancing drugs is detrimental to student health and as a form of cheating, constitutes unacceptable behavior. Alcohol use by student-athletes who are under the legal drinking age in Ohio is against the law; for those student-athletes who are of legal drinking age in Ohio, excessive alcohol use is ill-advised and is strongly discouraged.

The OSU Department of Athletics Drug and Alcohol Program (“DA program”) includes:

- education of student-athletes and staff about mood and body altering substances and the DA program
- drug testing
- evaluation / assessment
- treatment / counseling
- discipline /consequences
- monitoring of the student-athletes in the DA program by the management team, consisting of the medical review officer, drug testing coordinator, coaching staff representative, team sport administrator, and intervention coordinator

A. Mood-Altering Substances

1. Alcohol

Alcohol is a drug that presents a unique situation since its use is legal in Ohio for those twenty-one years of age and older.

Alcohol is a part of our culture and is present at many social functions throughout society; however, it is a mood-altering substance and constitutes the greatest drug problem in society and among college students. Therefore, the DA program related to alcohol is:

- a. Alcohol consumption is illegal and unacceptable for student-athletes under the age of twenty-one.
- b. High risk alcohol consumption is not recommended and ill-advised for student-athletes twenty-one years of age and older. High-risk alcohol use is defined as four or more drinks in one sitting for women and five or more drinks in one sitting for men.
- c. Alcohol-related offenses (e.g., DUI, public intoxication, assaults while under the influence of alcohol, underage possession of alcohol) constitute a first offense of this policy.

2. Illicit Substances

Student-athletes are under an increased amount of pressure compared to the general student body. These pressures can result in stress and anxiety which can predispose the student-athlete to the use of mood-altering substances. The DA program will:

- a. Educate student-athletes about mood-altering substances and the dangers associated with their use, as well as the negative effects on athletic performance.
- b. Deter the use of these substances through a comprehensive drug testing program.
- c. Identify student-athletes with substance abuse/dependence and other problems for which substance use may be an indicator early in the course of the disease or problem, so treatment can be instituted in a timely manner.



THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

B. Performance Enhancing Drugs

Student-athletes perform in a highly competitive environment, one which sometimes favors a “win at all costs” philosophy. The student-athletes’ desire to be successful can lead to the use of performance enhancing drugs to attain their goals. Such drugs give a student-athlete an unfair advantage and their use constitutes cheating. Additionally, these drugs have adverse side effects which could be harmful to the health of student-athletes, particularly in the long term. The DA program will:

1. Educate student-athletes about drugs that are purported to be performance enhancing, their effects and dangers and safer alternatives for improving sport performance.
2. Deter the use of these substances through a comprehensive drug testing program.
3. Identify student-athletes who use these substances and address issues and problems surrounding their use.

C. Program Evaluation

The DA program will be annually reviewed by an oversight committee composed of the testing and intervention coordinators, medical review officer, head team physician, assistant athletic director for sports performance and associate athletic director.

II. DRUG AND ALCOHOL EDUCATION PROGRAM

A. Rationale

The NCAA Life Skills Program (e.g., CHOICES program) promotes value development, moral reasoning and ethical conduct in intercollegiate athletes. The focus of the program is on the individual as a “whole person” and addresses the changing needs and skills necessary to meet the demands facing today’s student-athletes. The DA program addresses these special considerations of the individual student-athlete. Cheerleaders and all students with an official association are strongly encouraged and welcomed to participate in the educational component of the DA program. The educational component of the DA program centers on the health and physical development portion of the Life Skills Program recommended by the NCAA. Special attention will be given to personal health, leadership skills, alcohol/drug education and community involvement. The Department of Athletics is responsible for initiating and maintaining substance abuse education programs, including the administration, education and monitoring of medical staff and Life Skills / SASSO staff.

B. Goals

To provide each student-athlete with an opportunity to:

1. Gain knowledge and a foundation about alcohol and other drug use and related issues through the use of empirically validated educational approaches
2. Teach and encourage responsible behavior.
3. Network with those who have personally and successfully addressed substance abuse problems.

C. Oversight and Evaluation

The educational component to the DA program will be annually approved by the administration and the Student-Athlete Advisory Board.

III. DRUG AND ALCOHOL TESTING

Tests will be conducted for mood-altering and performance enhancing substances. Drug testing is mandatory for all student-athletes and may include cheerleaders. As a condition for any student to be a member of a varsity intercollegiate athletic team, the student-athlete must annually agree to participate in the Department of Athletics’ Drug Testing Program. Such monitoring is considered an extension of the ongoing physical examination of the student-athlete and is in the best interests of the student-athlete and OSU. In addition to OSU’s drug testing program, student-athletes are also subject to drug testing by the Big Ten Conference and NCAA. All positive test results are cumulative for the duration of the student-athlete’s career at OSU.

The Department of Athletics will make every effort to keep test results confidential except as provided to the management team and oppose disclosure to any other persons within or outside the University. If confidential information concerning a positive test is communicated to any one outside of the management team, then the responsible party will be excluded from future steps in alcohol and drug-related occurrences.

Any student-athlete found guilty of selling or providing an illegal drug or illegally providing alcohol or other drugs to another person is subject to termination from the team and cancellation of athletic aid.



THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

A. Types of Drug Testing

1. OSU Testing – In all types of testing conducted by OSU, **no advance notice of testing will be given.**
 - a. Random Testing
Periodic testing of a portion of the total student-athlete population will occur at regular intervals. This list will be randomly generated by computer from each active NCAA squad list. All student-athletes are eligible for every test.
 - b. Total Team Testing
Total teams may be tested at any time or at the request of any appropriate individual.
 - c. Just Cause Testing
Student-athletes may be tested individually or as a part of a regularly scheduled test. This test will be used for student-athletes who demonstrate symptoms or behaviors which are indicative of substance abuse.
 - d. Reasonable Cause Testing
Student-athletes who have previous violations of the DA program will be tested individually or as part of a regularly scheduled test.
2. NCAA Testing
Student-athletes may be tested while participating in a championship event, a post season football game or during a regularly scheduled on-site NCAA test. Student-athletes who will be tested will be selected from NCAA squad lists.
3. Big Ten Testing
The Big Ten conference will be instituting a conference wide performance enhancement drug testing program including year round on campus, summer testing (both on and off campus), and at selected Big Ten championships and tournaments. Student athletes from all varsity intercollegiate sports will be subject to testing.

IMPORTANT NOTE: Failure to appear for a scheduled drug test or refusing to give a specimen will be cause for immediate suspension of the student-athlete from competition and/or practice and provides a basis for reasonable cause testing. This suspension will be in effect until reinstated by the Management Team.

B. OSU Drug Testing Guidelines (Appendix B)

These are the guidelines for all testing.

1. Upon the direction of the Director of Athletics or his/her designee and the testing coordinator, a testing date, site and time will be determined.
2. A list of student-athletes to be tested will be generated from the NCAA squad lists. This list may include 5th year students with no remaining eligibility and medical non-counters.
3. Zero notification is the norm for the majority of drug tests that are performed for individual teams. Most drug tests are scheduled to occur either pre or post practice for the scheduled date. If the student-athlete is not at practice, the student-athlete must report to location to be determined by the drug testing coordinator that same day for collection purposes. In the event the student-athlete is out of town during scheduled test, the student-athlete will report to location for collection on the date determined by drug testing coordinator. All items such as backpacks and gym bags must be kept outside of the testing area.
4. The names of student-athletes not reporting to the scheduled test will be reported to the Director of Athletics or his/her designee.



THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

C. OSU Drug Testing Procedures

These are the procedures for all testing.

1. Zero notification is the norm for the majority of drug tests that are performed for individual teams. Most drug tests are scheduled to occur either pre or post practice for the scheduled date. If the student-athlete is not at practice, the student-athlete must report to location to be determined by the drug testing coordinator that same day for collection purposes. In the event the student-athlete is out of town during scheduled test, the student-athlete will report to location for collection on the date determined by drug testing coordinator. Also, total team testing may be performed with the student-athletes being informed of drug test during the team practice session with the testing to follow practice.
2. The student-athletes must report to the designated testing site at the requested time. Typically, two hours will be allocated for collection, and the student athlete is required to produce a usable specimen within that period of time. The athlete is considered in violation of the policy until he/she produces such specimen.
3. A photo ID is required for admission to the testing site. If the student athlete does not have an ID, an athletic department designee will sign form to verify identity.
4. The student-athlete must sign in and select a sealed coded specimen bottle. The coded specimen bottle will follow the generally accepted chain of custody standards. The student athlete will receive an ID band with name and identification number printed on the band to assist both the collectors and athletic department personnel during the collection process. Once the athlete has produced a usable specimen, the ID band will be removed.
5. The student athlete will have to remain in visual contact with the collector and/or athletic department designee once he/she has checked in. The student athlete may not leave the testing area until a specimen is produced.
6. The collector will visually observe while the student-athlete provides the sample. Visual observation for male student athletes requires their shirt to be off before entering restroom with shorts to the knees while producing specimen. Female student athletes will be asked to have jog bra and shorts with shorts to knees while producing specimen. Pre-determined volumes and temperature guidelines for sample acceptance will be followed.
7. If the student athlete is unable to produce sufficient amount, the first specimen will be discarded. He/she will be asked to remain in visual contact of testing personnel within the testing area until he/she is able to produce additional specimen of usable volume.
8. The student-athlete will re-seal the collection bottle and place it in a lockable container.
9. Every attempt will be made to keep the collection area limited to only those who are scheduled to participate in the drug testing collection to assist the collectors in controlling the testing area.
10. The student-athlete may leave when they have produced a usable specimen and the ID band is removed.

D. OSU Drug Testing Post Collection Procedures

1. Testing personnel will check the roster of scheduled student-athletes and submit the names of student-athletes who did not report to the Director of Athletics or his/her designee and the head coach of the team.
2. The coded roster (without names) will be placed in a locked container. The roster with names and codes will be given to the Director of Athletics or his/her designee.
3. Samples are then transported via locked containers to the clinical laboratory for analysis.
4. The samples are turned over to laboratory personnel only after passing security and the samples are signed for, thus preserving the chain of custody.
5. The samples are analyzed with the medical review officer being notified of all results.
6. Following verification of a positive test, the student-athlete will be notified of the outcome by the medical review officer and/or drug testing coordinator.



THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

E. Medical Exceptions

The Department of Athletics recognizes that some banned drugs as well as some drugs tested in our drugs of abuse panel are used for legitimate medical purposes. Accordingly, OSU does allow for exception if there is a documented medical history demonstrating need for regular use of the drug as well as documentation of the prescription information. Medical exceptions will be reviewed on an individual basis but will not be granted unless previously mentioned supporting documentation is received by the medical review officer. Once a student-athlete tests positive for a drug on the drugs of abuse panel, strict guidelines may be implemented regarding future use of drug requiring advance notification and supporting contemporaneous documentation to the drug testing coordinator. If a student-athlete has subsequent positive test for drug and advance notification has not been received, this would constitute a positive test.

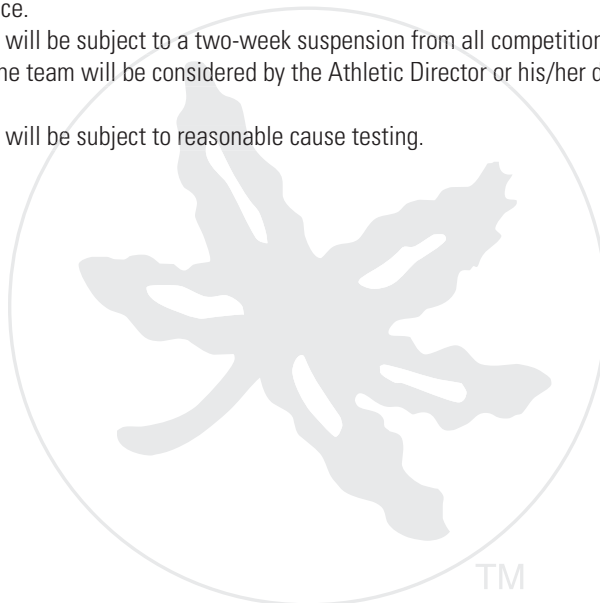
IV. PROCEDURES FOLLOWING A POSITIVE DRUG TEST FOR DRUGS OF ABUSE AND/OR SUBSTANCE ABUSE OCCURRENCE

A. First Positive

1. The management team consists of the Associate Athletic Director, medical review officer, drug testing coordinator, intervention coordinator and head coach or his/her designee. The management team will be informed of a positive drug positive test and/or alcohol/substance abuse related offense (e.g., DUI, alcohol related assault, underage possession of alcohol).
2. The student-athlete will be evaluated by the intervention coordinator and a substance abuse counselor approved by the Department of Athletics.
3. The management team will determine a management plan for the student-athlete and will meet with the student-athlete in the program at least once a year to oversee their compliance and monitor their progress.
4. The intervention coordinator will send a quarterly update to the management team about the status of the student-athlete.
5. The student-athlete will be subject to reasonable cause testing as determined by the management team's recommendation.
6. The student athlete who has an alcohol/substance abuse occurrence (DUI, underage possession, etc.) will be subject to more stringent alcohol testing as part of their management plan. Any positive test for alcohol in these student athletes who are under 21 will be deemed a second positive in the program.

B. Second Positive

1. The management team will be informed of the second positive drug test and/or substance abuse occurrence.
2. The student-athlete will be re-evaluated by the intervention coordinator and a substance abuse counselor approved by the Department of Athletics to determine subsequent treatment options.
3. The student-athlete will meet with the management team to discuss any recommended changes to the previous plan that was in place.
4. The student-athlete will be subject to a two-week suspension from all competition at the earliest available time.
5. Re-instatement to the team will be considered by the Athletic Director or his/her designee in consultation with the management team.
6. The student-athlete will be subject to reasonable cause testing.





THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

C. Third Positive

1. The management team will be informed of the third positive drug test and/or substance abuse occurrence.
2. The student-athlete will be re-evaluated by the intervention coordinator and a substance abuse counselor approved by the Department of Athletics.
3. The student-athlete will meet with the management team for further modification of the management plan.
4. The student athlete who has a 3rd positive test for alcohol will be subject to a 2 week competitive season suspension as well as mandatory enrollment in an alcohol education treatment program as determined by the intervention coordinator in Athletics and the substance abuse counselor approved by the Department of Athletics. Any additional positive tests after this point will result in the same sanction as illicit drugs- one calendar year suspension.
5. The student-athlete who has a 3rd positive test from illicit drugs or an additional substance abuse occurrence will be suspended from all Department of Athletics functions for a minimum of one calendar year. Athletic aid may be cancelled. Re-instatement to the team will be considered by the Athletic Director or his/her designee in consultation with the management team.
6. The student-athlete will be subject to reasonable cause testing.

IMPORTANT NOTE: Failure to comply with the recommendations of the assessment and/or management plan will result in immediate suspension from all team activities and functions and will require meeting with management team to discuss future options. Please note that individual teams may have stricter penalties than OSUDA policy. Each student athlete will be informed of the penalties and sign a form that they understand the penalties associated for positives with their specific team if different than OSUDA policy.

V. PENALTIES FOR A POSITIVE DRUG TEST FOR PERFORMANCE ENHANCING DRUGS OR ANABOLIC STEROIDS

A. First Positive

1. The management team as listed above will be notified of a positive drug test for performance enhancing drugs or anabolic steroids.
2. The student athlete will be suspended for the next 25% of competitive season play.
3. The student athlete will be evaluated by the intervention coordinator and drug and substance abuse counselor identified by the Department of Athletics as needed.
4. The management team will determine a management plan for the student athlete and will meet with the student athlete in the program at least once a year to monitor their progress.
5. The student athlete will be subject to reasonable cause testing as determined by the management team's recommendations.

B. Second Positive

1. The management team as listed above will be notified of a positive drug test for performance enhancing drugs or anabolic steroids.
2. The student athlete will lose all remaining eligibility and loss of athletic grant-in-aid.

V. DRUG TESTING APPEAL PROCESS

- A. A student-athlete may appeal either the finding of the presence of a prohibited substance or the sanction imposed as a result of a positive finding.
- B. The appeal of the positive test results must be based upon one of the following:
 1. Evidence of procedural error.
 2. Evidence which refutes the positive finding or a medical exemption per NCAA guidelines.
- C. The appeal of the sanction imposed as a result of a positive finding must be based on one of the following:
 1. Evidence of procedural error.
 2. Evidence which refutes the positive finding.
 3. Evidence that the sanction imposed is unreasonable, harsh or inappropriate.
- D. To appeal either a positive finding or the sanction imposed, the student-athlete must file a written appeal accompanied by all supporting evidence. The appeal must be filed within seven days of notification.



THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

A student-athlete's appeal will be reviewed by an appeal panel. The current panel consists of: John Bruno, Faculty Athletic Representative; Dennis Ehrie, Administrative Director OSU East, Associate Legal Counsel OSU East, and past Administrator for Addiction Medicine at OSU East; and Dennis Alexander PhD, Psychologist, Campus Counseling and Consultation Services. The composition of the panel will be reviewed on a yearly basis. At the appeal, the student-athlete has the right to present their case and present witnesses on their behalf.

The appeal hearing will be conducted within seven working days of receipt of the appeal. The appeal hearing will consist of a review of all available evidence related to the initial finding as well as new evidence or documentation provided by the student-athlete.

The Appeal Panel may:

1. Affirm the initial finding or sanction;
2. Reverse the initial finding or sanction;
3. Recommend retesting or recommend an alternative sanction. The alternative sanction recommended by the Appeals Panel may not be harsher than the initial sanction.

A written copy of the appeal decision will be provided to the student-athlete and the Athletic Director or his/her designee within five working days following the hearing.

VI. ASSESSMENT AND TREATMENT

A. Philosophy

The referral or self-referral of a student-athlete for assessment and/or treatment relating to substance abuse/dependence and related issues stems from an intense concern for the overall health, welfare and development of our student-athletes. Assessment and treatment relating to possible substance abuse/dependence is not intended, and should not be construed as a punitive action. Assessment and treatment of our student-athletes is provided by duly licensed and credentialed health-care professionals, and is regarded as STRICTLY CONFIDENTIAL. Our physicians and other health care consultants work cooperatively in the areas of assessment, treatment, referral and aftercare.

B. Assessment

Assessment of the student-athlete who presents with an alcohol and/or drug abuse/dependence issues will be coordinated by the intervention coordinator. A behavioral plan, which includes expected behaviors, treatment goals and potential consequences, will be developed for each student-athlete. An additional assessment may be completed by a recognized substance abuse treatment facility with results of the assessment given to the intervention coordinator and/or the medical review officer.

1. There are three circumstances by which a student-athlete will be seen by physicians and other health care consultants for assessment of possible substance dependence (or related concerns). These are:
 - a. Referral by the medical review officer or the Director of Athletics or his/her designee following a positive drug test or other documented substance abuse related occurrences; (see section IV - Procedures Following a Positive Drug Test).
 - b. **Self-referral:** Any student-athlete may refer him/herself for evaluation or counseling by contacting a coach, athletic trainer, team physician, or intervention coordinator. This arrangement is strictly confidential and no team or administrative sanctions are imposed upon the student-athlete who has made a personal decision to seek professional assistance. A treatment plan will be put into place and the student-athlete will not be sanctioned for self-referral, but a student-athlete testing positive after self-referral will be subject to the sanctions outlined in the DA program.
 - c. The team physician, coaching staff, athletic training staff or other staff may refer student-athletes for assessment and counseling as a result of observing specific behaviors or becoming aware of information suggesting the student-athlete may be experiencing difficulty or be at risk for developing an alcohol or substance abuse problem.



THE OHIO STATE UNIVERSITY DEPARTMENT OF ATHLETICS **STUDENT-ATHLETE DRUG AND ALCOHOL PROGRAM**

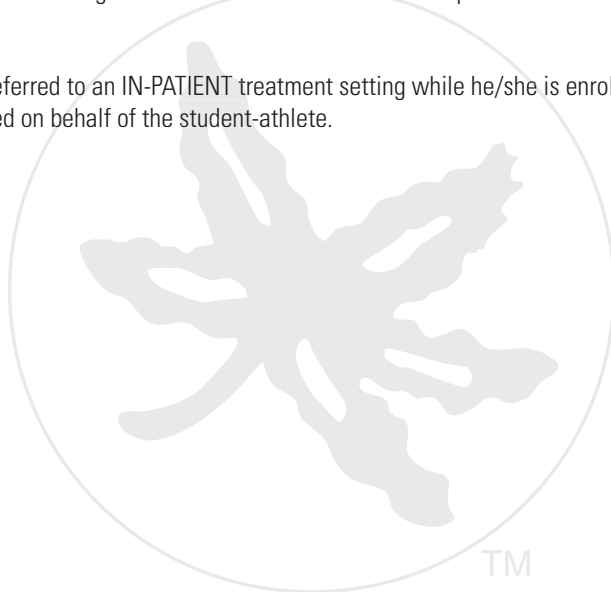
- 2. Student-athletes are referred to the intervention coordinator for case management relating to alcohol and/or drug abuse/dependency issues. Based upon results of the initial assessment, the intervention coordinator working in consultation with the team physician will then make appropriate recommendations with regard to the need for further evaluation, counseling and/or treatment. The student-athlete (and as appropriate, his or her parents or guardians) will be included in each phase of the assessment process.

C. Treatment

The management plan is based upon the assessed needs of the student-athlete. The plan will take into account the circumstances surrounding the referral, severity and duration of the presenting and accompanying problem(s), as well as overall (i.e., personal, social, academic, and athletic) functioning. The assessment may be completed by a recognized substance abuse treatment facility. Taking into account these factors, treatment recommendations may involve, but are not limited to, one or more of the following:

- 1. PERSONAL COUNSELING (including elements of alcohol/drug education) provided through the intervention coordinator, and/or referral to other resource(s) when appropriate. The student-athlete's parents or guardians MAY be included in each phase of the evaluation process.
- 2. PERSONAL COUNSELING with a mental health professional at a community treatment facility.
- 2. Referral for treatment/counseling and after care planning to a community based INTENSIVE OUT-PATIENT program. Typically, these programs involve both individual and group counseling, and may include a component of family counseling. Aftercare, an essential component of this treatment program, is coordinated by the intervention coordinator in cooperation with the medical officer and drug testing coordinator.
- 3. Referral for treatment and aftercare planning to a community based IN-PATIENT TREATMENT facility. Typically, these programs involve intensive individual and group counseling in a residential setting. Additionally, every effort is made to include a component of family counseling in the overall treatment program. While the Department of Athletics has identified several excellent residential treatment programs in the Columbus area, we will work cooperatively with the student-athlete and his/her family in locating and making a referral to a treatment facility closer to the student-athlete's hometown if desired. Aftercare, an essential component of this treatment program, is coordinated through the intervention coordinator in cooperation with the medical officer and drug testing coordinator.

NOTE: If a student-athlete is referred to an IN-PATIENT treatment setting while he/she is enrolled and attending classes, a medical withdrawal can be facilitated on behalf of the student-athlete.



2009-10 NCAA **BANNED DRUGS**

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

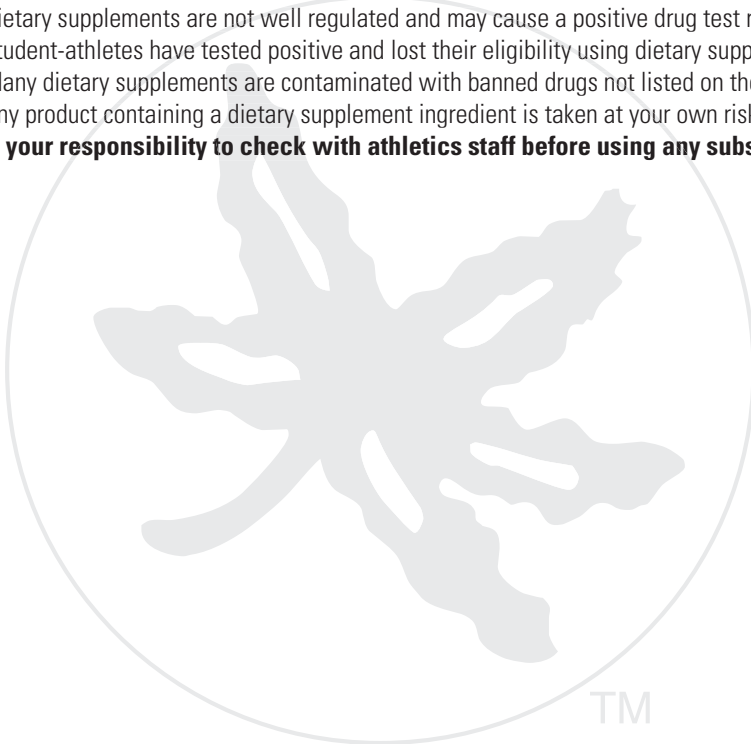
- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with athletics staff before using any substance.





SOME EXAMPLES OF NCAA BANNED SUBSTANCES IN EACH CLASS

NOTE: There is no complete list of banned drug examples!!

Check with your athletics department staff to review the label of any product, medication or supplement before you consume it!

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents:

boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC).

Peptide Hormones and Analogues:

human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens :

anastrozole; clomiphene; tamoxifen; formestane; etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.**

It is your responsibility to check with your athletics staff before using any substance.



ADDITIONAL DRUGS BANNED BY OSU

Drugs which are banned by the OSU DA Policy include the drugs listed below and the drugs listed on the previous pages banned by the NCAA.

Mood-Altering Substances

- 1) Depressants
 - marijuana
 - alcohol (as written in policy)
 - barbiturates (unless physician prescribed)
 - tranquilizers (unless physician prescribed)
- 2) Stimulants
 - amphetamines
 - cocaine
- 3) Opiates
 - heroin
 - morphine (unless physician prescribed)
- 4) Hallucinogens
 - LSD
 - psilocybin
 - mescaline

Performance Enhancers

- 1) Anabolic Agents
 - testosterone
 - synthetic anabolic steroids
 - growth hormone
 - clenbuterol
 - human chorionic gonadotropin
 - insulin growth factor - 1
- 2) Stimulants
 - amphetamines
 - alpha sympathomimetics (unless physician prescribed)
 - ephedrine, pseudoephedrine, phenylpropanolamine
- 3) Enhancers of Oxygenation
 - erythropoietin
- 4) Masking Agents
 - diuretics/water pills (unless physician prescribed)
 - probenecid (unless physician prescribed)



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DEPARTMENT OF ATHLETICS **EATING DISORDER POLICY**

INTRODUCTION AND PHILOSOPHY

1. The Department of Athletics at The Ohio State University advocates the development of healthy and responsible lifestyles for OSU student-athletes, with the goal of long-term enrichment and enhancement of their lives. Behaviors that threaten a healthy lifestyle include disordered eating.
2. The Department of Athletics recognizes that the manifestations of eating disorders reflect the interaction of biological, psychological, and sociological factors in both the development of eating disorders and their treatment. Student-athletes are at an increased risk of developing or maintaining patterns of disordered eating due to their participation in elite, collegiate sports.
3. The effects of disordered eating can range from mild to severe, depending on the extent of the disorder and the length of time the individual has engaged in such behaviors.
 - Medically, disordered eating can have short-term and long-term health consequences ranging from an increased risk of sport-related injury, to death. There is a potential for serious consequences in every system of the body.
 - Psychologically, individuals with an eating disorder have an increased risk of depression and suicide. Eating disorders are often associated with low self-esteem, obsessive thinking, and feelings of isolation.
4. Recovery from eating disorders can be a difficult process that takes time. In general, the greater the duration and frequency of disordered eating, the longer it will take for recovery to occur.
5. Body weight/composition is only one factor contributing to athletic performance, and there is not substantial evidence linking thinness to superior performance.

GOALS

1. To implement an effective multidisciplinary approach to the prevention, identification, and treatment of eating disorders. The treatment team will consist of the sport psychologist, registered dietitian, and team physician.
2. To diagnose and provide treatment plans for student-athletes struggling with eating disorders.
3. To provide medical, nutritional, and/or psychological services to the student-athlete while respecting his or her privacy.
4. To establish an eating disorders management team. This team will consist of the registered dietitian and sport psychologist, as well as the specific physician, athletic trainer, coach, and associate athletic director for each student-athlete. The management team will meet with the student-athlete to oversee his or her compliance with treatment, if necessary.

PREVENTION OF EATING DISORDERS

1. Prophylactic nutritional and psychological education will be provided to sports teams identified as “high risk” for eating disorders.

For example:

- Swimming
- Running (track and field, cross country)
- Gymnastics
- Diving
- Synchronized swimming
- Wrestling
- Crew
- Field Hockey
- Cheerleading

Please note: student-athletes from all sports teams are at risk for developing eating disorders.

2. Training and education about eating disorders will be provided for professionals working with student-athletes, including:
 - Coaches
 - Athletic Trainers
 - Strength Coaches
3. Guidelines for coaches:
 - If a coach wants a student-athlete to modify his or her diet, the coach will refer the student-athlete to the athletic trainer. The athletic trainer works closely with medical staff (physician, dietitian, strength & conditioning coach) and will help the student-athlete to utilize these resources.
 - Coaches will not weigh student-athletes in group settings. Body weight / composition is private information.

DEPARTMENT OF ATHLETICS **EATING DISORDER POLICY**

TREATMENT AND INTERVENTION

1. If an athletic department staff member witnesses or has reports of a student-athlete displaying signs or symptoms of an eating disorder (see "Behavioral and Physical Signs of an Eating Disorder"), then he or she is to approach the student-athlete. If a teammate witnesses a student-athlete engaging in disordered eating behaviors, the teammate will be encouraged to approach the student-athlete and to inform a staff member about the observed behaviors. Appropriate confrontation involves an expression of concern that the student-athlete is displaying specific eating behaviors that may interfere with his or her health and athletic performance (see "Approaching a Student-Athlete about Disordered Eating"). The staff member will request that the student-athlete meet with the sport psychologist, registered dietitian, and/or team physician for assessment.
2. If the student-athlete complies with the request for an assessment with members of the treatment team, first the treatment team will determine if the student-athlete has an eating disorder as defined by the DSM-IV (see "Definitions of Eating Disorders").
3. If the treatment team concludes that the student-athlete has an eating disorder, or is in need of medical, nutritional or psychological intervention, then they will develop a treatment plan for the student-athlete. Elements of the treatment plan may include:
 - Required visits with the sport psychologist, registered dietitian, and team physician
 - Attendance of a nutrition and body image support group
 - Weight checks
 - Limitation of physical activities
 - Inpatient treatment referrals
 - Any other intervention as deemed medically or psychologically necessary
4. If the student-athlete does not seek help independently and the disordered eating behaviors continue, the staff member will notify the student-athlete that he or she is referred to the eating disorders management team.
5. The management team will meet with the student-athlete, to oversee his or her compliance with the treatment plan (which will be developed by the treatment team). The student-athlete will be required to sign a contract agreeing to the terms of the treatment plan. If he or she refuses to attend the meeting or to comply with the plan, suspension from sport will result.
6. The treatment team and management team will review the student-athlete cases periodically and provide further intervention as needed.

DEFINITIONS OF EATING DISORDERS

The following definitions are based on the criteria in the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition (DSM-IV):

Anorexia Nervosa

1. Refusal to maintain body weight at or above a minimally normal weight for age and height (e.g., weight loss leading to maintenance of body weight less than 85% of that expected; or failure to make expected weight gain during period of growth, leading to body weight less than 85% of that expected).
2. Intense fear of gaining weight or becoming fat, even though underweight.
3. Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or denial of the seriousness of the current low body weight.
4. In postmenarcheal females, amenorrhea, i.e., the absence of at least three consecutive menstrual cycles.

Bulimia Nervosa

1. Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
 - Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances.
 - A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
2. Recurrent inappropriate compensatory behavior in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise.
3. The binge eating and inappropriate compensatory behaviors both occur, on average, at least twice a week for 3 months.
4. Self-evaluation is unduly influenced by body shape and weight.
5. The disturbance does not occur exclusively during episodes of Anorexia Nervosa.



DEPARTMENT OF ATHLETICS **EATING DISORDER POLICY**

Eating Disorder Not Otherwise Specified (NOS)

This category is for disorders of eating that do not meet the criteria for any specific Eating Disorder. Examples include:

1. For females, all of the criteria for Anorexia Nervosa are met except that the individual has regular menses.
2. All of the criteria for Anorexia Nervosa are met except that, despite significant weight loss, the individual's current weight is in the normal range.
3. All of the criteria for Bulimia Nervosa are met except that the binge eating and inappropriate compensatory mechanisms occur at a frequency of less than twice a week or for a duration of less than 3 months.
4. The regular use of inappropriate compensatory behavior by an individual of normal body weight after eating small amounts of food (e.g., self-induced vomiting after the consumption of two cookies).

BEHAVIORAL AND PHYSICAL SIGNS OF AN EATING DISORDER

The following list may serve only as a guideline for the recognition of disordered eating behaviors. Any one symptom alone may not indicate an eating disorder. Careful observation and awareness of a student-athlete's behavior will guide identification of an eating problem.

Anorexia

Behavioral Signs

1. Reports feeling "fat/heavy" despite low body weight
2. Obsessions about weight, diet, appearance
3. Ritualistic eating behaviors
4. Avoiding social eating situations, social withdrawal
5. Obsession with exercise; hyperactivity – may increase workouts secretly
6. Feeling cold
7. Perfectionism followed by self-criticism
8. Seems anxious/depressed about performance and other events
9. Denial of unhealthy eating pattern – anger when confronted with problem
10. Eventual decline in physical and school performance

Physical Signs

1. Amenorrhea (lack of menstrual periods)
2. Dehydration (not related to workout-competition)
3. Fatigue (beyond expected)
4. Weakness, dizziness
5. Overuse injuries, stress fractures
6. Gastrointestinal problems
7. Lanugo (fine hair on arms and face)
8. Hypotension (low blood pressure)

Bulimia Nervosa

Behavioral Signs

1. Excessive exercise beyond scheduled practice
2. Extremely self-critical
3. Depression and mood fluctuations
4. Irregular weight loss/gain; rapid fluctuations in weight
5. Erratic performance
6. Low self-esteem
7. Drug or alcohol abuse
8. Binges or eats large meals, then disappears

Physical Signs

1. Callous on knuckles
2. Dental and gum problems (bad breath)
3. Red puffy eyes
4. Swollen parotid glands (at the base of the jaw)
5. Edema (bloating)
6. Frequent sore throats
7. Low or average weight despite eating large amounts of food
8. Electrolyte abnormalities
9. Diarrhea, alternating with constipation
10. Dry mouth, cracked lips
11. Muscle cramps/weakness



DEPARTMENT OF ATHLETICS **EATING DISORDER POLICY**

APPROACHING A STUDENT-ATHLETE ABOUT DISORDERED EATING

1. A coach or staff member who has the best rapport with the student-athlete should arrange a private meeting.
2. In a calm and respectful manner, indicate to the student-athlete what specific observations were made that aroused your concerns. Give the student-athlete time to respond.
 - Use “I” statements.
(I’m concerned about you because you refuse to eat breakfast or lunch. It worries me to hear you vomiting.)
 - Avoid “You” statements and discussions about weight or appearance.
(You are too thin and you have to eat! You’re out of control.)
 - Avoid giving simple solutions. (If you’d just eat more, everything would be fine!)
 - Affirm that the student-athlete’s role on the team will not be jeopardized by an admission that a problem exists.
3. The student-athlete’s reaction may be one of denial or perhaps hostility. Firmly encourage the student-athlete to meet with a professional for an assessment, acknowledging that outside help is often necessary for eating problems and is not a sign of weakness.

EXHAUSTED ELIGIBILITY ATHLETIC GRANT-IN-AID POLICY FOR CERTIFICATION/LICENSURE AND CONCURRENT UNDERGRADUATE/GRADUATE PROGRAMS

This policy is for those student-athletes who have exhausted their eligibility after four years and who 1) need additional course work beyond their undergraduate degree at the graduate or undergraduate level for certification or licensure in their chosen career field or 2) are in a concurrent graduate/undergraduate degree program. The Exhausted Eligibility Athletic Grant-In-Aid is limited to one year of assistance after exhausting competition eligibility. This policy is intended to reward student-athletes with high academic ability and provide them with opportunities to reach their career goals at Ohio State in a similar manner to opportunities for student-athletes at other NCAA Division I institutions.

The following is a list of programs that are currently approved for this policy. Additional programs may be approved by verification that they satisfy the required criteria.

- Audiology
- Physical Therapy
- Occupational Therapy
- Social Work
- Speech Pathology
- Teacher Licensure
- Business (concurrent undergraduate/graduate) e.g. MACC
- Engineering (concurrent undergraduate/graduate)
- Medical School – Early Admissions Program (concurrent undergraduate/graduate)
- Dentistry
- Pharmacy

Student-athletes under these circumstances are eligible to receive the same proportion of athletically related financial aid that they received during the preceding academic year and this aid will be provided on a quarterly basis. The amount of athletic aid awarded will be based on undergraduate school costs, not graduate school costs. For example, if a student-athlete received 40% of a full grant-in-aid during their last year of eligibility and wishes to apply for fifth year aid for an aforementioned graduate program they would be eligible to receive 40% of a full undergraduate grant-in-aid for their fifth year.

To receive the fifth year exhausted eligibility aid the student-athlete must:

- 1) Be accepted into an aforementioned program at The Ohio State University main campus;
- 2) Complete the application for exhausted eligibility grant-in-aid; and
- 3) Enroll full-time (9 hours graduate, 12 hours undergraduate) in their program.

The student-athlete’s head coach and athletic academic counselor must support the grant-in-aid request. If supported, the Associate Athletic Director who oversees the sport must approve the request before the compliance office is permitted to process the request.



ATHLETICS DEPARTMENT **MEDICAL POLICY**

WHAT MEDICAL SERVICES ARE AVAILABLE TO STUDENT-ATHLETES?

Medical Services available to student-athletes include annual physicals, evaluation and treatment of injuries, illnesses and other health related problems.

HOW DO STUDENT-ATHLETES GET ACCESS TO HEALTH CARE?

Each team at OSU is assigned an athletic trainer, a physician and to a specific athletic training room. All health related problems and questions should be initially referred to the athletic trainer of the student-athlete's sport. Physician hours in the athletic training rooms vary depending upon the season. Please contact your team athletic trainer for appointments.

WHAT IF A STUDENT-ATHLETE WANTS A SECOND OPINION?

If you have a question concerning the evaluation or management of your problem, please discuss this with your team's supervising athletic trainer and your team physician. If a second opinion is desired, this can be arranged either within the OSU Department of Athletics medical system or with a physician outside the system. Payment for the second opinion will be the responsibility of the student-athlete unless the supervising athletic trainer of your facility deems otherwise.

WHAT IF A STUDENT-ATHLETE NEEDS EMERGENCY CARE?

For medical emergencies, please call the athletic trainer assigned to your sport and if unable to reach them, go to the Ohio State University Hospital Emergency Department and ask that Dr. Chris Kaeding be notified.

WHAT IS THE PAYMENT PROTOCOL FOR MEDICAL SERVICES FOR STUDENT-ATHLETES?

Every bill first goes through the student-athlete's Primary Insurance. (i.e. parent's insurance or personal insurance like Student Health Insurance purchased through OSU). If the bill is athletic related the student-athlete should bring all bills and Explanation Of Benefits to their team athletic trainer, who will delivery to the Athletic Department Insurance Coordinator. If the bill is non-athletic related the student athlete is responsible for paying the remainder of the bill that their primary/secondary insurance does not cover.

WHAT ABOUT INSURANCE COVERAGE?

All Ohio State student-athletes are required to submit health insurance policy information to the Department of Athletics (either on-line, via mail or hand delivered to the Insurance Coordinator located in the Biggs Athletic Training Room.) The student-athlete is often covered under his or her parent's health care plan or Student Health Insurance. University policy requires that all students have health insurance which is usable in Ohio. All international student-athletes must purchase University Student Health Insurance. We gather information on each student-athlete and utilize those health care policies to help cover the athletic related medical expenses incurred by each student-athlete.

IS THERE EYE CARE FOR STUDENT-ATHLETES?

The Department of Athletics utilizes optometrists at The Ohio State University through the College of Optometry and the College of Medicine. All NCAA rules for eye care to student athletes are followed. Varsity student-athletes have the opportunity to utilize the services of an optometrist with the following guidelines:

1. Athletes are permitted one paid eye examination every year to assess vision.
2. If necessary for participation in athletics, the athletes will be provided with an eye examination, contact lens fitting, and a one year supply of contact lenses or sport goggles as deemed appropriate by the optometrist. This benefit will be provided every calendar year. It is the financial responsibility of the student athlete if more contact lenses are needed during the same year.
3. Injuries to the eye follow the same guideline as other injuries to the student-athlete in regards to referrals and method of payment for services.
4. Appointments for eye care will be made ONLY through the insurance coordinator and the certified athletic trainer assigned to your team.
5. Vision insurance information will be provided to consulting optometrist for billing purposes.



ATHLETICS DEPARTMENT **MEDICAL POLICY**

IS THERE DENTAL CARE FOR STUDENT-ATHLETES?

The sports medicine program incorporates a team dentist and two student dentists that work with our student-athletes. The Ohio State Department of Athletics follows all rules outlined for dental care by the NCAA. The following are guidelines for dental care for the varsity student-athletes at Ohio State:

- Student-Athletes in NCAA-mandated sports for mouth guard use are fitted for customized mouth guards by the student dentists in the Biggs Facility. The team athletic trainer and student dentists schedule fittings. Many teams incorporate fittings into physical examinations.
- The Department of Athletics will only cover dental costs for dental injuries if the injury is athletic related (i.e. practice, game or conditioning supervised by the coach). If a mouth guard is required, the student-athlete must be wearing a mouth guard or the Department of Athletics WILL NOT pay for treatment.
- Other dental injuries that are not a result of athletic competition (i.e. wisdom teeth, toothache) CANNOT be paid for by the Department of Athletics. Any structural repair or cosmetic work done in addition to emergency care is the financial responsibility of the student-athlete.

WHAT IF A STUDENT-ATHLETE NEEDS SURGERY?

If and when a student-athlete needs surgery, it is extremely important that a staff athletic trainer is notified BEFORE a surgery occurs. The injury must have been sustained during a team practice or competition for the athletic department to financially cover the treatment. No intramural or physical education injuries will be covered. Only varsity Ohio State University student-athletes on a team roster will be covered financially.

CAMPUS VISIT **RECRUITING POLICY**

The Ohio State University Department of Athletics (OSUDA) is committed to recruiting students with exceptional athletic ability and who demonstrate the ability to achieve academically.

This policy was drafted by the senior athletic staff (Director of Athletics and Associate Directors) and distributed for input to the Faculty Athletics Representative, compliance office, coaches, Student-Athlete Advisory Board, Athletic Council, Associate Legal Counsel for Athletics and the Executive Compliance Committee. After a period of comments and feedback, the policy was forwarded to the University President (CEO) for approval.

After an official visit has been approved by the athletic academic counselor and the sport's appropriate athletic administrator (Director of Athletics or Associate AD), an Official Visit letter will be mailed to the prospect prior to their arrival on campus. A letter will also be sent to their parent(s)/legal guardian(s). The content of the letter will include a re-affirmation of the NCAA five expense-paid visit limit and 48 hour visit rule, the Ohio State University Graduation Rates Disclosure form, the NCAA Banned Drug Classes form and the Buckeye Expectations form (see attachment 2).

GOALS OF THE VISIT

The OSUDA is committed to providing prospective student-athletes (PSA) with a safe and meaningful official/unofficial visit experience when, after 48 hours, the PSA and their parents/legal guardians are able to make an informed decision about The Ohio State University and the athletics program. The OSUDA has long demonstrated a commitment to integrity and compliance as is represented in our core values and mission statement.

The academic assessment is as vital to the recruiting process as the athletic assessment. During the official visit, the head coach will make every attempt to coordinate an academic meeting with the PSA and a Student Athlete Support Services (SASSO) counselor. In addition, when possible, the PSA will also meet with a faculty/academic counselor in the academic area for which they are interested in majoring. When time permits, arranging for a PSA to attend a class with a student-athlete is strongly encouraged.

ROLES AND RESPONSIBILITIES

The head coach is ultimately responsible for all aspects of the PSA's official visit. However, the student host plays an integral part in the visit and must also comply with university, Big Ten Conference and NCAA rules. The NCAA mandates that the student host must be "either a current student-athlete or a student designated in a manner consistent with the institution's policy for providing campus visits or tours to prospective students in general."

The role of the host is to provide the PSA with an experience consistent with the student-athletes currently enrolled at Ohio State. The head coach has discretion in tailoring specific, defined responsibilities of the host (e.g., schedule, class attendance, entertainment, dormitory housing, etc.) and should provide the host with recommendations/suggestions for entertainment activities extended to the prospect.



CAMPUS VISIT **RECRUITING POLICY**

EXPECTATIONS OF CONDUCT

All student hosts must receive a copy of the “Student Host Instructions” (see attachment 1) prior to the student host assuming any hosting duties. It is the responsibility of the head coach to review host responsibilities and assure that the host and PSA have read, clearly understand and have signed the Host Instructions form. If there are multiple student hosts during a prospect’s visit, each host must sign separate Host Instructions forms. The head coach will also give both the host and the PSA a copy of the instructions to keep with them during the 48 hour visit. In addition, the student host may receive up to \$30 per day to be used for entertaining the PSA. At the conclusion of the visit, the head coach must list all entertainment expenses paid by the student host and attach the list to the official visit form.

During the review with the student host and PSA, the head coach will also reemphasize entertainment policies:

- At no time will the host use or permit the PSA to use alcohol and/or drugs during the visit.
- At no time will the host be involved in arranging for sexual relations for the PSA during the visit.
- At no time will the host engage in or permit the PSA to engage in gambling activities during the visit.
- At no time will the host permit the PSA to attend or be in the presence of strippers/exotic dancers or attend gentlemen’s clubs or similar establishments during the visit.
- At no time will the host engage in or permit the PSA to engage in any activity that violates criminal law.

All entertainment of the PSA, on- and off-campus, must be reasonable in nature and must occur within a 30 mile radius of campus. If, at any time, the student host is unable to stop the PSA from engaging in any prohibited behavior, the host must contact the head coach immediately and the head coach must immediately go to the site where the PSA and host are and remove the PSA from the site.

The host must return the PSA back to the place where they are being lodged (e.g., hotel, apartment, dormitory) by 2 a.m. Considering the many entertainment options on- and off- campus, the age of the PSA and the compact schedule of the visit, a 2 a.m. curfew is reasonable.

TRANSPORTATION AND MEALS

Transportation around campus and within a 30 mile radius of campus must be in a university, student host’s or coach’s vehicle. Student managers are not permitted to transport prospects in their personal or university vehicles unless granted prior approval by the sports administrator. In the event large numbers of prospects are visiting at the same time, alternative modes of transportation must be approved by the Athletic Compliance Office. If Ohio State is providing air transportation, the flight must be via commercial airlines only and cannot exceed coach-class. OSUDA cannot arrange or purchase airline ticket upgrades for a PSA, their parents or legal guardians.

Accommodations and meals must be standard and reasonable. Lodging cannot include special amenities that are not otherwise available generally to all guests. Meals (appetizer, soup/salad, entrée, dessert and drink) cannot exceed \$50 per person. There are many restaurant options in the Columbus community that will provide a nice meal without exceeding \$50 per person. As a guideline, if there is a concern that the restaurant desired may have entrees that will exceed \$30, it is likely that the total cost will exceed \$50 per person and you may want to choose another restaurant. Coaches are prohibited from purchasing and/or consuming alcohol when the PSA and student host are present, even during meals. If the parent or guardian of the PSA wishes to purchase alcohol, they must pay for this separately.

VIOLATIONS OF RECRUITMENT VISIT POLICY

All athletic department staff members, student-athletes and team managers are responsible for reporting potential or known violations of this policy to the appropriate administrator (Director of Athletics, Associate Athletics Director, Compliance office). Violations of this policy by the student host will result in the host, head coach and athletic administrator for that sport (and other appropriate University personnel) reviewing the facts surrounding the alleged violation. The University will then issue an appropriate penalty. Penalties may include, but are not limited to, verbal or written reprimands; loss of practice privileges; suspension from team; reduction, cancellation or non-renewal of financial aid; or permanent dismissal from the team. Violations of this policy by a team’s manager will also result in a similar review of the facts surrounding the alleged violation, and University shall determine an appropriate penalty. Penalties may include, but are not limited to, verbal or written reprimands; loss of privileges; suspension from team; reduction, cancellation or non-renewal of aid (if applicable); or permanent dismissal from the team. Violations by a coach or staff member may include, but are not limited to, a letter of reprimand; reduced future salaries or other financial penalties; suspension from coaching duties; termination. Lastly, there may be additional penalties imposed on the recruitment of the involved prospect for a determined period of time.

At the conclusion of each academic year, a report of all violations and imposed sanctions of this policy will be forwarded to the Big Ten Conference office.

AT THE CONCLUSION OF THE VISIT

At the conclusion of each official visit, the head, or recruiting, coach must submit completed official visit forms (see attachment 3) and itemized receipts to the sport’s appropriate athletic administrator, for their approval and signature. The form requires a list of all activities in which the PSA participated during their visit, including on- and off-campus activities.

VARSITY PLAYER AWARDS

1. The Director of Athletics or appropriate Associate Director of Athletics may award the Varsity "O" to members of recognized varsity squads using the conditions specified by the Athletic Council in succeeding sections of this rule.
2. Awards shall be made only to players of amateur standing, as defined by the NCAA, who, unless given express prior permission by the Director of Athletics or appropriate Associate Director of Athletics, were at the time of competition representing exclusively The Ohio State University.
3. Awards shall be made only to players maintaining the eligibility requirements.
4. Awards shall be made only upon recommendations of the coach of the sport, concurred on by the Director of Athletics or the appropriate Sport Administrator. Recommendation shall be based on the following standards in varsity intercollegiate participation or achievement.

BASEBALL	Participation in a minimum of one-half of the regularly scheduled contests for a total actual time equal to one-fourth of the season's playing time; or creditable attainment.
BASKETBALL	Participation in a minimum of one-half of the regularly scheduled contests for a total actual time equal to one-fourth of the season's playing time; or creditable attainment.
CREW	Participation as a member of the first varsity eight in any championship regatta; or participation as a member of the second varsity eight winning a medal at a championship regatta; or creditable attainment.
CROSS COUNTRY	Participation as a member of a squad for at least one-half of total meets scheduled; or be a member of the top seven NCAA finalists, or finish in the top 5 of the Big Ten Conference, or creditable attainment.
FENCING	Winning one-third of the bouts entered, in a minimum of one-half of the regularly scheduled meets; scoring in NCAA meet; or creditable attainment.
FIELD HOCKEY	Participation in a minimum of one-half of the regularly scheduled matches; or creditable attainment.
FOOTBALL	Participation in a minimum of one-third of the scheduled games; or a total of one-tenth of the season's combined playing time; or creditable attainment.
GOLF	Participation in a minimum of one-half of the regularly scheduled meets; or creditable attainment.
GYMNASTICS	Score in a minimum of one-half of the regularly scheduled meets; or creditable attainment in the Big Ten Conference or NCAA meet.
ICE HOCKEY	Participation in a minimum of one-half of the regularly scheduled contests for a total actual time equal to one-fourth of the season's playing time; or creditable attainment.
LACROSSE	Participation in a minimum of four of the regularly scheduled contests for a total actual time equal to one-fourth of the season's playing time; or creditable attainment.
PISTOL-RIFLE SHOOTING	Participation in one-half of regularly scheduled matches; placing as individual or team member in a nationally sanctioned shooting match; or creditable attainment.
SOCCER	Participation in a minimum of seven of the regularly scheduled contests for a total actual time equal to one-third of the season's playing time; or creditable attainment.
SOFTBALL	Participation in a minimum of one-half of the contests for a total number of innings equal to one-fourth of the season's playing time; or creditable attainment.
SWIMMING-DIVING	Scoring at least one point in the Big Ten Conference swimming championship or equivalency; or creditable attainment.
SYNCHRONIZED SWIMMING	Participation in a minimum of one-half of the regularly scheduled meets; competing in both stunt and team events; and scoring in two-thirds of these events; or creditable attainment.
TENNIS	Participation in a minimum of one-half of the regularly scheduled matches; or creditable attainment.



VARSITY PLAYER AWARDS

TRACK	Scoring in dual or tri-meet events; earn a minimum of ten points in no less than two indoor or outdoor meets; or a minimum of one point in the Big Ten Conference indoor, the Big Ten Conference outdoor, or NCAA meets; or equal or break The Ohio State University record in intercollegiate competition; or creditable attainment. Scoring for invitationals (5 or more teams involved): participation in three-fourths of the meets scheduled; and earn a designated number of points to letter (to be determined by the head coach prior to the season), or score in the Big Ten Conference championship excluding relays, or participation in three-fourths of the meets and qualify for the NCAA nationals; or creditable attainment.
VOLLEYBALL	Participation in a minimum of one-half of the regularly scheduled games; or creditable attainment.
WRESTLING	Participation in a minimum of one-half of the regularly scheduled meets; scoring in the Big Ten Conference meet or the NCAA meet; or creditable attainment.

SPECIAL AWARDS

1. Special Award: Upon recommendation from the Director of Athletics, the Athletic Council may grant special awards, emblematic of outstanding achievements of individual participants or members of championship teams.
2. Championship Award: Members of championship teams and individual champions shall be awarded championship rings. This ring will be of basic design for all varsity sports with the exception of basketball and football. The ring shall not exceed the price designated by conference rule for championship awards. The ring design shall be made so that shanks can be fitted with plates which depict the proper sport and the level of championship (conference, national-NCAA). The ring base shall be standard in style. Specifications for rings and ring design for sports other than basketball and football are retained by the Department of Athletics.
3. The athletic council may award the honorary varsity "O" in instances of especially meritorious contribution to The Ohio State University athletic program.

SPECIFICATIONS FOR AWARDS

Varsity Awards

First Year of Competition:	varsity block "O" jacket
Second Year of Competition:	varsity block "O" watch
Third Year of Competition:	varsity block "O" blanket
Fourth Year of Competition:	varsity block "O" ring

Multiple sport athletes who have lettered in two or more different sports will receive Varsity Awards for their scholarship sport.

SERVICE AWARDS

Upon recommendation of the coach of the activity, and with the concurrence of the Director of Athletics, the Athletic Council may award the Varsity "O" to the managers of the varsity intercollegiate sports. Managers are to receive awards at the end of the sports season when progressive appointments are made.

REPORTING OF AWARDS

At the end of each academic year, all student-athletes must submit an official declaration of all awards received from the NCAA, Big Ten Conference, Ohio State University, or any other outside award. The declaration reports the reason for the award and the item you received. You are required to formally declare the awards you have received EVERY academic year for which you are a member of an Ohio State University athletic team

